Amherst College
Student-Athlete Handbook
### AMHERST COLLEGE STUDENT-ATHLETE HANDBOOK

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FORMS

Prospective Student-Athlete Agreement
Medical Hardship Waiver
Sports Injury Policy
Sports Insurance Accident Claim
NCAA ADHD Medical Exemption Documentation Reporting Form
Concussions and Amherst’s Testing Mechanisms
Insurance Coverage for Athletes
New ADHD Regulations
NCAA Self-Release Form
Dear Student-Athlete,

Welcome! Amherst is very fortunate to attract top notch student-athletes like you who are driven in both academics and athletics. It is the goal of the Athletic Department to ensure all student-athletes are working to become the best person, student and athlete they can – in that order. This commitment will help you to achieve excellence in all aspects of your personal, academic, and athletic lives.

We have developed a student-athlete handbook to provide you with valuable information you will need to know relating to Athletics Department, Amherst College, NESCAC and NCAA policies and procedures. I ask that you review this handbook and use it as an additional resource when needed. Please note that this handbook does not replace or supersede the Amherst College Student Handbook that provides additional information as well as complete College policies and procedures.

As a member of the Amherst College athletics family you are agreeing to represent Amherst College in only a positive manner, whether it is in the classroom, on the playing field or in the community. By adhering to the policies and procedures listed in this handbook you are helping to maintain a safe, healthy and successful campus environment.

If you have any questions about the information included in this handbook, please consult your head coach or contact my office and I will be happy to be of assistance.

Again, welcome to Amherst College and I look forward to watching you succeed.

Sincerely,

Don Faulstick
Director of Athletics
## DEPARTMENT CONTACT INFORMATION

Mailing Address: Amherst College Department of Athletics  
266 South Pleasant Street  
Amherst, MA 01002

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## HEAD COACH INFORMATION

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MISSION STATEMENT

Amherst College educates men and women of exceptional potential from all backgrounds so that they may seek, value, and advance knowledge, engage the world around them, and lead principled lives of consequence. The Department of Physical Education and Athletics promotes this mission through the offering of recreational, intramural, club and intercollegiate activities that encourage students to shape their education within and beyond the curriculum. Academic excellence, high ethical standards, good sportsmanship and equal opportunities are the foundations of the Department's commitment to the health and well-being of the students and of the greater campus community.

PHILOSOPHY

The Amherst College Athletics Three Pillars for Student – Athlete Excellence

It is the goal of the athletic department to ensure all student-athletes are working to become the best person, student and athlete they can – in that order. This commitment to our student-athletes will help them achieve excellence in all aspects of their personal, academic, athletic and social lives, which in turn will strengthen the entire campus community and enrich their total Amherst College experience.

Becoming the Best Person:

- Provide mandatory sexual respect training, bystander training, hazing awareness, and alcohol awareness for all varsity and club student-athletes.
- Student Life Inclusion - encourage our students-athletes to take full advantage of residential and student life offerings on campus and beyond.
- Campus Inclusion Awareness - encourage students to embrace race, color, religion, sexual orientation, gender, socio-economic differences throughout the campus and community.
- LEADS program – a leadership development program that provides a comprehensive and educational view of leadership that can be used both during and after a student-athlete's experience at Amherst.
- Community Engagement – reinforcement of giving back to the community participating as a team or individually through the CCE and or ATELS.
- Career Initiatives - coaches will organize career nights that are held in Boston and NYC with former alumni.
- Personal Wellness - Mental Health Task Force, Student Support Network, Eating Disorder Task Force are just a few examples of committees committed to supporting our student body.
- Life Mentoring – helping student-athletes become better spouses, parents, co-workers, and community members after their life at Amherst. Coaches will meet with student-athletes to discuss personal, academic, individual and team goals.

Becoming the Best Student:

- Taking advantage of the open curriculum – Amherst has the best professors in the world wanting to teach undergrads. Intellectual curiosity is a must and is reinforced by coaches.
- Faculty Liaison Program - Each team has a faculty liaison that is genuinely interested in the student-athlete’s academic goals as well as showing interest in them as a person. There is a goal of having departmental and or senior and junior faculty liaisons giving student-athletes even more support in and out of the classroom.
- Advising – Each student is assigned a faculty advisor that can play a crucial role in the academic pursuits of student-athletes. Students are also encouraged to make connections with other faculty members.
- Academic Support – a variety of services is available to support students’ academic efforts. The Writing Center and the Moss Quantitative Center can be extremely beneficial. Peer tutoring is also available and requests can be made through the Dean of Students office.
Amherst College Career Center - the Career Center is a great place to learn of the many different options available upon graduation. Getting involved early with internships and or summer jobs is crucial to employment after Amherst. It is important to make an appointment with a Peer Career Advisor or a staff advisor.

Campus Integration - being committed to Amherst as a larger community can be important in the quality of academic and social life and is strongly encouraged by coaches and staff.

Mentoring by Coaches – Coaches are constantly reminding student-athletes that academics is their number one priority. Academics will always come before practice or a game. Students must familiarize themselves with the Missing Class guidelines, found in the Amherst Student Handbook, and are personally responsible for speaking with professors well ahead of potential conflicts. Time management is extremely important for student-athletes. Coaches will reinforce the importance of the utilization of the Moss Quantitative Center, Writing Center, student study groups, peer tutors and professor’s office hours.

**Becoming the Best Athlete:**

- Hiring the Best Coaches – you will be exposed to some of the best coaches in the country who understand the Amherst student-athlete. Student-athletes will be exposed to different styles of film and sport analysis along with state of the art preparation and strategies. The fields and courts are our classrooms. Coaches are meant to “take you where you can’t take yourself”.

- Sports Medicine – working alongside Health Services, our sports medicine staff works tremendously hard at evaluating, treating and rehabilitating student-athletes in and out of season.

- Strength and Conditioning – our mission is to achieve excellence by supplementing the Amherst College students’ experience by safely enhancing their athletic performance. We pursue this objective through diligence, integrity, education, and sound strength and conditioning practices.

- Overall Wellness – coaches and sports medicine staff continually remind our student-athletes about making healthy choices. Sports psychologists may also be involved with teams.

**NON-DISCRIMINATION POLICY**

Amherst College does not discriminate in its admission or employment policies and practices on the basis of factors such as race, genetics, gender identity or gender expression, sex, sexual orientation, age, color, religion, national origin, disability, or status as a veteran of the Vietnam War era or as a disabled veteran. The College complies with applicable federal and state legislation and regulations regarding nondiscrimination. Inquiries should be directed to the Special Assistant to the President for Diversity and Inclusion, Amherst College, P.O. Box 5000, Amherst, MA 01002-5000.

**TITLE IX**

Title IX of the Education Amendments of 1972 ("Title IX") prohibits discrimination on the basis of sex in any federally funded education program or activity. Sexual harassment, which includes sexual violence, is a form of sex discrimination. Amherst College is committed to providing an environment free from discrimination, including discrimination based upon sex. Amherst provides support and resources to students, faculty, and staff to address concerns related to sex discrimination and have appointed Laurie Frankl as its Title IX Coordinator. As Title IX Coordinator, she has the following responsibilities:

- Oversee overall Title IX compliance
- Support Deputy Title IX Coordinators
- Ensure prompt and equitable resolutions
- Establish a centralized reporting process for all sexual harassment/misconduct allegations on campus
- Conduct on-going and annual climate checks/tracking/monitoring of sexual harassment/misconduct allegations on campus
- Coordinate all training, education and prevention efforts

You may reach Laurie Frankl at 413-542-5707 or by email at lfrankl@amherst.edu.
STATEMENT ON SPORTSMANSHIP

Friends:

New England serves as the proud home to eight NCAA Division III athletic conferences comprised of more than 80 colleges and universities. Our eight conferences provide intercollegiate athletic experiences which support the academic missions of each of our member institutions for thousands of student-athletes.

As Division III conference commissioners, we strive to ensure that our conferences are providing positive athletic opportunities as an integral aspect of the educational experience of student-athletes. We place the utmost importance on sportsmanship, personal conduct, and safe and collegial environments in which our student-athletes compete.

Good sportsmanship and a positive participatory experience are not just words and catchphrases, but values to which student-athletes, coaches, athletics administrators, game officials and spectators must be fully committed in order to provide a positive climate for athletics competition. We must all work together and be fully committed to fostering the principles of good sportsmanship and positive game environments for which we all strive.

The member institutions from each of the conferences listed here are choosing to make a commitment to enhance the experience of all participants by joining the New England Division III Sportsmanship initiative. The philosophy behind this initiative is based upon the simple commitment to fair and respectful conduct toward all participants and supporters. Each conference will put its own stamp on this program with a shared commitment to:

- Athletics Administrators and Contest Managers ensuring that all coaches and student-athletes are aware of the importance of good sportsmanship and holding them accountable for their conduct.
- Coaches educating assistant coaches and student-athletes about the importance of ethical behavior and being a positive role model.
- Student-Athletes serving as exceptional representatives of their team and their institutions and making a commitment to always acting in a proper manner.
- Conference Office Personnel reinforcing the importance of ethical behavior and good sportsmanship with institutional personnel, student-athletes and game officials.
- Game Officials firmly addressing issues of unsporting behavior and negative actions and exhibiting the highest level of professionalism.
- Spectators cheering for their team's student-athletes, and refraining from cheering against opponents.

As conference commissioners, we hope that you will join us in our combined effort to promote good sportsmanship and positive game environments.

Thank you for your support.

Gregg M. Kaye, Commissioner, The Commonwealth Coast Conference
Joe Walsh, Commissioner, Great Northeast Athletics Conference
Jonathan C. Harper, Commissioner, Little East Conference
Angela Baumann, Commissioner, Massachusetts State Collegiate Athletic Conference
Del Malloy, Commissioner, New England Collegiate Conference
Andrea Savage, Executive Director, New England Small College Athletic Conference
Patrick Summers, Executive Director, New England Women's and Men's Athletic Conference
Julie Muller, Commissioner, North Atlantic Conference
TRANSGENDER POLICY

The language below is based on current NCAA policy related to transgender student-athlete participation and medical exceptions for the use of banned drugs. The policies below clarify participation of transgender student-athletes undergoing hormonal treatment for gender transition:

- A trans male (FTM) student-athlete who has received a medical exception for treatment with testosterone, for purposes of NCAA and NESCAC competition may compete on a men’s team, but is no longer eligible to compete on a women’s team without changing that team status to a mixed team.
- A trans female (MTF) student-athlete being treated with testosterone suppression medication, for the purposes of NCAA and NESCAC competition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.

Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in accordance with his or her assigned birth gender.

- A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men’s or women’s team.
- A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women’s team.

The use of an anabolic agent or peptide hormone must be approved by the NCAA before the student-athlete is allowed to participate in competition while taking these medications. The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: anabolic agents*, stimulants, beta blockers, diuretics, anti-estrogens, beta-2 agonists and peptide hormone*.

In the event that the student-athlete and the physician (in coordination with sports-medicine staff at the student-athlete’s institution) agree that no appropriate alternative medication to the use of the banned substance is available, the decision may be made to continue the use of the medication. However, the use of an anabolic agent or peptide hormone must be approved by the NCAA before the student-athlete is allowed to participate in competition while taking these medications. The institution, through its director of athletics, may request (to the NCAA) an exception for use of an anabolic agent or peptide hormone by submitting to the NCAA medical documentation from the prescribing physician supporting the diagnosis and treatment.
ACADEMIC EXPECTATIONS

STATEMENT OF INTELLECTUAL RESPONSIBILITY

Every person's education is the product of their intellectual effort and participation in a process of critical exchange. Amherst College cannot educate those who are unwilling to submit their own work and ideas to critical assessment. Nor can it tolerate those who interfere with the participation of others in the critical process. Therefore, the college considers it a violation of the requirements of intellectual responsibility to submit work that is not one's own or otherwise to subvert the conditions under which academic work is performed by oneself or by others.

Regardless of the college's sanctions, coaches and the Director of Athletics have the right to enforce their own set of sanctions.

ACADEMIC / ATHLETIC CONFLICTS POLICY

- Academic commitments should always take priority over athletic participation.
- Attendance at all academic and skills classes is expected. Away and home contests can, at times, result in a loss of classroom time. Therefore, unnecessary skipping of class should not be the decision of choice.
- Classes, meetings or examinations cannot be missed for scrimmages or practice.
- Because intercollegiate schedules are established before academic registration, conflicts will be evident before classes begin. Students are expected to communicate any potential absences from class with their professor. Depending upon the circumstances, instructors may be willing to work out a solution, but in those instances when this is not possible, the academic commitment must always take precedence. All such discussions should take place at the earliest possible moment in the semester and, whenever possible, in the office hours of the faculty member. It is unacceptable to leave the request of absence until the day of the game. Coaches and faculty liaisons can also notify professors of any potential conflicts though a letter when necessary.
- When establishing academic schedules, students should give consideration to athletic participation but should never avoid taking a course simply to avoid conflicts with a sport.

Please remember that this is the Department of Physical Education and Athletics' policy and thus may not always conform to faculty members' policies for their classes.

FACULTY LIAISONS PROGRAM

The Faculty Liaisons program was created to foster support for student-athletes to reach his/her goal of excellence in both academic and athletic endeavors. Intercollegiate athletic teams are partnered with a member of the faculty to create a stronger support network as well as a resource for student-athletes. Faculty Liaisons will serve as mentors and role models to student-athletes by providing additional academic counseling, assisting in balancing academic responsibilities with their athletic commitments, and serve as a mediator to help with any issues or conflicts when they arise.
<table>
<thead>
<tr>
<th>SPORT</th>
<th>NAME - COACH</th>
<th>NAME - LIAISON</th>
<th>LIAISON’S DEPARTMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Brian Hamm</td>
<td>Austin Sarat</td>
<td>Associate Dean of Faculty / Political Science</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Greg Call</td>
<td>Mathematics</td>
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<td>Trent Maxey</td>
<td>History</td>
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<td>Lauren Reutenauer</td>
<td>Academic Manager</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>David Hixon</td>
<td>Ben Lieber</td>
<td>Dean of Academic Support &amp; Student Research</td>
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<tr>
<td>Women’s Basketball</td>
<td>GP Gromacki</td>
<td>Molly Mead</td>
<td>CCE</td>
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<td>Field Hockey</td>
<td>Carol Knerr</td>
<td>Sandi Burkett</td>
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<td>EJ Mills</td>
<td>Sarah Turgeon</td>
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<td>Danielle Benedetto</td>
<td>Math</td>
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<td>Vanessa Walker</td>
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<tr>
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<td>Jack Arena</td>
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<td>Elizabeth Davis</td>
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<td>Michelle Morgan</td>
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<td>Men’s Ice Hockey</td>
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<td>Catherine Sanderson</td>
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<td>Jeff Matthews</td>
<td>Frank Couvares</td>
<td>History and American Studies</td>
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<td>Men’s Lacrosse</td>
<td>JT Thompson</td>
<td>Matthew Schulkind</td>
<td>Psychology</td>
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<td>Chris Paradis</td>
<td>Nicola Courtright</td>
<td>History of Art</td>
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<tr>
<td>Men’s Soccer</td>
<td>Justin Serpone</td>
<td>Rhonda Cobham-Sander</td>
<td>English</td>
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<tr>
<td>Women’s Soccer</td>
<td>Jen Hughes</td>
<td>Wendy Bergoffen</td>
<td>American Studies &amp; Sexuality, Women’s &amp; Gender Studies</td>
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<td>Softball</td>
<td>Jessica Johnson</td>
<td>Judy Frank</td>
<td>English</td>
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<td>Peter Robson</td>
<td>Rob Benedetto</td>
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<td>David Ratner</td>
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<td>Women’s Squash</td>
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<td>Liz Young</td>
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<td>Nick Nichols</td>
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<td>Todd Doebler</td>
<td>Joe Moore</td>
<td>Philosophy</td>
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<td>Jackie Bagwell</td>
<td>Richmond Ampiah-Bonney</td>
<td>Academic Manager</td>
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<td>Men’s XC / Track</td>
<td>Ned Nedeau</td>
<td>Rebecca Sinos</td>
<td>Classics</td>
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<tr>
<td>Women’s XC / Track</td>
<td>Cassie Funke-Harris</td>
<td>Ashley Carter</td>
<td>Physics</td>
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<tr>
<td>Volleyball</td>
<td>Sue Everden</td>
<td>Anna Martini</td>
<td>Geology</td>
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<td>CACSAAC – Council of</td>
<td>Billy McBride</td>
<td>Pat O’Hara</td>
<td>Chemistry</td>
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<tr>
<td>Amherst College Student-Athletes of Color</td>
<td></td>
<td>Ron Lembo</td>
<td>Sociology</td>
</tr>
</tbody>
</table>

THE STUDENT- ATHLETE

STUDENT-ATHLETE CONDUCT

The number one and most important reason student-athletes attend Amherst College is for the education. Academic success and being a positive, contributing member of the campus community are expected. Athletics are part of education and require much self-discipline from the student-athlete in regards to balance, priorities and time-management. Student-athletes must understand that they are leaders and as such need to always represent Amherst College in a positive manner. Student-athletes are expected to be familiar and adhere to the Student Code of Conduct and other policies as outlined in the Amherst College Student Handbook. Any student-athlete who violates College policy may be subject to discipline, as with any other student, up to and including dismissal from the College. In addition, athletics-related discipline, up to and including dismissal from the team, may be imposed by coaches, at their discretion, for violation of the Student Code of Conduct.

Student-athletes may also be subject to athletics-related discipline by their coach, up to and including dismissal from the team, for violation of team policies, rules, or expectations.

OUT OF SEASON ACTIVITIES

NESCAC institutions support all students in their desire to engage in activities that promote health and fitness. Students at NESCAC schools who participate in varsity athletics will often look to engage in athletic activity out-of-season. Most have played year-round before coming to college; therefore, it is natural and healthy for them to remain physically active. At the same time, our schools offer a wonderful array of opportunities and those on teams deserve the chance to explore new and different options. Activity out-of-season is viewed positively so long as it abides by NESCAC regulations and one’s participation is never seen as a condition for making a team.

NESCAC rules state that all out-of-season activities must be STRICTLY VOLUNTARY and should never conflict with any academic obligation.

The following guidelines have been developed to assist member institutions in the implementation and application of the Conference policy governing out-of-season activities:

- All out-of-season activities must be STRICTLY VOLUNTARY and should never conflict with any academic obligation.
- There can be no scripting of activity, no attendance taken, no reporting back to the coaching staff, no implication that participation can never be a condition of making a team, and no involvement of any kind by any member of the coaching staff.
- Team captains and members may not coach or direct practices on or off campus. These activities are to be structured in as a "free play" environment. They are not to duplicate a practice that would be led by a coach. If a pick-up game is open to the rest of the student body, team members may participate.
- Facilities may not be reserved for a team activity out-of-season. In a multipurpose facility (i.e. field house) this rule would not preclude scheduling of activity limitations for safety reasons. In such instance, however, the activity may not be restricted to varsity candidates and must be open to all members of the student body. Procedures established for the general college community must be followed in the scheduling of such facilities.
- Off-campus facilities may not be rented or reserved for a varsity team activity, however, an institution may arrange for off-campus space for recreational activities.
- Students may not use or be issued college-owned apparel or equipment out-of-season, unless it is available to the college community in general.
Voluntary strength and conditioning programs are permitted. Coaches may design voluntary workout programs for their players. Sport coaches are not permitted to require, direct, or supervise these activities out-of-season. Strength and conditioning personnel may monitor voluntary individual workouts for safety purposes.

- There are to be no contests or scrimmages by teams against outside competition out-of-season.
- Insurance policies written to provide coverage for accidents occurring from intercollegiate athletics may only cover accidents that occur when students participate in events that are permitted as an in-season activity under NESCAC guidelines. Also, students injured in out-of-season activities will not be covered by NCAA catastrophic injury insurance.
- Permissible out-of-season activities include team community service activities, educational programming including leadership, alcohol and hazing education. Students may volunteer to work in sport-based clinics provided clinics are conducted when classes are not in session and clinics are conducted more than twice in any given sport in an academic year.

Violations to this policy will be handled according to established conference guidelines and may result in penalties or sanctions against individuals and/or teams.

OVERNIGHT RECRUITING VISITS

HOST RESPONSIBILITIES

There may be times when your coach will ask you to serve as a host to a prospective student-athlete during his or her visit to campus. This is a very serious responsibility and must be treated as such. Please be sure to discuss with your coach any questions or concerns you may have prior to agreeing to this responsibility. The role of the student-host is to provide the necessary support so that the prospective student-athlete has a positive and safe experience during their time on campus. Student-hosts must accompany the prospective student-athlete at all times. While hosting prospective student-athletes, team members are not to provide the recruit with alcoholic beverages. Amherst students that provide underage recruits with alcohol may be subjected to the College’s disciplinary actions and the recruit(s) that are involved in the underage consumption of alcohol may jeopardize their opportunity to attend Amherst College.

PROSPECTIVE STUDENT-ATHLETE RESPONSIBILITIES

While visiting Amherst College, prospective student-athletes are expected to adhere to Amherst College policies and procedures. These can be found in the Amherst College Student Handbook. Prospective student-athletes and their parent or guardian must sign the “Prospective Student Agreement” upon arrival for their overnight visit. While on campus, the prospective student-athlete will be responsible for their behavior and understand that any negative behavior may jeopardize their opportunity to attend Amherst College.

COACH EVALUATIONS AND SENIOR STUDENT-ATHLETE EXIT SURVEYS AND INTERVIEWS

At the end of each playing season, student-athletes will be asked to complete an evaluation of their coaching staff as well as their athletic and academic experience of their time at Amherst College. This information is gathered annually to serve as a systemic way of understanding the experience of students in our athletic program over time. Student-athletes will also have the option to meet with the Director of Athletics to discuss in more detail their experiences with being a student-athlete. All information collected through the surveys and interviews will be kept confidential.
POLICIES

ATHLETIC DEPARTMENT POLICY ON ALCOHOL

Student-athletes should not be drinking alcohol at contests nor should they attend while intoxicated. Violations to this policy may result in disciplinary action to the responsible student-athlete(s) and possibly the team. Senior student-athletes still represent their sport(s) until graduation.

ALCOHOL AND OTHER DRUGS

Introduction

Given the academic, social and sexual pressures inherent in college life, many students seek relief from stress through use of alcohol or other drugs (AOD). The abuse of AOD undermines the academic mission of the college, and it is often illegal. The use of illegal drugs and alcohol abuse correlates with a host of problems on campus, such as lowered academic accomplishment, sexual violence and vandalism. The college considers the abuse of AOD a public health problem and works to reduce AOD abuse among students.

Amherst College provides education and counseling programs to ensure that all members of the college community know the risks associated with drug and alcohol abuse. Those students concerned about their own substance use or worried about a friend can seek assistance with complete confidentiality at Health Services, the Counseling Center or Health Education.

The college understands that students make their own choices about AOD. However, the college will not ignore violations of State or Federal law or the Amherst College regulations elaborated in this policy. When a student violates the policy on AOD or the law, a member of the Dean of Students' Office meets with the student to discuss the student's behavior, college policy and expectations, and to determine the appropriate sanctions. The Dean of Students' Office may communicate with other college officials as appropriate regarding a student's violation.

Students are reminded that Massachusetts law prohibits the purchase or consumption of alcoholic beverages by those under the age of 21. They should also understand that the courts of the Commonwealth have recently treated public drunkenness, especially when driving a motor vehicle, as a crime potentially subject to heavy fine and to jail or prison sentence. The purchase, sale or consumption of many drugs is also prohibited by law, and violation can result in prison sentence.

While the college need not act as an agent for the civil authorities, it will regard any student under the influence of intoxicants or drugs as fully responsible for their acts. All provisions of the Honor Code, including the full range of possible sanctions, will be applicable in these cases. A plea of mitigating circumstances due to the consumption of alcohol or drugs will not be accepted in disciplinary hearings.

The following policy outlines AOD violations of Massachusetts law and Amherst College policy and summarizes the range of possible sanctions for such violations. The college generally interprets more than three violations of the policy on AOD as indication that the student is unwilling to abide by college regulations. Violations of the policy on AOD result in sanctions such as exclusion from participation in educational programs, fines and parental notification, and may include denial of campus residence or a Room Draw penalty. In some instances, violations may result in suspension or referral to the Committee on Discipline for adjudication.

Under Massachusetts Law

1. A person must be at least 21 years of age to legally purchase alcoholic beverages in Massachusetts.
2. Purchase of an alcoholic beverage by an underage person or any arrangement with another person to 
procure such drinks is a crime punishable by a mandatory $300 fine.
3. Willful misrepresentation of one’s age or the age of another person in order to purchase or receive 
alcoholic beverages is a crime punishable by a fine of up to $1,000 or by imprisonment of up to six months 
or both. Amherst College Police Department is mandated to report violations of this law to the Registry of 
Motor Vehicles.
4. Any person who purchases for or furnishes a drink to someone underage commits a crime punishable by a 
fine of up to $2,000 or by imprisonment of up to one year or both.
5. No person may serve an alcoholic beverage to anyone who is obviously inebriated.
6. For operating a motor vehicle under the influence of AOD, the state of Massachusetts has set the legal limit 
for alcohol concentration in the blood at below .02 for anyone under 21 and .08 for anyone 21 and over. 
For many students (anyone under 160 lbs.), one drink will result in a blood alcohol content of over .02.
7. Federal, state and local sanctions for unlawful possession or distribution of illicit drugs range from 
probation and forfeit or of property to fines and imprisonment. For example, the sanctions against an 
individual for distribution of, or possession with intent to distribute, controlled substances can be from a 
minimum of 10 years’ imprisonment to a maximum of life imprisonment, with fines up to $4 million. 
Sanctions can increase for repeat offenders or for offenses resulting in death or serious bodily harm and can 
be doubled for each of the following occurrences: distribution to persons under 21 years of age, 
distribution within 1,000 feet of a college or university or employing someone under 18 in the distribution. 
Attempt or conspiracy to commit a crime can be treated as severely as the intended offense. As of Sept. 1, 
1989, conviction for violation of any state or federal drug law can lead to ineligibility for any federal 
benefit (including grants and loans).

Note: Any person who violates state or federal law is liable for their own actions and may be subject to civil or 
criminal complaints. Amherst College does not intervene on an individual’s behalf with campus, local or state law 
 enforcement authorities.

Under Town of Amherst Bylaw

Keg Licensing Enforcement: A Town of Amherst bylaw requires a keg license, which can be obtained at the Amherst 
Police Department, for the possession of beer kegs anywhere in the town. There are substantial monetary penalties 
for violating this bylaw. The College Council has also passed a policy which will result in a $100 fine for possessing 
an unlicensed keg on the Amherst College campus.

Open Containers of Alcohol: No person shall consume any alcoholic beverage nor possess or transport any open 
can, bottle or other container containing any alcoholic beverage outdoors on any town street, sidewalk, way and 
public property including but not limited to parking lots, parks, school playgrounds, recreation areas or 
conservation areas.

Under Amherst College Policy

1. If the Dean of Students or the Dean of Student Conduct learns that a student has been convicted of driving 
while intoxicated at any time between first enrollment at Amherst and graduation, whether in the vicinity 
of campus or anywhere else, that student will be denied parking privileges, and thus the capacity to keep a 
car on campus, for the remainder of their stay at Amherst, in addition to other possible sanctions.
2. Kegs are prohibited from first-year residence halls. A fine of $100 will be assessed to any person or 
residence that violates this regulation.
3. No hard liquor is permitted to be served at any public parties in the residence halls except for seniors-only 
parties sponsored by the Student-Alumni Relations Committee.
4. Possession of drug paraphernalia (pipes, bongs, hookahs, etc.) and alcohol paraphernalia associated with 
the dangerous consumption of alcohol (funnels, beer pong tables, etc.) is prohibited.
5. All prohibited substances and paraphernalia will be confiscated and destroyed by campus authorities.
6. Smoking marijuana or tobacco in campus buildings is prohibited, resulting in a $100 fine.
7. It is the responsibility of individuals or room groups to ensure that legally possessed alcohol is not stored in an unsupervised manner in which someone underage may access it (i.e., a room group member under the age of 21).
8. No college funds may be used to purchase alcohol or on fundraisers to raise money to purchase alcohol. Funds may be used to pay for TIPS-certified student staff required for beverage service.
9. The following provisions apply to the service of alcohol at all-campus parties in public areas of the residence halls:
   a. No one under the age of 21 shall be allowed access to a TAP room. Party monitors will check identification at the main entrance to the party and at the door of the TAP room. Acceptable identification will include: for Amherst students, a college ID; for their guests, two IDs with birthdates, one of which has a picture. Students who are 21 will have clearly visible stamps placed on their hands at the entrance to the party. Amherst College Campus Police Officers will monitor the TAP room periodically to make sure that no one under 21 has entered it. If Officers determine that this rule has been violated, they will close the party immediately.
   b. TIPS-certified student staff must serve the alcohol. The number of TIPS-certified staff members required at the event will be determined by the Student Activities Office based on the event details.
   c. Party monitors will also ensure that students do not leave the TAP room with alcohol. No alcohol is permitted in any common area other than the TAP room. If Campus Police Officers detect a violation of these rules, they will terminate the party.
   d. After two violations of the college’s policy on AOD, a social group will be denied permission to hold a party for a month.
   e. Parties will cease when monitors leave for the night.
10. All party sponsors should provide an appropriate amount of equally accessible non-alcoholic beverages whenever alcoholic beverages are available.
11. Sale of alcoholic beverages without a liquor license is prohibited, as is any attempt to raise money or charge admission at an event at which alcohol is served.
   a. For registered parties, if the sponsoring student organization, group or individual seeks to charge per drink, the event host must obtain a one-day permit with the Town of Amherst at least two weeks prior to the date of the party.
   b. The sponsoring organization, group or individual must purchase the beer or wine from a business authorized to sell alcohol for events with one-day alcohol permits. The volume of beer or wine to be served will be determined by the Student Activities Office based on the event details.
12. Any organization or group of students who plans to sponsor an event in public space at which alcohol is available must fill out and submit a party notification form. These forms are available at the Student Activities Office and must be returned there at least two weeks prior to the date of the event and before publicity begins. For registered parties, sponsoring student organizations, groups or individuals are prohibited from hosting events for which funds are collected and used for personal profit.
13. If registering a tent for an event on campus where alcohol will be served, the registrant must obtain liability insurance that includes liquor liability. For more information, visit the tent policy and registration form on the Environmental Health and Safety webpage.

| Range of Possible Sanctions for Violation of Amherst College's Statement on AOD |
|-------------------------------------------------|-----------------|-----------------|-----------------|
| **Level 1** | **1st Violation** | **2nd Violation** | **3rd Violation** |
| • Possession of alcohol by an underage student | • Meeting with Class Dean | • Meeting with Class Dean | • Meeting with Dean of Student Conduct |
| • Possessing drug paraphernalia, such as a pipe, bong or hookah (used for | • Referral to alcohol education | • Referral to alcohol education | • Referral to alcohol education |
marijuana consumption)

- Possessing alcohol paraphernalia associated with the dangerous consumption of alcohol, such as a beer pong table or funnel
- Open container

<table>
<thead>
<tr>
<th>Level 2</th>
<th>1st Violation</th>
<th>2nd Violation</th>
<th>3rd Violation</th>
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<tbody>
<tr>
<td>• Public intoxication or disorderly conduct</td>
<td>• Meeting with Class Dean</td>
<td>• Meeting with Dean of Student Conduct</td>
<td>• Meeting with Dean of Student Conduct</td>
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<tr>
<td>• Permitting underage drinking in your residence</td>
<td>• Referral to alcohol education</td>
<td>• Referral to alcohol education</td>
<td>• Referral to alcohol education</td>
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<tr>
<td>• Supplying, providing or purchasing alcohol for underage or intoxicated students</td>
<td>• Parental notification</td>
<td>• Parental notification</td>
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<td>• Possessing false identification</td>
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<tr>
<td>• Possessing or using marijuana (less than one ounce)</td>
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<thead>
<tr>
<th>Level 3</th>
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<tr>
<td>• Operating a motor vehicle under the influence of AOD</td>
<td>• Meeting with Dean of Student Conduct</td>
<td>• Meeting with Dean of Student Conduct</td>
<td>• Meeting with Dean of Student Conduct</td>
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<td>• Possessing, using or distributing illegal drugs (including one ounce or more of marijuana)</td>
<td>• Referral to alcohol education</td>
<td>• Referral to alcohol education</td>
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<td>• Parental notification</td>
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<td></td>
<td>• Possible sanctions include but are not limited to disciplinary probaion, Room Draw or housing limitations, community service or suspension.</td>
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<tr>
<td></td>
<td></td>
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<td>• Denial of parking privileges</td>
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Additional sanctions may be imposed for more serious violations. In some instances, violations may result in suspension or referral to the Committee on Discipline for adjudication.
AOD Medical Amnesty Statement

Amherst College is concerned about the use and abuse of alcohol and other drugs in our community. Alcohol abuse and illegal drug use affect the entire college community. The college’s primary concern with AOD use is the safety and well-being of our students. Students are expected to abide by Massachusetts law and college policies. For students who choose to consume alcohol, the college expects they do so in moderation to avoid compromising personal safety.

Amherst acknowledges there may be times when students may face medical emergencies involving AOD use. In these situations, the college expects students to request emergency medical assistance for oneself or someone who may be suffering from a serious medical condition, including alcohol poisoning.

Symptoms of alcohol poisoning can include: unconsciousness or unresponsiveness, disorientation or confusion, slow breathing, vomiting or choking, and cold or pale skin. If the affected student is on campus, Amherst College Emergency Medical Services (ACEMS) must be contacted at (413) 542-2111 and an Emergency Medical Technician (EMT) and First Responder (FR) will respond and evaluate the student. If medical assistance is deemed necessary, the college expects the student to accept transportation to the hospital for medical attention.

Because the safety and welfare of students is the college’s priority, the college has instituted a medical amnesty policy. This policy is applicable to the following parties: 1) student requesting medical assistance for oneself; 2) student requesting medical assistance for another person; 3) student for whom medical assistance was provided.

When responding to such AOD violations, the college will consider the student’s decision to request medical assistance, and in most cases, view the act of seeking medical assistance as good judgment, therefore not deserving of the typical range of AOD sanctions. Thus, if it is determined that the medical amnesty policy applies to a situation, the students involved will not be subject to a violation of the AOD Policy. Referral for AOD education still applies, and, in some instances, parental notification.

This policy does not protect students who repeatedly violate college policies. Once a student receives medical amnesty, future amnesty is at the discretion of the Dean of Students’ Office. The Deans also have discretion to determine that this policy does not apply in more serious situations, including criminal possession of drugs, property damage, violence, etc.

HAZING

A law enacted in 1985 by the Massachusetts state legislature makes hazing a criminal activity punishable by a fine and imprisonment and requires all public and private colleges in the Commonwealth to distribute copies of the law to all their students.

Chapter 536

The Commonwealth of Massachusetts

In the Year One Thousand Nine Hundred and Eighty-five

AN ACT PROHIBITING THE PRACTICE OF HAZING

Be it enacted by the Senate and House of Representatives in the General Court assembled, and by the authority of the same, as follows: Chapter 269 of the General Laws is hereby amended by adding the following three sections:
Section 17

Whoever is a principal organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one hundred days, or both such fine and imprisonment.

The term "hazing," as used in this section and in Sections Eighteen and Nineteen, shall mean any conduct or method of initiation into any student organization whether on public or private property which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Section 18

Whoever knows that another person is the victim of hazing as defined in Section Seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Section 19

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and Sections Seventeen and Eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and Sections Seventeen and Eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of any unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and Sections Seventeen and Eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said Sections Seventeen and Eighteen, that each of its members, plebes, pledges or applicants has received a copy of Sections Seventeen and Eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and Sections Seventeen and Eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full-time student in such institution a copy of this section and Sections Seventeen and Eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full-time student enrolled by it of the provisions of this section and Sections Seventeen and Eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the
STUDENT HANDBOOK OR SIMILAR MEANS OF COMMUNICATING THE INSTITUTION’S POLICIES TO ITS STUDENTS. THE BOARD OF REGENTS AND, IN THE CASE OF SECONDARY INSTITUTIONS, THE BOARD OF EDUCATION SHALL PROMULGATE REGULATIONS GOVERNING THE CONTENT AND FREQUENCY OF SUCH REPORTS, AND SHALL FORTHWITH REPORT TO THE ATTORNEY GENERAL ANY SUCH INSTITUTION WHICH FAILS TO MAKE SUCH REPORT.

SEXUAL MISCONDUCT

Amherst College prohibits sexual harassment and misconduct. Sexual harassment is a term with a specific legal connotation. It encompasses a broad range of behavior that includes all forms of sexual misconduct and sexual violence. Sexual Violence refers to sexual acts committed against a person’s will, or where the person is incapable of giving consent because of incapacitation, unconsciousness, or any circumstance rendering one unaware that sexual activity is occurring. Under this policy, sexual harassment includes but is not limited to sexual assault, sexual exploitation, stalking, cyber-stalking, bullying and cyber-bullying, aiding or facilitating the commission of a violation, and retaliation.

Consistent with the values of an educational and employment environment free from harassment based on sex, the College also prohibits gender-based harassment, which may include acts of verbal, nonverbal, or physical aggression, intimidation, or hostility based on sex or sex-stereotyping, even if those acts do not involve conduct of a sexual nature.

We encourage all members of our campus community to seek support for and report all sexual harassment and sexual misconduct directly to the Amherst College Police or the Title IX Coordinator or the Deputy Coordinators. These individuals will assist in eliminating the misconduct, preventing its recurrence and addressing the effects.

Please see options for immediate actions, options for reporting the incident and getting support and what to consider when making your decision. Regardless of where it is reported, all complaints will be vetted by the Title IX Coordinator. If you need immediate confidential counseling, the University of Massachusetts’ Center for Women & Community provides confidential rape crisis counseling to men and women, 24 hours a day, at (413) 545-0800.

To find out a lot more detailed information, please visit https://www.amherst.edu/aboutamherst/sexual_respect. Laurie Frankl is the Title IX Coordinator and she may be reached at 413-542-5707 or lfrankl@amherst.edu.

THE STUDENT CONDUCT PROCESS

The complete process can be found in the Student Handbook.

Teachers, students, administrators and staff will exercise their best will and seek to resolve disagreements as amicably or informally as possible. The Dean of Students Office is available to help reach such informal resolutions. In some cases, such as complaints of sexual misconduct, informal resolutions will not be offered as a grievance procedure. A student conduct process exists for those situations and acts which will not, or cannot, be resolved through amicable discussion. This Student Conduct Process does not pertain to cases involving sexual misconduct. For cases involving sexual misconduct refer to Appendix B of the Student Handbook.

NOTE: All references to the Dean of Students and the Dean of Student Conduct in the Student Conduct Process include the Dean or their designee.

Each constituency in the college has access to a particular procedure for resolving violations of the Honor Code or other forms of grievance. All alleged violations of the Honor Code fall within the jurisdiction of the Dean of Student Conduct, Class Deans and of the Committee on Discipline. If students believe their rights under the Honor
Code have been violated by a faculty member, they should consult the Dean of Students or the Dean of the Faculty about the procedures for resolving their grievances. If they have complaints against members of the staff or visitors, they should consult the Director of Human Resources. (See the sections of the Student Handbook titled The Resolution of Student Grievances with Members of the Faculty and The Resolution of Student Grievances with Administrators, Staff or Visitors for additional details. The sections of this Code dealing with sexual harassment also provide guidance for students who believe that they have been harassed by members of the faculty or the administration.)

In all instances when a complaint is filed against a student for violating community standards set forth in this Code or infringing on the rights of individual students, or other members of Amherst College, or members of the Five Colleges, the procedures set forth in this section of the Code will be used to investigate and resolve grievances.

All proceedings under the Code will be confidential to the extent practicable. However, students should be aware that the college may be required by applicable law to disclose information relating to such proceedings.

Jurisdiction

Amherst students have a responsibility to adhere to local, state and federal laws while on the campus. The college cannot protect Amherst students from the consequences of violations of local, state and federal law.

Amherst students are expected to adhere to the Honor Code whether they are on the campus; in the Town of Amherst; attending classes or functions at Smith College, Mount Holyoke College, Hampshire College or the University of Massachusetts; traveling on a Five College bus; or participating in college activities, wherever these are held.

Amherst College has joined with Smith College, Mount Holyoke College, Hampshire College and the University of Massachusetts to form the Five Colleges. Amherst College students, when studying or visiting on the campus of one of the Five Colleges, will be subject, in addition to the standards set forth in this Code, to the regulations and procedures of that institution. (See the Regulations and Procedures section in the Five College Cooperation section of the online Handbook.)

If a complaint is filed against a student for a violation of the Honor Code in locations or situations specified in the foregoing paragraphs, college student conduct proceedings may be initiated by a member of one of the constituent Five Colleges, by a member of Amherst College or by the Dean of Student Conduct.

If conduct which is or would be a violation of the Honor Code occurs in situations or locations other than those specifically named in this section or to persons other than those covered in this section, the Dean of Student Conduct may petition the Committee on Discipline to accept a complaint. In determining to do so, the Board will follow the general guideline that jurisdiction will only be extended where the alleged violation appears to be of sufficient gravity to have an actual or potential adverse impact on the college community or its members.

The college reserves the right to initiate or carry out its own student conduct proceedings, regardless of the prospect or the pendency of civil or criminal proceedings, against a student accused of violating the Honor Code, even if legal sanctions have already been incurred and whether or not the Respondent participates in the college proceedings. A Respondent who is also facing a criminal charge or the possibility of a criminal charge is advised to seek legal counsel before participating in any college proceedings.

A student who withdraws from the college in order to defend himself or herself in off-campus civil or criminal proceedings arising from events which are also the subject of a complaint being heard by the Committee on Discipline will not be allowed to re-enroll, pending the outcome of college student conduct proceedings.
A student who withdraws from the college after a complaint has been filed for an alleged violation of the Honor Code but before the complaint has been resolved in accordance with the Student Conduct Process will be allowed to re-enroll only at the discretion of the Dean of Students.

Any reference to a "student" includes any person pursuing a degree from the college and any person who is not officially enrolled for a particular semester but who has a continuing academic relationship with the college.

MANDATORY PROGRAMMING

- All student-athletes will attend mandatory programming at the beginning of each academic year. Programs that will be included are:
  - Alcohol Awareness
  - Bystander Training
  - Hazing
  - Sexual Respect
LEADERSHIP IN THE CAMPUS & COMMUNITY

AMHERST LEADS


Educating Amherst College Student-Athletes in the Classroom of Athletics.

Strong Leadership Development Enhances Academic and Athletic Success.

Amherst LEADS is a leadership development program that provides a comprehensive and educational view of leadership that can be used both during and after a student-athlete’s experience at Amherst. Designed specifically for the varsity student-athlete, the program features a variety of symposia, workshops, speakers, and interactive experiences to educate the college’s student-athletes about becoming strong, ethical and influential leaders.

Three Tailored Programs Build Leadership Experience throughout Amherst Career

Customized curriculum for each of its three programs provides the building blocks for a successful leader. The program grows with each student-athlete during their career at Amherst College. During the 2013 – 2014 academic year, there were over 400 student-athletes enrolled in the program.

- **FYI Program** - The FYI Program includes all First-Year varsity student-athletes, empowers the student-athletes to think deeply about their role as first-year team members and to lead themselves. The program discusses what is expected of student-athletes on campus, teaches the proud history of Amherst College, and impresses upon them a set of responsibilities as Amherst College student-athletes.

- **Futures Program** - The Futures Program prepares student-athletes for the challenges that await them as team leaders. Participants, who include Amherst sophomore and junior student-athletes, will assess their own strengths and weaknesses, examine different leadership styles, learn effective communication skills, as well as develop strategies to continue to grow into future leaders.

- **Captains Program** - The Captains Program is designed specifically for the captains of Amherst’s 27 varsity teams and serves as the capstone program of Amherst LEADS. Beginning with the Captains Symposium in the fall, our student-athletes share in their successes and lessons learned as they navigate their ultimate leadership role. Our captains are challenged to become leaders on and off the field, as well as in their lives after Amherst College.

For more information, please contact Justin Serpone at 413-542-2956 or jsrpone@amherst.edu

COMMUNITY ENGAGEMENT

The Center for Community Engagement works in partnership with the Athletics Department to create a sustainable culture of engagement throughout Amherst’s community of student-athletes. From adopting honorary team members to supporting weekly after-school clubs, Amherst’s student-athletes are actively committed to their local community.

ATEL – ATHLETICS TEAM ENGAGEMENT LEADER

The Athletics Team Engagement Leader (ATEL) Program began in January of 2013. It is a component of the combined efforts of the Athletics Liaisons, the Center for Community Engagement, and the Athletics Department to create a sustainable culture of high-quality community engagement within Amherst Athletics. Most of the varsity
and club sports at Amherst have one student who is selected to serve as the ATEL. That student leader works to organize their team’s involvement in community engagement efforts.

Participants in the Athlete Engagement Leader Program will:

- Develop a deeper understanding of community engagement and partnerships in community engagement work.
- Learn about the ongoing collaborative efforts between Amherst and the community and brainstorm ways to enhance Athletic Department participation in this effort.
- Build skills to facilitate the role as an Athletics Team Engagement Leader.
- Collaborate with the team’s designated Athletics Liaison to coordinate team community engagement efforts.

In return, participants will:

- Make a difference in department culture and in the local community.
- Hold a valuable resume-building leadership position on his or her team.
- Form relationships with fellow team leaders, Athletic Department representatives, CCE staff, and the Athletics Liaisons.
- Participate in a free, overnight leadership retreat with food from local vendors, speakers, and workshops.

For more information, contact Karen Lee Miller, Assistant Dean of Students and Director of Student Leadership, at 413-542-2931 or kmlmiller@amherst.edu.

SAAC – STUDENT-ATHLETE ADVISORY COMMITTEE

The Amherst College SAAC provides a voice for student-athletes within the Amherst College Community, represents the interests of student-athletes to the administration, undertakes projects that benefit all members of the community, and fosters a positive student-athlete image. We are eagerly looking forward to helping promote the interest of all student-athletes well into the future.

If you would like to become involved with SAAC and their projects, please contact Chris Tamasi, 2013 – 2014 President, at ctamasi15@amherst.edu or Elaina Zizza, Staff Point Person at 413-542-5492 or ezizza@amherst.edu.

CAPTAINS’ COUNCIL

Captains of in-season sports will meet twice a month with the director of athletics to discuss current issues and events as they relate to their teams, to the department of athletics and to the Amherst College community. Issues such as leadership, team-building, campus-wide initiatives and the continuing development of the ideal Amherst College student-athlete profile are central themes for discussion. Captains are directly involved in the decision-making process necessary to continue our program’s elevation.
STUDENT-ATHLETE SERVICES

SPORTS MEDICINE

The Sports Medicine Department offers evaluation and care of sports related injuries as well as the commitment to student-athlete education and well-being. They want you to feel at home in their facilities and encourage you to seek their advice whenever you feel they may be of some assistance. Their doors are always open and you are always welcome.

MISSION STATEMENT

The Amherst College Sports Medicine Department is comprised of Athletic Trainers who specialize in preventing, recognizing, managing, and rehabilitating injuries that result from physical activity. Our staff includes Massachusetts Licensed, NATA Certified Athletic Trainers operating under the supervision of the Director of Health Services.

We are committed to providing the best possible care for all of our student-athletes. The supervising physicians and the NCAA Sports Medicine Handbook serve as the basis for policy decisions. The main Sports Medicine Facility is located in Alumni Gymnasium. There are satellite rooms in Orr Rink and the field house located at the Pratt / Gooding Complex.

STAFF

<table>
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</table>

HOURS OF OPERATION

Monday - Friday --- 9 a.m. to 7 p.m.
Weekends --- Open for games and practices only
*Accommodations will be made for early morning and evening practices and games as needed.

PROPER ATTIRE

All students must be properly attired in the Sports Medicine Facilities. Proper attire for men and women includes a shirt and shorts; this includes when a student is in a whirlpool. Students in spandex, sports bras, undergarments, etc. will not be permitted in any Sports Medicine Facility. Please plan accordingly.

STUDENT-ATHLETE WELL-BEING

In addition to providing athletic injury care, the Sports Medicine department at Amherst College is dedicated to student-athlete health and well-being. We are equally committed to providing an inclusive environment for all members of the Amherst College Community. To this goal, we work with the Athletic Department at large as well with other trained members of the Amherst College community to provide workshops on such areas as:

- Alcohol Awareness (mandatory for every team)
• Sexual Respect and Bystander Training (mandatory for every team)
• Sports Nutrition
• Body Diversity
• Self-Care and boundary setting
• Inclusivity in the locker room and on the playing field

STATEMENT ON CONCUSSIONS

Please refer to our site on the Athletic Department’s website for comprehensive information regarding our policy and procedure regarding diagnosis, treatment, and return to play guidelines regarding concussion.

A concussion can occur when a person receives a traumatic force to the head or upper body that causes the brain to shake inside of the skull. The injury is defined as a concussion when there is a change in mental status such as loss of consciousness, amnesia, disorientation, confusion or mental fogginess.

Following a concussion, there is a period of change in brain function that varies in severity and length with each individual. During this time the brain is vulnerable to more severe or permanent injury. If the person sustains a second concussion during this time period, the risk of more serious brain injury increases.

Chronic traumatic encephalopathy (CTE), the degenerative brain disease caused by (repeated) head trauma, was initially diagnosed in professional boxers. Diagnosing CTE in athletes from other sports has gained increased attention as researchers learn more. Those of us who are responsible for the welfare of student-athletes have an obligation to follow the research closely, to use the most sophisticated assessment tools in the training room, and to continue to communicate with governing authorities and the public regarding the best thinking of our medical professionals.

Mainstream neurodiagnostic techniques, such as CT scan and MRI, though invaluable in discerning more serious intracranial pathology (e.g. skull fracture, hematoma), are generally insensitive in measuring the subtle effects of concussion. Symptoms indicative of brain impairment can be understated and may go unnoticed by the athlete, team medical staff, parents, and/or coaches.

Therefore, Amherst uses additional neurodiagnostic tools for assessing and monitoring concussive events. At the forefront of proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation can help to objectively assess the concussed athlete’s post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. Varsity athletes in contact sports, as well as all club rugby and wrestling participants, are required to undergo baseline neurocognitive testing prior to competition.

A return to play decision is based on the evaluation of all of this information and is made with the best professional judgment that returning an athlete to participation is medically prudent and in the student’s best interest. ImPACT helps medical staff to identify deficits and make appropriate decisions about when it is safe for an athlete to return to play. The biggest risk of returning an athlete to athletics before their concussion is completely resolved is the athlete’s susceptibility to “second impact syndrome.” Second Impact syndrome results from acute, potentially fatal, brain swelling that occurs when a second concussion is sustained before complete recovery from a previous concussion.

The Amherst Sports Medicine staff of certified athletic trainers adheres to the most up-to-date protocols in assessing, treating and monitoring all injuries; with particular attention to head, neck and spine injuries. These protocols are reviewed regularly in conjunction with the Amherst Health Services Director.
SICKLE CELL/ EXERTIONAL HEAT ILLNESS

Please refer to our site on the Athletic Department’s webpage for comprehensive information regarding our policy and procedures regarding sickle cell trait and risk of sudden death in athletes.

Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time. The NCAA mandates sickle cell testing or the signing of a waiver for all varsity athletes competing in NCAA sanctioned sports. Preventing collapse due to exertional heat exhaustion, with or without sickle cell trait can be prevented. The NCAA provides the following recommendations.

- Know your sickle cell trait status
- Engage in a slow and gradual preseason conditioning regimen
- Build up your intensity slowly while training
- Set your own pace. Use adequate rest and recover between repetitions
- Avoid pushing with all-out exertion longer than 2-3 min. without rest
- If you experience symptoms such as muscle pain, abdominal weakness, undue fatigue or breathlessness, stop activity immediately and notify your Athletic Trainer or Coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.

INSURANCE

Please refer to our page on the Athletic Department’s website for comprehensive information regarding our policy and procedures regarding insurance coverage for athletes.

In the event that during the academic year, you sustain a sports injury that requires medical evaluation, treatment, and/or services outside of the Sports Medicine Department or the Student Health Service (such as a referral to an Orthopedic Specialist, an MRI, Bone or CT scan, and/or Orthopedic Bracing), we wanted to make you aware of potential limitations of private coverage. Many times during the year, a student without proper insurance coverage will have one or more of these services delayed or denied due to the service being “out of network”. Although all intercollegiate and club sport athletes may qualify for additional benefits under the Sports Injury Insurance which is purchased by the college, this coverage is only applicable when the injury is sustained during a sanctioned and supervised contest or practice (i.e. captains’ practices and unsupervised lifting/workout sessions are not covered). Additionally, the Athletics Insurance policy has a $500.00 deductible. Students who do not carry the Student Medical Insurance are responsible for meeting the deductible with either a primary insurance or out of pocket payment.

Sports Injury Medical Insurance is provided by the College to all intercollegiate and club sport athletes.

The Student Medical Insurance Plan is designed to work in conjunction with the Sports Injury Insurance Policy by satisfying the policy’s $500 deductible. If a student waives the Student Medical Insurance Plan, the $500.00 Sports Injury deductible will be the responsibility of the student. In order to access this secondary insurance coverage, a claim form must be completed and signed by the student athlete and submitted by the Sports Medicine or Health Center Staff. Without a claim form submitted in a timely fashion, coverage will be denied. If you sustain an injury during a sanctioned supervised session for which you seek treatment outside of Amherst College, you must work with Sports Medicine or Health Services to ensure proper procedure is followed.
NCAX ADХD REGULATIONS

Please refer to our site on the Athletic Department’s webpage for comprehensive information regarding our policy and procedures regarding ADHD regulations.

Any student who tests positive for ADHD medication during drug testing must immediately provide documentation including a comprehensive clinical evaluation, recording observations and results from ADHD rating scales, a physical exam and any lab work, previous treatment for ADHD, and the diagnosis and recommended treatment. If a student-athlete has not undergone an evaluation and/or cannot produce documents at the time the positive test is confirmed with the institution, the student-athlete must be declared ineligible until 1) the documentation can be produced or 2) a drug-test appeal is heard and approved.

FORMS

The following forms and reading material can be found under the Forms section of this handbook:

Sports Injury Policy
Sports Insurance Accident Claim
NCAA ADHD Medical Exception Documentation Reporting Form
Concussions and Amherst’s Testing Mechanisms
Insurance Coverage for Athletes
New ADHD Regulations

STRENGTH & CONDITIONING

Amherst College provides the community with a clean, safe, and well-equipped facility to achieve fitness and performance goals. Wolff Fitness Center is located at the heart of Amherst’s gymnasium complex and continues to receive upgrades in equipment and receives constant maintenance to provide the community with the necessary tools to be fit and healthy. The Head Strength and Conditioning Coach is responsible for the development and implementation of the strength and conditioning programs for Amherst’s 25 varsity athletic programs. Other duties include instruction and supervision of strength and conditioning programs for athletes, teaching fitness classes to the campus community, counseling athletes and students on strength, fitness and nutrition, supervision of fitness center and weight room, equipment maintenance, purchasing of equipment, supervising and training of personnel.

HOURS OF OPERATION

Monday – Thursday: 6:00am – 10:00pm
Friday: 6:00am – 8:00pm
Saturday: 7:00am – 6:00pm
Sunday: 7:00am – 10:00pm

Hours of operation will be adjusted during winter break and spring break.

RULES

Use of the Wolff Fitness Center and equipment is at your own risk. Amherst College is not responsible for Injuries or aggregated health conditions that are the result of improper use of the facility or equipment.
GENERAL REQUIREMENTS

- Consult with your physician before beginning any exercise program.
- Persons using the Fitness Center shall be at least 16 years old to enter.
- Persons 16 years old shall be closely supervised by an adult
- The College and fitness center are not responsible for lost or stolen items
  - Personal items of value should not be brought to the fitness center
- Music played within the facility shall be suitable for everyone and kept at a respectable volume
  - Music that is considered inappropriate or offensive will be turned off
  - Personal iPods with headphones shall be used for noncompliant music
- Be considerate of clients;
  - Allow others to work-in or through during multiple sets
  - Personal hygiene should not be offensive to others
  - Loud and obnoxious noises are distracting to others
  - There is a 30 minute limit on use of cardio equipment during peak hours

ATTIRE

- Persons using the fitness center must wear appropriate athletic attire, which includes clean shirts, shorts or sweats, socks and athletic shoes or sneakers.
  - Casual clothing and outdoor shoes or sneakers are not permitted (a change of footwear is required to keep the equipment operational)
  - Bare feet are not permitted within the facility

EQUIPMENT

- When using any fitness equipment, follow manufacturer’s instructions.
- Persons unfamiliar with equipment must ask monitor/trainer for assistance
- Do not use broken, damaged or out-of-service equipment.
  - Report broken or damaged equipment to the monitor to prevent injuries

HEALTH & HYGIENE

- Equipment, mats, stability balls and weights must be cleaned after each use
- Injuries that include bleeding must be covered and cleaned up immediately
- Persons who are ill with fever or other potentially contagious illness should not utilize the facility until they are symptom-free for 24 hours

WEIGHTS

- Use of a “spotter” is required when lifting heavy weight
- Weights must be returned to the racks, and not left on the bars or floor
- Weights, including on the machines shall not be banged or dropped
- Amherst College reserves the right to refuse admittance to the Fitness Center for non-compliance with the above requirements

Emergency - Serious illness and injury must be reported to the fitness center monitor and/or Amherst College Police Department (413) 542-2111

EQUIPMENT ROOM

Equipment rooms are located in the lower level of the Alumni Gymnasium and in the field house located at the Pratt / Gooding complex. Hours of operation are Monday – Friday from 9:00am – 5:00pm and as needed by coaches request. Inventory of all gear and equipment is kept by the Equipment Managers. Equipment and practice gear will be issued at the beginning of the season to student-athletes. Once the gear and equipment are assigned it becomes the responsibility of the student-athlete. Practice gear is laundered on a daily basis; therefore, gear should be returned to the equipment room within one hour after practice has ended. Game gear is issued prior to each scheduled event and must be returned immediately following the scheduled event.

After the last event of the season all equipment and practice gear must be returned to the equipment room according to the procedures outlined by the Equipment Managers. A student-athlete who fails to return any items that were distributed will have their student account charged until the items have been returned.
RESOURCES

ACADEMIC SUPPORT

Amherst College offers a variety of services to support students’ academic efforts. In addition to taking advantage of our faculty’s teaching and advising, students can augment their academic work through these services:

The Moss Quantitative Center
202 Merrill Science Center
413-542-8331

Office of Student Affairs
201 Converse Hall
413-542-2337

The Writing Center
101 Charles Pratt Hall
413-542-2139

Frost Library
61 Quadrangle Drive
413-542-2373

OTHER SUPPORT SERVICES

Campus Police
Service Building
413-542-2291

Career Center
College Hall, 1st Floor
413-542-2265

Counseling Center
Scott House, 14 Hitchcock Road
413-542-2354

Center for Women & Community – UMass Amherst
180 Infirmary Way, New Africa House
413-545-0883

Keefe Health Center
95 College Street
413-542-2267

Queer Resource Center/LGBTQIA+
Morrow Residence Hall
413-542-5114

Religious Life
Cadigan Center
413-542-8149

Multicultural Resource Center
Keefe Campus Center, Room 112
413-542-5372

Sexual Respect and Title IX Coordinator, Laurie Frankl
79 South Pleasant Street
413-542-5707

Center for Community Engagement
Keefe Campus Center, Room 102
413-542-5140

Women’s and Gender Center
Keefe Campus Center, Room 103A
413-542-5667

TRANSFER RELEASE

A student-athlete participating at a Division III institution may issue, on his or her own behalf, permission for another Division III institution to contact the student-athlete about a potential transfer. The student-athlete shall forward this form to the director of athletics at the institution of interest.
SUMMARY OF NCAA REGULATIONS – NCAA Division III

For: Student-athletes.
Purpose: To summarize NCAA regulations regarding eligibility of student-athletes to compete.

DISCLAIMER: THE SUMMARY OF NCAA REGULATIONS DOES NOT INCLUDE ALL NCAA DIVISION III BYLAWS. FOR A COMPLETE LIST, GO TO WWW.NCAA.ORG. YOU ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING THE APPLICATION OF ALL BYLAWS RELATED TO YOUR ELIGIBILITY TO COMPETE. CONTACT YOUR INSTITUTION’S COMPLIANCE OFFICE OR THE NCAA IF YOU HAVE QUESTIONS.

TO: STUDENT-ATHLETE

This summary of NCAA regulations contains information about your eligibility to compete in intercollegiate athletics.

This summary has two parts:

1. Part I is for all student-athletes.

2. Part II is for new student-athletes only (those signing the Student-Athlete Statement for the first time).

If you have questions, ask your director of athletics (or his or her official designee) or refer to the 2016-17 NCAA Division III Manual. These forms are available via the NCAA website (www.ncaa.org/compliance?division=d3). The references in brackets after each summarized regulation show you where to find the regulation in the Division III Manual.

Part I: FOR ALL STUDENT-ATHLETES.

This part of the summary discusses ethical conduct, amateurism, financial aid, academic standards and other regulations concerning your eligibility for intercollegiate competition.

1. Ethical Conduct – All Sports.

   a. You must act with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports. [NCAA Bylaw 10.01.1]

   b. You have engaged in unethical conduct if you refuse to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or your institution. [Bylaw 10.1-(a)]
c. You are not eligible to compete if you knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the school or solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value. [Bylaw 10.3]

d. You are not eligible to compete if you knowingly participate in any gambling activity that involves intercollegiate or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling. [Bylaw 10.3]

e. You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. [Bylaw 14.01.3.3]

2. Amateurism – All Sports.

a. You are not eligible for participation in a sport if after full-time collegiate enrollment you have ever:

(1) Taken pay, or the promise of pay, for competing in that sport;

(2) Agreed (orally or in writing) to compete in professional athletics in that sport;

(3) Competed on any professional athletics team (as defined by the NCAA) in that sport [Bylaw 12.02.5]; or

(4) Used your athletics skill for pay in any form in that sport. (Prior to collegiate enrollment, an individual may accept prize money based only on his or her place finish or performance from the sponsor of an open athletics event, the United States Olympic Committee or the appropriate national governing body. An individual may also accept actual and necessary expenses associated with the individual's practice and competition on a professional team.) [Bylaws 12.1.3 and 12.1.5]

b. You are not eligible in a sport if you ever have accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. [Bylaw 12.3.1]

c. You are not eligible in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service or allow your name or picture to be used for promoting a commercial product or service, unless:
(1) The individual became involved in such activities for reasons independent of athletics ability;

(2) No reference is made in these activities to the individual's involvement in intercollegiate athletics; and

(3) The individual's remuneration under such circumstances is at a rate commensurate with the individual's skill and experience as a model or performer and is not based in any way on the individual's athletics ability or reputation. [Bylaw 12.5.1.3]

(4) You are not eligible in any sport if, because of your athletics ability, you were paid for work you did not perform, or were paid at a rate higher than the going rate. [Bylaw 12.4.1]

3. Delayed Collegiate Enrollment.

The following rules are applicable to all Division III student-athletes first entering a collegiate institution on or after August 1, 2014:

- If you did not enroll in college as a full-time student by the next opportunity after a one calendar-year period following the graduation of your high school class or if you discontinued full-time high school enrollment and you participated in any of the activities listed below, you have used a season of intercollegiate competition for each calendar year or sport season in which you participated in such activities. [Bylaw 14.2.4.4]

(1) Activities Constituting Use of a Season.

(a) Any team competition or training in which pay in any form is provided to any of the participants above actual and necessary expenses;

(b) Any individual competition or training in which the individual accepts pay in any form based on his or her place finish or any competition or training in which the individual accepts pay in any form above actual and necessary expenses;

(c) Any competition pursuant to the signing of a contract for athletics participation or entering a professional draft; or
(d) Any competition funded by a representative of an institution's athletics interest that is not open to all participants. [Bylaw 14.2.4.4.2]

(2) If you have used a season(s) of participation according to the regulations above, you must also fulfill an academic year in residence prior to being eligible to represent your school in intercollegiate competition. [Bylaw 14.2.4.4.1]

4. Competition Exceptions (for delayed collegiate enrollment).

- If you participated in organized competition while enrolled in a postgraduate college preparatory school during the initial year of enrollment, you did not use a season of competition. In addition, a maximum one-time one-year exception is applicable for participation in the Olympic Games tryouts and competition, and other specified national and international competition. [Bylaw 14.2.4.4.2.1]

5. Seasons of Participation – All Sports.

a. A student-athlete must count a season of participation when he or she practices or competes during or after the first contest following the student-athlete's initial participation at that school. [Bylaw 14.2.4.1]

b. A season of participation shall not be counted when a student-athlete participates in a preseason scrimmage or preseason exhibition conducted prior to the first contest in the traditional segment following the student-athlete's initial participation at that school, or when a student-athlete participates in the one date of competition during the nontraditional segment in baseball, field hockey, lacrosse, soccer, softball and volleyball. [Bylaw 14.2.4.1.1]

c. A season of participation shall not be counted when a student-athlete practices in the nontraditional sports segment. [Bylaw 14.2.4.1]

6. Financial Aid – All Sports.

a. You are not eligible if you receive financial aid other than the nonathletics financial aid that your school distributes. However, it is permissible to receive:

(1) Money from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.3]

(2) Financial aid that has been awarded to you on a basis other than athletics leadership, ability, participation or performance. [Bylaw 15.2.3.4]
(3) Financial aid from an entity outside your school that meets the requirements specified in the Division III Manual. [Bylaw 15.2.3.2]

b. You must report to your school any financial aid that you receive from a source other than your school. However, you do not need to report financial aid received from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.1]

7. Academic Standards – All Sports.

a. Eligibility for Practice.

(1) You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of your school. If at any point you drop below full time you are unable to practice. [Bylaw 14.1.8.1]

(2) You are eligible to practice during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies at the time of your initial participation, you are no longer enrolled at your previous school and you are eligible under all school and NCAA requirements. [Bylaw 14.1.8.1.6.5]

(3) You also are eligible to practice while enrolled in less than a minimum full-time program of studies if you are enrolled in the final semester or quarter of a baccalaureate program and your school certifies that you are carrying (for credit) the courses necessary to complete your degree requirements. [Bylaw 14.1.8.1.6.1]

b. Eligibility for Competition.

(1) To be eligible to compete, you must:

(a) Have been admitted as a regularly enrolled, degree-seeking student according to the published entrance requirements of your school;

(b) Be in good academic standing according to the standards of your school; and

(c) Be enrolled in at least a minimum full-time program of studies leading to baccalaureate or the equivalent (not less than 12-semester or quarter hours) and maintain satisfactory progress toward that degree, be enrolled in a full-time graduate or
professional degree program (as defined by the school for all graduate students) or be enrolled and seeking a second baccalaureate degree at your school. [Bylaws 14.01.2, 14.1.8.1 and 14.1.8.1.6.2]

(2) If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your baccalaureate or graduate degree program and are carrying credits necessary to finish your degree requirements. [Bylaw 14.1.8.1.6.1]

(3) You are eligible to compete during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies and at the time of your initial participation, you are no longer enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.1.6.1]

(4) If you are a returning student, you are eligible to compete between terms, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately before the date of competition, or if you are either continuing enrollment or beginning enrollment, provided you have been accepted for enrollment as a regular full-time student for the regular term immediately following the date of competition. [Bylaw 14.1.8.1.6.6]

8. Other Rules Concerning Eligibility – All Sports.

a. You are not eligible to participate in more than four seasons of intercollegiate participation. [Bylaw 14.2]

b. You are not eligible after 10 semesters or 15 quarters in which you were enrolled at a collegiate institution in at least a minimum full-time program of studies as determined by the school, except for any extensions that have been approved in accordance with NCAA legislation. [Bylaw 14.2.2]

c. You are eligible if you are seeking a second baccalaureate or equivalent degree or you are enrolled in a graduate or professional school provided you received your undergraduate degree from the same school, you have seasons of participation remaining and your participation occurs within the applicable 10 semesters or 15 quarters. You are also eligible for postseason events that occur within 60 days of the date you complete the requirements for your degree. [Bylaws 14.1.9 and 14.1.8.1.6.7]
d. You are **not eligible** in your sport for the rest of your season if, after enrollment in college and during any year in which you were a member of an intercollegiate team, you competed as a member of any outside team in any noncollegiate, amateur competition in the sport during your college team's playing season. Competing in the Olympic Games, tryouts and competition and other specified national and international competition is permitted. [Bylaws 14.7.1 and 14.7.3]

9. **Transfer Students Only.**

a. You are considered a transfer student if:

   (1) You were officially registered and enrolled in a minimum, full-time program of studies in any quarter or semester of an academic year, as certified by the registrar or admissions office and attended class; or

   (2) You reported for a regular squad practice (including practice or conditioning activities that occurred before certification), announced by the institution through any member of its athletics department staff, before the beginning of any quarter or semester, as certified by the athletics director. [Bylaw 14.5.2]

b. If you are a transfer student from a four-year school, you are **not eligible** during your first academic year in residence unless you meet the provisions of one of the exceptions specified in Bylaws 14.5.5.1.1, 14.5.5.1.2 or 14.5.5.1.3.

c. If you are a transfer student from a two-year institution, you are **not eligible** during your first academic year in residence at your new institution unless you meet the academic and residence requirements specified in Bylaw 14.5.4.1 or the exception specified in Bylaw 14.5.4.2.

d. If you wish to correspond with another NCAA institution about your opportunity to transfer, the institution must have permission to contact you before any correspondence may occur.

   (1) To contact another NCAA Division III school, you may seek permission from your director of athletics, or you can grant other NCAA Division III institutions permission to contact you. To grant another NCAA Division III school permission to contact you about a potential transfer (or for you to be able to contact the school), complete the Permission to Contact: Self-Release form that is provided by the NCAA national office. The form and instructions are available on the student-athlete home page of the NCAA website at [www.ncaa.org/student-athletes/permission-contact](http://www.ncaa.org/student-athletes/permission-contact).
(2) To contact Division I or Division II schools, you must seek permission from your director of athletics.

Part II: FOR NEW STUDENT-ATHLETES ONLY.

This part of the summary contains information about your recruitment, which is governed by Bylaw 13 of the Division III Manual.

- Recruitment.
  
a. Offers – All Sports.
    
   (1) You are not eligible if, before you enrolled at your school, any staff member of your institution or any other representative of your school's athletics interests offered to you, your relatives or your friends any financial aid or other benefits that NCAA rules do not permit.

   (2) During your recruitment, it was permissible for you to be employed in any department outside of intercollegiate athletics provided the employment is arranged through normal institutional employment policies and procedures. [Bylaws 13.2.1 and 13.2.4.1]

b. Contacts – All Sports.

   (1) For purposes of this section, contact means "any face-to-face encounter between a prospective student-athlete or the prospective student-athlete's relatives, guardian(s) or individual of a comparable relationship and an institutional athletics department staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., positions himself/herself in a location where contact is possible) or that takes place on the grounds of the prospective student-athlete's educational institution or at the site of organized competition or practice involving the prospective student-athlete or the prospective student-athlete's high school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of the conversation that occurs." [Bylaw 13.02.3]

   (2) You are not eligible if any athletics staff member of your school or any other representative of your school's athletics interests contacted you (as defined above), your relatives or your legal guardians in person off your
high school's campus before you completed your sophomore year in high school (except for students at military academies). [Bylaw 13.1.1.1]

c. **Source of Funds – All Sports.**

- You are eligible for intercollegiate competition if prior to initial full-time collegiate enrollment, you received normal and reasonable living expenses from an individual with whom you had an established relationship (e.g., high school coach, nonscholastic athletics team coach, family of a teammate), even if the relationship developed as a result of athletics participation, provided:

  (a) The individual is not an agent;

  (b) The individual is not an athletics representative of a particular school involved in recruiting the prospective student-athlete; and

  (c) Such living expenses are consistent with the types of expenses provided by the individual as a part of normal living arrangements (e.g., housing, meals, occasional spending money, use of the family car). [Bylaw 12.1.3.1]

d. **Sports Camps.**

- You are not eligible if, before you enrolled at your school, the school, members of its athletics staff or a representative of its athletics interests gave you free or reduced admission privileges to attend its sports camp or clinic after you had started classes for the ninth grade. [Bylaw 13.12.1.4]

c. **Visits, Transportation and Entertainment – All Sports.**

(1) You are not eligible under Bylaws 13.5, 13.6 or 13.7 if, before you enrolled at your school, any of the following happened to you:

  (a) Your school paid for you to visit its campus more than once;

  (b) Your one expense-paid visit to the campus lasted longer than 48 hours;

  (c) Your school paid more than the actual round-trip cost by direct route between your home and the campus when you made your one expense-paid visit;
(d) Your school entertained you, your parents (or guardians) or your spouse outside a 30-mile radius of the campus during your expense-paid visit; or

(e) Your school entertained you, your parents (or guardians) or your spouse excessively during your expense-paid visit, or entertained your friends or other relatives at any site.

(2) You are **not eligible** if your school paid for you to visit its campus before January 1 of your junior year in high school. [Bylaw 13.6.1.1.1]

(3) You are **not eligible** if, when you were being recruited, staff members of your school or any representatives of its athletics interests paid the transportation costs for your relatives or friends to visit the campus or elsewhere other than the one paid visit. [Bylaw 13.5.2.8]

(4) You are **not eligible** if any person, (other than your parents or legal guardians) at his or her own expense, paid for you to visit your school once and did not accompany you on the visit or paid for you to visit more than once. [Bylaw 13.6.1.1]

(5) You are **not eligible** if, at any time that you were visiting your school's campus at your own expense, your school paid for anything more than the following:

   (a) Transportation, when accompanied by a staff member, to see off-campus practice and competition sites and other facilities. [Bylaw 13.5.3]

   (b) A meal at the dining hall of your school or a meal at an off-campus site if all institutional dining halls were closed and the school normally provides similar meals to all visiting prospective students. [Bylaw 13.7.2.1.1]

   (c) Housing at your school that is generally available to all visiting prospective students. [Bylaw 13.7.2.1.2]

(6) You are **not eligible** if, when you were being recruited, a staff member of your school's athletics department spent money, other than what was necessary, for the staff member's (or representative's) personal expenses during an off-campus visit with you. [Bylaw 13.14.2]
f. Precollege or Postgraduate Expenses – All Sports.

- You are not eligible if your school, or any representative of its athletics interests, offered you money, directly or indirectly, to pay for any part of your educational expenses or other expenses during any period of time before you enrolled at your school. This applies to your postgraduate education as well. [Bylaw 13.15.1]
2016-17 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA Bans the Following Classes of Drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and

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:

1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

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

Check with your athletics department staff prior to using a supplement.
Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances.
Do not rely on this list to rule out any label ingredient.

1. **Stimulants**: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexaneamine, "bath salts" (methedrone); octopamine; DMBA; phenylethylamines (PEAs); etc. **Exceptions**: phenylephrine and pseudoephedrine are not banned.

2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. **Diuretics** (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triamterene; trichlormethiazide; etc.

5. **Street Drugs**: Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

6. **Peptide Hormones and Analogues**: Growth hormone' (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. **Anti-Estrogens**: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione), etc.

8. **Beta-2 Agonists**: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclarine; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

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

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
FORMS

Prospective Student-Athlete Agreement

Medical Hardship Waiver

Sports Injury Policy

Sports Insurance Accident Claim

NCAA ADHD Medical Exemption Documentation Reporting Form

Concussions and Amherst’s Testing mechanisms

Insurance Coverage for Athletes

New ADHD Regulations

NCAA Self-Release
OVERNIGHT RECRUITING VISITS

HOST RESPONSIBILITIES

There may be times when your coach will ask you to serve as a host to a prospective student-athlete during his or her visit to campus. This is a very serious responsibility and must be treated as such. Please be sure to discuss with your coach any questions or concerns you may have prior to the agreeing to this responsibility. The role of the student-host is to provide the necessary support so that the prospective student-athlete has a positive and safe experience during their time on campus. Student-hosts must accompany the prospective student-athlete at all times. While hosting prospective student-athletes, team members are not to provide the recruit with alcoholic beverages. Amherst students that provide underage recruits with alcohol may be subjected to the College’s disciplinary actions and the recruit(s) that are involved in the underage consumption of alcohol may jeopardize their opportunity to attend Amherst College.

PROSPECTIVE STUDENT-ATHLETE RESPONSIBILITIES

While visiting Amherst College, prospective student-athletes are expected to adhere to Amherst College policies and procedures. These can be found in the Amherst College Student handbook. Prospective student-athletes and their parent or guardian must sign the “Prospective Student Agreement” upon arrival for their overnight visit. While on campus, the prospective student-athlete will be responsible for their behavior and understand that any negative behavior may jeopardize their opportunity to attend Amherst College.
INFORMATION FOR OVERNIGHT VISITORS TO AMHERST COLLEGE

Welcome to Amherst College! We are excited about your upcoming stay and pleased that you have chosen to visit our campus and meet our students. Campus visits are a great opportunity to learn more about the College while experiencing firsthand life as a member of the Amherst community. We value the entire Amherst community and have high standards for the behavior of all its members -- including students, members of the faculty and staff of the College, residents of Amherst, and all visitors to our campus.

The Student Handbook outlines Standards of Conduct we use to help guide students as they navigate their time as members of the Amherst community. In order to help you understand our expectations of you and to ensure that your visit to Amherst is safe, productive, and enjoyable, there are a few points relating to our Standards of Conduct which we feel are particularly important to your visit and which we would like to highlight here:

1. Students are responsible for their individual actions.
2. Students must respect the rights of others, their persons and their possessions. They must refrain from any disturbances to the peace of the College and community.
3. The College does not give students protection from the consequences of violations of federal, state, and local laws, including those pertaining to alcohol and drug use. Amherst College prohibits the abuse of alcohol and drugs and expects members of the community to abide by federal, state, and local regulations.

While a host is provided to help coordinate your stay, your host will not be supervising your behavior at all times and you will ultimately be held responsible for your actions. You are subject to the Standards of Conduct throughout your visit and any violation may jeopardize your admission decision.

We ask that you and your parents complete and sign the attached form and return it immediately upon your arrival to the coach who is helping coordinate your visit. Your signature shows that you understand our Standards of Conduct and agree to adhere to them throughout your stay at Amherst. We also ask that you provide us with contact information in case of an emergency. We sincerely hope you will enjoy your visit to Amherst and truly welcome you to get the most out of your Amherst experience.
AMHERST COLLEGE
Department of Athletics

AMHERST COLLEGE ATHLETICS VISITOR POLICY & AUTHORIZATION

ALCOHOL POLICY

Under Massachusetts State Law:

1. A person must be 21 years of age to purchase or be served alcohol.

2. Purchase of an alcoholic beverage by a person under the legal drinking age or any arrangement with another person to procure such drinks is a crime punishable by a mandatory $300 fine.

At Amherst College, guests of any age may attend parties. However, if a party will use public space, be advertised, and/or use college funds and serve alcohol, then the party must be registered with the College. The party must have a student sponsor who ensures that underage persons are not served alcoholic beverages. Trained student security employees who will ensure that College policy is enforced will monitor the party. Campus Police Officers may make random inspections of parties to ensure that College policy and Massachusetts State Law are being adhered to. Non-alcoholic beverages are available at all College-sponsored parties. The sponsor of the party may have legal liability concerning the actions of guests; however, individuals are also responsible for their choices and actions. We encourage you to seek non-alcoholic beverages, which shall be equally accessible if you do attend a party.

Please be mindful that you are ultimately responsible for your own behavior and actions. Amherst coaches evaluate a recruit’s character and citizenship and are responsible for recruiting individuals who will share the College’s commitment to the highest standards of behavior and character. We expect that you uphold our standards of behavior throughout your visit because we do not want any action or violation to negatively influence your possible admission to Amherst College. To familiarize yourself with expected standards for behavior on campus, you should review the details of Amherst’s Honor Code at https://www.amherst.edu/campuslife/deanstudents/code/code.

Thank you for your good judgment!

IMPORTANT NUMBERS FOR GUESTS

Office of Department of Athletics Front Desk: (413) 542-8266 (Open Monday - Friday from 8:30 a.m. - 4:30 p.m.)
Office of Department of Athletics Fax: (413) 542-2026
Dean of Students Office: (413) 542-2337
Campus Police Business Line: (413) 542-2291
Amherst Police, Fire, or Ambulance Emergency Line: (413) 542-2111 or Dial 911
Student Health Services: (413) 542-2266

NOTE: Campus Police should be called first for all on campus emergencies. Campus Police maintain direct communication with Amherst Emergency Services and will summon the appropriate service. Campus Police offices are located on the first floor of the Physical Plant Building and they are available 24 hours a day.

College Operator and Police Dispatch: The Campus Police Dispatchers also act as the college operators. Telephone numbers and general information may be sought by dialing zero (0) from any campus telephone or 413-542-2000 from other telephones. The Communications Center is located within the Campus Police offices and is open 24 hours a day. Operators and Dispatchers are not police officers, but will refer you to the on duty police officers to answer any questions or concerns regarding College policy or Massachusetts Laws. Operators and Dispatchers are also very familiar with the operation of the College and may refer you to the appropriate department or individual for specific information.

We hope your visit to Amherst College will be a pleasant and safe one. However, in the event of a problem, please make use of the information above.
AMHERST COLLEGE
Department of Athletics

EMERGENCY CONTACT INFORMATION

Today's Date: ____________________________
Visiting Student Name: ___________________ ____________________________
Arrival Date: ____________________________ Departure Date: ____________________________
Parent(s)/Guardian(s) Name: _______________________________________________________
Home Address: ___________________________________________________________________
Home Phone Number: ____________________________ Cell/ Evening Phone: ____________________________
Special medical problems, allergies to medications or food: _______________________________
________________________________________________________________________________
________________________________________________________________________________
Emergency Contact Name: ____________________________ Relationship to You: ____________________________
Emergency Contact Phone Number: __________________________________________________

AUTHORIZATION

I have carefully read and reviewed the Amherst College Alcohol Policy, and the emergency contact information I have listed above. I hereby release, indemnify, and hold harmless Amherst College, its trustees, officers, agents, and employees from all liability, damage, or claim of any nature arising from my child's participation in the Amherst College Overnight Hosting Program. In case of an emergency and we cannot be reached, I, the undersigned parent or guardian of the above-named child, authorize a representative of Amherst College to consent to any medical treatment or care deemed advisable.

__________________________________________  ____________________________
Parent/Guardian                          Date

__________________________________________  ____________________________
Student Signature                         Date

__________________________________________  ____________________________
Host Signature                            Date

__________________________________________  ____________________________
Coach Signature                           Date

Please retain a copy of this form for your records and return a signed copy of the EMERGENCY CONTACT & AUTHORIZATION page to the Amherst College Department of Athletics.
NESCAC
MEDICAL HARDSHIP WAIVER REQUEST FORM
Per NCAA Bylaw 14.2.5 of NCAA Division III Manual

Hardship waiver requests should be submitted once the season in question is completed or the student-athlete has been cleared to participate, whichever occurs first.

Applicant Information
Student-Athlete’s Name: ____________________________________________

Member Institution: ____________________________________________

Sport for which additional season of participation is being requested: ____________________________________________

Current Year in School (Fy, Soph, Jr, Sr): ____________________________________________

Date of Matriculation at your Institution: ____________________________________________

If a transfer, date of matriculation at first institution: ____________________________________________

List years of enrollment and participation by the student-athlete (Include all institutions and academic terms of residence)

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Injury/illness information

Date of injury: ____________________________ Season being petitioned (e.g. 2010-11): ____________________________

Date student-athlete was cleared to return to competition: ____________________________

Name of Physician who diagnosed injury/illness as season-ending: ____________________________

Provide brief description of injury/illness: ____________________________________________

____________________________________________________________________________

Participation for season waiver requested:

Number of contests/dates of competition in which the student-athlete participated (including the one in which the injury occurred, if applicable). Attach schedule and statistics for the season in question noting participation.

Maximum number of contests/dates of competition permitted by the NCAA for the specific sport (see Figure 14-1 of the NCAA Manual for “standard denominator”)

Indicate One-third of Contests or Dates of Competition (see Figure 14-1 of the NCAA Manual)

Appendix IV – August 2014
Did the Injury/Illness occur in the first half of the institution’s season?  
___ Yes ___ No

Did the season-ending Injury/Illness occur before the student-athlete competed in more than one-third of the maximum number of contests/dates of competition for that sport (see figure 14-1 in NCAA Manual)?  
___ Yes ___ No

Did the student-athlete play in the second half of the season?  
___ Yes ___ No

If this waiver is granted, will the student-athlete exceed 10 semester eligibility limit?  
___ Yes ___ No

Did the student participate in any practices after the first game of the season?  
___ Yes ___ No

Did the student participate in any practices after the injury/illness?  
___ Yes ___ No

Did the student remain on the team after the injury/illness?  
___ Yes ___ No

Required Information

1. Cover Letter - Please provide a cover letter requesting the hardship, including background information on the injury.

2. Contemporaneous Medical Documentation from Attending Physician
   Documentation (e.g. medical records, not letters) from attending physician must be from the time of the injury and include information below.
   - Date of injury or onset of illness
   - Diagnosis of injury or illness
   - Description of how injury occurred
   - Treatment prescribed and clinical course
   - Medical reason student-athlete was withheld from further competition for remainder of season
   - MD’s opinion on illness/injury regarding ability to complete the season

   Note: Athletic trainers may provide supplemental information, but medical records from MDs are required. If the student-athlete withdraw from school, documentation from appropriate institutional authority (e.g. Dean of the College, Registrar) should be submitted indicating date of withdrawal and date student re-enrolled.

3. Statistics for season in question, and contests in which the student-athlete participated.

4. Team’s Schedule for Season in Question.

I hereby certify that the above information is complete and accurate. Based on the above and attached information, we feel the identified student-athlete meets all requirements for granting a medical hardship for the year in question per bylaw 14.2.5 of the NCAA Manual. As such, the institution is requesting approval of this medical hardship petition.

__________________________  __________________
Director of Athletics Signature  Date

__________________________  __________________
Head Coach Signature  Date

__________________________  __________________
Compliance Coordinator Signature  Date

Appendix IV – August 2016
During the past academic year, your child sustained a sports injury that required medical evaluation and/or treatment for which expenses were incurred. A Sports Injury Claim form has been submitted on behalf of your child to Gallagher-Koster Insurance e/o Dan Buckley. The Sports Injury Insurance Policy maintained by the college is an "excess" or secondary policy and does not replace your primary insurance. It is your child's responsibility to initially submit any bills/claims to his/her primary insurance. The Sports Injury Policy will pay any remaining balance of expenses not covered by the primary insurance. Of note is that the Sports Insurance does have a $500.00 deductible which needs to be met either by primary insurance payment or an out of pocket payment.

Please follow these steps to assure that any outstanding bills are properly submitted.

1. An insurance form must be completed and sent in to Gallagher-Koster Insurance by Amherst College personnel. This has been done for you and a copy is enclosed.
2. Obtain an itemized copy of any bill(s) for service relating to this sports injury, usually a HCFA or UB92 form. Keep a copy of this bill for your records and confirm that the bill contains all of the following information:
   a. Provider's name
   b. Provider's address
   c. Tax ID number
   d. Date of Service(s)
   e. Type of Service(s) rendered
   f. The fee for each procedure
3. Submit the itemized bill(s) to the primary insurance carrier for benefit consideration before making any payments directly, or sending bills to Gallagher-Koster Insurance.
4. After the primary insurance carrier has made payment, submit a copy of their Explanation of Benefits (EOB) statement and the itemized bill(s), along with a copy of the Sports Injury Claim form to Gallagher-Koster Insurance for submission to the Sports Injury Policy.

If your child is denied coverage completely from the primary insurance carrier (e.g. The HMO/PPO denied benefits due to service provided by non-network providers), the student will receive a denial letter. Upon receipt of that letter, a copy must be submitted along with the itemized bill(s) and a copy of the completed Sports Injury Claim form to Gallagher-Koster Insurance for submission to the Sports Injury Policy. In this case, the $500 deductible would need to be paid out of pocket.

Note: A sports accident claim cannot be processed without an itemized bill, an Explanation of Benefits statement or denial letter from the primary insurance and a completed Sports Injury Claim form. Do not send cash receipts, balance due, balance forward, or past due statements for claims processing or payment. Incomplete submission of information will result in claim processing and payment delay.

Please forward all information and direct all questions to:

Gallagher-Koster Insurance Agency
Attn: Dan Buckley
500 Victory Road
Quincy, MA 02171
(800)457-5599 ext. 6421
Fax: (617)479-0860
Email: dan_buckley@kosterins.com
HOW TO FILE A CLAIM:
1. Complete this form within 60 days.
2. Attach Itemized Bills and Primary Carrier Statements
3. Mail to: Gallagher Keeler, 500 Victory Rd. Quinby, MA 02171 or Fax: 617-478-0650 att: sports / Ph: 877-345-8928

ANY PERSON WHO KNOWINGLY AND/OR WITH INTENT TO INJURE, DEFRAUD OR DECEIVE AN INSURANCE COMPANY OR OTHER PERSONS FILES A STATEMENT OF CLAIM CONTAINING FALSE, INCOMPLETE OR MISLEADING INFORMATION, MAY BE GUILTY OF INSURANCE FRAUD AND SUBJECT TO CRIMINAL AND SUBSTANTIAL CIVIL PENALTIES.

This part must be completed and signed by an official of the policyholder or the claim cannot be processed.

<table>
<thead>
<tr>
<th>School/Organization</th>
<th>Policy#</th>
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<tbody>
<tr>
<td>Amberst College</td>
<td>SR19326-Y6XPE-01</td>
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<table>
<thead>
<tr>
<th>School/Address</th>
<th>City, State, Zip</th>
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<tbody>
<tr>
<td>Alumni Gym-2230, PO Box 5000</td>
<td>Amherst, MA 01002-5000</td>
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<thead>
<tr>
<th>Injured Person's Name</th>
<th>Birth date</th>
<th>Male</th>
<th>Female</th>
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<th>Date of Injury</th>
<th>Time</th>
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<tr>
<th>Type of Sport</th>
<th>Part of body injured</th>
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<th>How did injury occur?</th>
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<thead>
<tr>
<th>Sport Designation</th>
<th>Instrument</th>
<th>Practice</th>
<th>Game</th>
<th>Other</th>
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At the time of the injury, was the injured involved in an activity sponsored and supervised by the policyholder? YES ☐ NO ☐

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<thead>
<tr>
<th>Name of Supervisor</th>
<th>Was he/she a witness to the accident? YES ☐ NO ☐</th>
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<th>Signature of Supervisor/Official</th>
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<tbody>
<tr>
<td>Title</td>
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<td>Date</td>
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PART B: INJURED PERSON'S INFORMATION

<table>
<thead>
<tr>
<th>Injured Person's Social Security Number</th>
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<table>
<thead>
<tr>
<th>Injured Person's Home Address</th>
<th>Street, City, State, Zip</th>
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<table>
<thead>
<tr>
<th>Is the Injured Person Employed? YES ☐ NO ☐</th>
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<tbody>
<tr>
<td>If yes, please fill out Section A below.</td>
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<tr>
<th>Is the Husband Married? YES ☐ NO ☐</th>
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<tr>
<td>If yes, please fill out Section B below.</td>
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<thead>
<tr>
<th>Is the Spouse Employed? YES ☐ NO ☐</th>
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<tr>
<td>If yes, please fill out Section B below.</td>
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| Are you covered by any other insurance policy, either as a dependent, group, individual, automobile medical or liability? YES ☐ NO ☐ |
|---|---|
| If yes, Name of Insurance Carrier |
| Policy# |

PARENT/GUARDIAN INFORMATION

<table>
<thead>
<tr>
<th>Father/Guardian Name</th>
<th>Mother/Guardian Name</th>
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<th>Home Phone</th>
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<tr>
<th>Is the Father Employed? YES ☐ NO ☐</th>
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<tr>
<td>Is the Mother Employed? YES ☐ NO ☐</td>
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SECTION A (INSURED/FATHER)

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<th>Insurance Company</th>
<th>Policy#</th>
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SECTION B (SPOUSE/OTHER)

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<th>Employer</th>
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MEDICAL INFORMATION AUTHORIZATION ASSIGNMENT OF BENEFITS:

You are hereby authorized to furnish all the request for and to Bill Benefits, LLC or the underwritting companies with which it works, information which you may possess, including findings and treatments rendered, X-rays and copies of all hospital and medical records, all concerned by professional services and hospital care rendered on your behalf. The foregoing authorization is granted with the understanding that any legal rights I may otherwise have to claim communications between us are privileged are hereby expressly and voluntarily waived. A Photostat of this authorization shall be considered to effective and valid as the original. PAYMENT WILL BE MADE TO THE PROVIDER OF SERVICE (HOSPITAL, PHYSICIAN AND OTHERS), UNLESS A PAID RECEIPT OR STATEMENT ACCOMPANIES THE BILL AT THE TIME THE CLAIM IS SUBMITTED.

New York: Any person who knowingly and with intent to defraud any insurance company or other person files a statement of claim containing any materially false information, or conceals any of the purposes of misleading information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty for payment of the premium cost and the cost of its claim at each such violation.

Claimant or Authorized Person's Signature | Date
NCAA Medical Exception Documentation Reporting Form

to Support the Diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and Treatment with Banned Stimulant Medication

- Complete and maintain (on file in the athletics department) this form and required documentation supporting the medical need for a student-athlete to be treated for ADHD with stimulant medication.
- Submit this form and required documentation to Drug Free Sport in the event the student-athlete tests positive for the banned stimulant (see Drug Testing Exceptions Procedures at www.ncaa.org/drugtesting).

To be completed by the Institution:

Institution Name:__________________________________________________________

Institutional Representative Submitting Form:
  Name__________________________________________________________
  Title___________________________________________________________
  Email___________________________________________________________
  Phone___________________________________________________________

Student-Athlete Name____________________________________________________
Student-Athlete Date of Birth____________________________________________

To be completed by the Student-Athlete’s Physician:

Treating Physician (print name):__________________________________________
  Specialty:__________________________________________________________
  Office address_______________________________________________________
  Physician signature:_________________________________________________ Date________

Physician documentation (letter, medical notes) to include the following information:
- Diagnosis.
- Medication(s) and dosage.
- Blood pressure and pulse readings and comments.
- Note that alternative non-banned medications have been considered, and comments.
- Follow-up orders.
- Date of clinical evaluation:__________________________________________
- Attach written report summary of comprehensive clinical evaluation:
  - The evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. Attach supporting documentation, such as completed ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores.
  - The evaluation can and should be completed by a clinician capable of meeting the requirements detailed above.

DISCLAIMER: The National Collegiate Athletic Association shall not be liable or responsible, in any way, for any diagnosis or other evaluation made, or exam performed, in connection herewith, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided hereunder.

http://documentcenter.ncaa.org/mssa/ssa/HealthandSafety/FormsTemplates/01052013ADHDreportingform.docx/RHB
CONCUSSION OVERVIEW:

A concussion can occur when a person receives a traumatic force to the head or upper body that causes the brain to shake inside of the skull. The injury is defined as a concussion when there is a change in mental status such as loss of consciousness, amnesia, disorientation, confusion or mental foginess.

Following a concussion, there is a period of change in brain function that varies in severity and length with each individual. During this time the brain is vulnerable to more severe or permanent injury. If the person sustains a second concussion during this time period, the risk of more serious brain injury increases.

Chronic Traumatic Encephalopathy (CTE), the degenerative brain disease caused by (repeated) head trauma, was initially diagnosed in professional boxers. Diagnosing CTE in athletes from other sports has gained increased attention as researchers learn more. Those of us who are responsible for the welfare of student-athletes have an obligation to follow the research closely, to use the most sophisticated assessment tools in the training room, and to continue to communicate with governing authorities and the public regarding the best thinking of our medical professionals.

Mainstream neurodiagnostic techniques, such as CT scan and MRI, though invaluable in discerning more serious intracranial pathology (e.g. skull fracture, hematoma), are generally insensitive in measuring the subtle effects of concussion. Symptoms indicative of brain impairment can be understated and may go unnoticed by the athlete, team medical staff, parents, and/or coaches.

Therefore, Amherst uses additional neurodiagnostic tools for assessing and monitoring concussive events. At the forefront of proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation can help to objectively assess the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. Varsity athletes in contact sports, as well as all club rugby and wrestling participants, are required to undergo baseline neurocognitive testing prior to competition.

TESTING MECHANISMS:

SAC Testing: The SAC (Standard Assessment of Concussion) is a brief screening instrument designed for the neurocognitive assessment of concussion that takes about 5 minutes to administer. The SAC includes measures of orientation, immediate memory, concentration and delayed recall. The SAC scores these constructs on a 30 point scale. This test is used as a side line measure of concussion and the score is compared to a preseason base line score.

ImpACT: ImpACT (Immediate Post-concussion Assessment and Cognitive Testing) is a computerized neurological test battery developed specifically for the evaluation of sports concussions. It is currently being used by the NFL, Major League Baseball, USA Hockey, US Soccer, and hundreds of high schools and colleges around the country including many of the schools that Amherst competes against. Amherst began using this tool several years ago to assess student-athletes' post concussion status. The ImpACT test is composed of 6 modules and a symptom questionnaire.
Module 1: (Word Discrimination)
- Evaluates attentional processes, verbal recognition, and memory.
- 12 words are listed and then the question is asked “Was _____ one of the words?” After Module 6 is completed, the same questions are asked again to test delayed recall.

Module 2: (Design Memory)
- Evaluates attentional processes, visual recognition, immediate and delayed recall.
- Designs are shown and then the question is asked “Was _____ one of the designs?”

Module 3: (Xs and Os)
- Evaluates visual working memory, visual processing speed, and visual memory.
- Instructions are given- “right click when you see a circle and left click when you see a square” then a memory question is given (e.g., Xs are given in a pattern and then the question is asked “Was _____ the pattern?”

Module 4: (Symbol Matching)
- Evaluates visual processing speed, learning and memory.
- The student-athlete is shown a variety of symbols with corresponding numbers (e.g., ^3), they are then given the symbol and asked to click on the appropriate number. He/she is then asked to remember the list of symbols and numbers.

Module 5: (Color Matching)
- Evaluates reaction time and impulse control.
- Student-athletes are first tested for color blindness.
- Student-athlete is shown a color word in colored ink (e.g., “blue” written in red ink), he/she is then to click on the work only when the color and word match.

Module 6 (Three Letters)
- Evaluates working memory and visual motor speed.
- Student-athlete is first asked to click on numbers 1-25 in reverse order.
- Upon completion of this task, 3 letters appear on the screen.
- Student-athlete is then asked to click on numbers 1-25 in reverse order.
- Upon completion of this task they are asked to recall the 3 letters in the appropriate order.

The symptom questionnaire is merely a subjective checklist of the student-athletes symptoms at the time of the test. The test has been repeatedly checked for validity and reliability and has been corrected as needed. For further information, please refer to the ImPact website: www.impacttest.com.
Amherst's use of the IMPACT Test: It is important to note that this test is meant to assist and supplement the medical staff's judgment with regard to returning an athlete to play. In addition to having the student-athlete who has sustained a head injury take the IMPACT Test, Amherst medical staff takes a detailed history of the incident in question as well as previous history of head injury. Sports Medicine personnel question the athlete about issues surrounding their daily routine (e.g. are they sleeping well; are they having trouble concentrating in class; has their appetite changed; do they have headaches...). Our medical staff assesses them clinically (e.g. assess their pupil reaction, test their balance and coordination; assess their basic memory and cognitive function), and when appropriate, they exercise-test them.

A return to play decision is based on the evaluation of all of this information and is made with the best professional judgment that returning an athlete to participation is medically prudent and in the student's best interest. IMPACT helps medical staff to identify deficits and make appropriate decisions about when it is safe for an athlete to return to play. The biggest risk of returning an athlete to athletics before their concussion is completely resolved is the athlete's susceptibility to "second impact syndrome." Second Impact syndrome results from acute, potentially fatal, brain swelling that occurs when a second concussion is sustained before complete recovery from a previous concussion.

The Amherst Sports Medicine staff of certified athletic trainers adheres to the most up-to-date protocols in assessing, treating and monitoring all injuries; with particular attention to head, neck and spine injuries. These protocols are reviewed regularly in conjunction with Amherst Health Services Director Dr. Warren Morgan. The College also employs a team physician, Dr. David Doctor '82. Medical decisions relative to athletes are the exclusive purview of medical staff.
WHAT YOU NEED TO KNOW ABOUT
INSURANCE COVERAGE FOR ATHLETES

INSURANCE COVERAGE AND ATHLETICS
In the event that during the academic year, your child sustains a sports injury that requires medical
evaluation, treatment, and/or services outside of the Sports Medicine Department or the Student Health
Service (such as a referral to an Orthopedic Specialist, an MRI, Bone or CT scan, and/or Orthopedic
Bracing), we wanted to make you aware of potential limitations of private coverage. Many times during
the year, a student without proper insurance coverage will have one or more of these services delayed or
denied due to the service being "out of network". Although all intercollegiate and club sport athletes may
qualify for additional benefits under the Sports Injury Insurance which is purchased by the college, this
coverage is only applicable when the injury is sustained during a sanctioned and supervised contest or
practice (i.e. captains' practices and unsupervised lifting/workout sessions are not covered). Additionally,
the Athletics Insurance policy has a $500.00 deductible. Students who do not carry the Student Medical
Insurance are responsible for meeting the deductible with either a primary insurance or out of pocket
payment. To ensure that you have the proper insurance coverage, we encourage you to read the following
information.

MAKE SURE YOU'RE ADEQUATELY COVERED.
Massachusetts State Law requires that your insurance be equivalent to or better than the State’s minimum
standards; it is your responsibility to make this determination. Amherst College's Student Medical
Insurance Plan exceeds minimum standards and is designed to meet Amherst College students' needs. This
Plan will function as primary coverage except in the event that the student is also covered as an employee
under an employer group medical plan.

BEFORE YOU WAIVE COVERAGE under the Amherst College Student Medical Insurance Plan,
check your current policy carefully, especially with respect to any Health Maintenance Organization
(HMO) or a managed care plan that has limited or no benefits in the Five College area. Additionally, some
plans require providers of counseling and mental health services to belong to specific provider networks
that have no members in the Five College area. Make certain that the student will be fully covered to see
local providers while on campus and throughout the policy year for inpatient and outpatient hospitalization,
diagnostic testing and x-ray services, prescription drugs, counseling, and mental health services. Also be
aware of any deductibles required by your current plan.
Employer groups are increasingly ending dependent coverage at age 19. Generally, students who have
reached the age of 21 years or are married, are no longer covered as dependents under their parent's health
insurance policy.
Finally, some students declare financial independence to gain eligibility for financial aid programs. This
may mean that the student is ineligible for coverage as a dependent under a parent’s policy regardless of the
student's age.
Insured Students can have more than one insurance plan. The Amherst College Student Medical Insurance
Plan is primary, leaving other insurance, if available, to cover co-payment or uninsured expenses in excess
of the Student Medical Insurance Plan. Many students choose this option for convenience and security.
STUDENT MEDICAL INSURANCE PLAN

The Student Medical Insurance Plan is designed to supplement the health care services provided by the Amherst College Student Health Service. This Plan provides coverage only for treatment of injuries and sicknesses that are beyond the scope of the services provided at the Student Health Service. Many services provided at the Student Health Service are done at no charge (except co-payments for prescription drugs). The Student Health Service functions as an Insured Student’s primary medical provider. It also incorporates managed care practices in order to keep the coverage as affordable as possible. Therefore, when the Student Health Service is accessible, an Insured Student must receive a referral to receive “outside care” (i.e. non-Student Health Service) benefits through the Student Medical Insurance Plan.

The comprehensive fee covering tuition, room and board provides basic medical care at the Amherst College and University of Massachusetts Health facilities. If a student needs more extensive testing or treatment, additional charges may apply and will be billed to a student’s health insurance carrier. Massachusetts law requires that all college students carry adequate health insurance.

A fee for Amherst College’s Student Accident and Sickness Insurance Program appears on the tuition bill as an additional charge. If a family or student has other equivalent coverage for the student, the student may submit information confirming the coverage via the Koster Insurance online waiver form, and if the coverage is acceptable, the insurance charge will be waived. (Visit www.gallagheerkoster.com and follow instructions.) Paper waivers are no longer accepted.

SPORTS INJURY INSURANCE

Sports Injury Medical Insurance is provided by the College to all intercollegiate and club sport athletes. The Student Medical Insurance Plan is designed to work in conjunction with the Sports Injury Insurance Policy by satisfying the policy’s $500 deductible. If a student waives the Student Medical Insurance Plan, the $500.00 Sports Injury deductible will be the responsibility of the student. A separate sports insurance brochure is available through Gallagher Koster Insurance Agency.

QUESTIONS? NEED MORE INFORMATION?

For information regarding the insurance coverage that the college may purchase, refer to the Insurance section of the Student Handbook at: www.amherst.edu/campuslife/deanstudents/handbook/campuslife/insurance.

For the complete Student Medical Insurance Plan, general information on benefits, on how to enroll, or service issues, please contact:

Gallagher Koster
500 Victory Road
Quincy, MA 02171
617-769-6004 or 800-379-6183
Email: AmherstStudent@Kosterins.com
Website: www.gallagheerkoster.com

This information may also be found on the Amherst College Sports Medicine website:
www.amherst.edu/athletics/sportmed
SUBJECT: New NCAA Medical Exception Policy
Re: Reporting Guidelines for banned ADHD Medications

Effective August 2009, the NCAA will begin to implement the stricter application of the Medical Exception Policy for the use of banned stimulant medications to treat Attention Deficit Hyperactivity Disorder (ADHD). As the use of ADHD medications has become more prevalent in recent years, the NCAA has set forth new guidelines that must be met by the student-athletes who are being treated with these banned medications. This applies to all student athletes who may undergo drug testing during NCAA Championships.

Any student-athlete who does not abide by these new guidelines puts themselves in a position to either lose a year of eligibility (team sports such as basketball), have team championships taken away (sports such as track and swimming) or both.

Please forward the following information on to your athletes as it outlines what steps must be taken in order to successfully meet the documentation that is necessary. The Sports Medicine Department strongly suggests that these student-athletes consult with their prescribing physicians this summer, in order to obtain all necessary information.

This information can be found at 2011-12 Drug-Testing Exceptions Procedures (Medical exceptions) - NCAA.org

Click on: NCAA Guidelines to Document ADHD Treatment w/Banned Stimulant Medications as well as the Memo dated 1/30/09 regarding this stricter application.

Sincerely,

The Sports Medicine Staff
Academic Year 2016-17

Permission to Contact: Self-Release – NCAA Division III

For: Student-athletes.
Action: Complete form, sign and send to the director of athletics at institution where you wish to discuss a possible transfer.
Authorized by: NCAA Bylaw 13.1.1.2.1.
Purpose: To grant NCAA Division III student-athletes permission to contact other NCAA Division III institutions athletics department staff about a possible transfer.
Period of Release: This permission to contact will be in effect for 30 days from the date this document is signed.

NAME OF STUDENT-ATHLETE: ________________________________
Name of institution you wish to contact: ________________________________

Use this form so you may contact another NCAA Division III college or university's athletics staff members (including coaches) about a possible transfer. This form does not allow you to contact athletics department staff members at NCAA Division I or NCAA Division II institutions.

Bylaw 13.1.1.2 states that:

"An athletics staff member or other representative of the institution's athletics interests shall not make contact in any manner (e.g., in-person contact, telephone calls, electronic communication, written correspondence) with the student-athlete of another NCAA or NAIA four-year collegiate institution, directly or indirectly, without first obtaining written permission to do so, regardless of who makes the initial contact. If permission is not granted, the second institution shall not encourage the transfer. If permission is granted, all applicable NCAA recruiting rules apply. Written permission may be granted by:

(a) The first institution's athletics director (or an athletics administrator designated by the athletics director); or

(b) The student-athlete, if the student-athlete attends a Division III institution."

1. This form gives you permission to have contact with the athletics staff at another NCAA Division III college or university to discuss a potential transfer. It also gives another college or university permission to contact you. This form does not include any information about your academic or athletics eligibility; however, in order to be immediately eligible to compete at the new institution, you must not have an unfulfilled residence requirement and have been both academically and athletically eligible for athletics had you stayed at your current institution.

2. This form is effective for 30 days from the date of signature. While the form is effective, the new institution may contact you or you may contact the new institution. If this is the first time you have sent this form to a particular institution, then that institution must preserve the privacy of this contact, and any further communication for 30 days. If you desire, this privacy can be
waived by checking the box on Page No. 2 of this form. At the end of the 30-day period, if you decide to transfer, your new institution must notify your current institution within a seven-day period of the form's expiration date that this form was issued.

3. **If you decide not to pursue the transfer, the new college or university is not allowed to notify your current institution of the contact at any time.** If you are undecided at the end of the 30-day period, you must send a new copy of this form to have additional contact with the college or university. Further, because this second release is beyond the first 30-day period, the new college or university must notify your current institution within seven days of receiving a second form that a second release was issued.

4. By signing this form, you agree that you permit the named college or university to contact you for a 30-day period from the date this document is signed. You also agree that if you decide to transfer, or if you send a second self-release, the new college or university will notify your current institution of these facts. Institutions in receipt of this form are not allowed to notify your current institution of this release, unless:

(a) You have granted permission for that notification to occur by checking the box near the end of this form;

(b) You notify the institution in receipt of the form that you have decided to transfer to that institution; or

(c) You have issued a second self-release.

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**Signature of Student-Athlete**

**Date**

**Name (please print)**

**Name of current institution**

**Sport(s) of interest**

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Contact information (telephone number, email address, or physical address)

☐ Check this box if this is the first release issued to this institution.

☐ Check this box if you give the named college or university permission to notify your current institution of this permission to contact during the 30 days this form is effective.

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**What to do with this form:** Sign and send this form to the director of athletics at the college or university you would like to contact about a possible transfer. You may send this form via facsimile, email or standard mail, but the form must include a signature. If this form is emailed, it still must include a scanned signature.

*This form is to be kept in the director of athletics' office for six years.*

gov/DHICommittees/interoperability/legistarv/committees/meetings/2016/05Teleconference/ComplianceForms/DHIPermisionsContactSelfRelease/PW_122016_05/12/2016