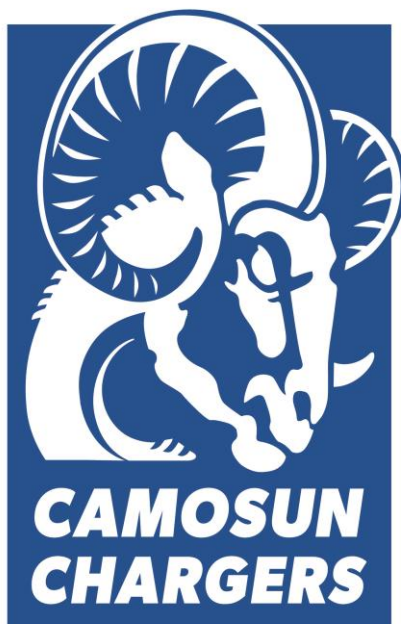


Camosun College  
Intercollegiate Athletics



STUDENT-ATHLETE HANDBOOK  
2020 – 2021

*Updated September 17, 2020*



# CAMOSUN COLLEGE CHARGERS STUDENT-ATHLETE HANDBOOK

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# Welcome to the Chargers Athletics Program!

## Congratulations on becoming a member of the Camosun College Chargers Athletics Program!

On behalf of the Athletics department, I am pleased to welcome you to Camosun College and the Chargers Intercollegiate Athletics program.

As a member of the Chargers athletics program you will be training and competing at the Pacific Institute for Sport Excellence (PISE) located on the Interurban Campus. The Pacific Institute for Sport Excellence (PISE) has been home to the Chargers since 2008 and proudly displays the numerous Pacific Western Athletic Association (PACWEST) and Canadian Collegiate Athletic Association (CCAA) championship banners that they have collected since 1994. We share this wonderful facility with our partners Canadian Sport Institute, Camosun Sport and Exercise Education and the Camosun AET Clinic. Through this unique partnership we are able to offer a number of athletic programs and support services that will enhance your Charger experience as you strive for excellence.

To help you succeed, both in academics and athletics, the Athletics Department has developed the Camosun College Chargers Student-Athlete Handbook. It contains useful information about eligibility, student-athlete policies and procedures and student support services available at Camosun. Further information about the PACWEST and CCAA can be found on their respective web sites [www.pacwest.ca](http://www.pacwest.ca) and [www.ccaa.ca](http://www.ccaa.ca).

Please take time to review and become familiar with the information contained in this guide.

We hope your experience at Camosun will be positive, enjoyable and rewarding as we enter the next year in the Pacific Western Athletic Association.

If you have any questions or require any assistance, please do not hesitate to contact me at [cummings@camosun.ca](mailto:cummings@camosun.ca) or phone 250-370-4231/3343.

All the best for a successful academic and athletic year!

Heather

**HEATHER CUMMINGS, PhD** | *Vice President*

Student Experience

[cummings@camosun.ca](mailto:cummings@camosun.ca) | 250-370-4231

Camosun College | Victoria, BC | [camosun.ca](http://camosun.ca)



# Chargers Athletics Vision, Mission and Values

## Vision

Camosun's Department of Athletics will be known across Canada for leadership and excellence in collegiate sport and will attract talented athletes with a strong desire to succeed within a solid ethical framework. Our department's irreplaceable sense of purpose will be a source of excitement and pride within the college and the community.

Our holistic approach will help student-athletes grow and develop as people, through their passion for sport. They will carry the experience and the attitude of excellence with them for the rest of their lives and pass it on to others.

## Mission

Our mission is to:

- produce superb student-athletes, who are ambassadors for their sport and role models in their community and to reinforce in them a commitment to excellence that enriches the college and attracts other talented students;
- design, assemble and implement systems of support for student-athletes and coaches to achieve excellence in sport and in life;
- bring vision, leadership and coaching to the system and work collaboratively with other departments in the college and outside agencies to acquire the services needed to complete a holistic program of support;
- celebrate and promote the accomplishments of our athletes and our department within the college and the greater community.

## Values

In all our interactions the coaches and staff of the department are guided by the following values, which we hope to nurture in the athletes passing through our programs:

- Integrity
- Accountability
- Teamwork
- Passion
- Commitment to excellence
- Ethics & Fair Play
- Respect



Welcome to the Pacific Institute for Sport Excellence (PISE) and the home of the Camosun Chargers Athletics Program. PISE is the result of a unique partnership with Canadian Sport Centre Pacific (CSCP) and Camosun College. It is also home to the Camosun College Centre for Sport and Exercise Education (CSEE). This 80,000 square foot facility consists of a double gym with international height ceiling, four multi-purpose rooms, three fitness and weight rooms, an all-weather multi-sport playing field, a training track, a movement studio, physiology lab, sport technology research facilities and sport medicine and rehabilitation services through the Camosun AET Clinic.

As a member of the Camosun Chargers Athletics Program you will be provided the following privileges in PISE.

- Membership to the world class fitness centre
- Personal locker in the Chargers Team Change rooms
- Strength and conditioning programs developed and led by PISE fitness professionals

When using the PISE and the services provided, please remember to treat the facility and the staff with respect by:

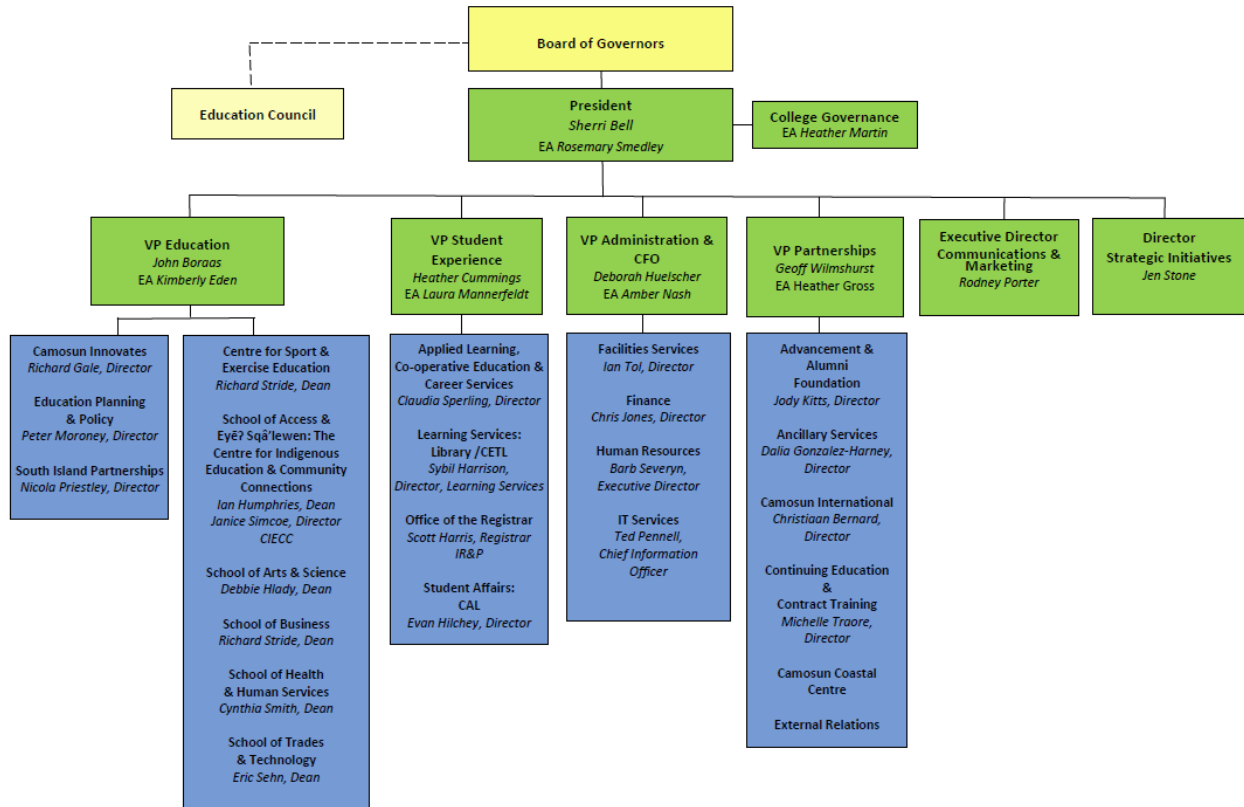
- Each athlete must SWIPE their membership card prior to entering the first floor facilities (including weight room/ gymnasium/ change room/ athlete therapy/ high performance space, etc.)
- Clean and wipe down equipment in the weight room after each use.
- Borrowing of equipment to the gymnasium must be traded for a PISE membership card (i.e.: spin bikes, bands, foam rollers, etc.).
- Ensure that team comes into the weight room in a staggered manner (4-5 athletes at a time) to not overwhelm the facilities. In addition, players should spread themselves out throughout the weight room so that other users can easily navigate the facility.
- At any one time there must be at least two pieces of any one piece of fitness equipment left for public use.
- Appropriate language and respect of PISE as a family friendly facility.
- Clean and tidy the gymnasium after each practice (pick up tape, pro-wrap, water bottles, garbage).
- Snacks and gum are NOT permitted in the gymnasium so we expect to not see these items (or remnants of them) in the gym.
- Ensure extreme care in the gymnasium when moving equipment, the volleyball carts are especially risky to the floor.
- Gym bookings have tight turnaround times, we expect the facility to be ready for the next user.
- PISE reserves the right to revisit the restricted use times.

It is important to remember that you, as Charger student-athletes, are ambassadors of the program and Camosun College. By following these simple guidelines, we will maintain a respectful and beneficial relationship between the numerous users at PISE, including the general community.

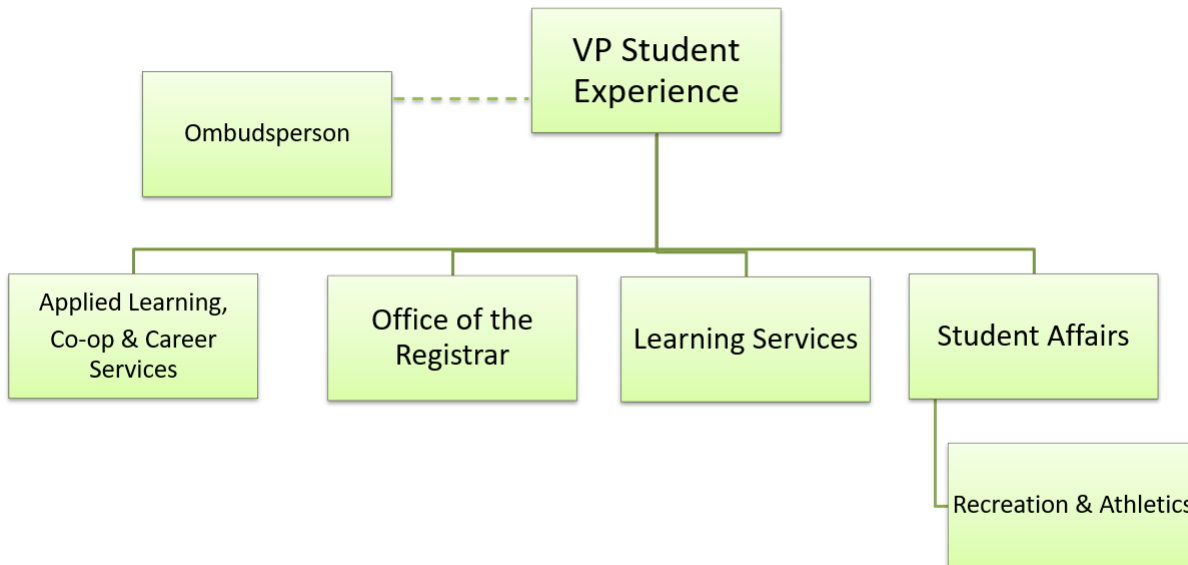
Failure to follow these guidelines may result in your loss of your user privileges at PISE.

Thanks for your cooperation.  
PISE Management

## COLLEGE ORGANIZATION



August 2020



# 1. PACWEST AND CCAA MEMBERSHIP

The Camosun College Chargers have men's and women's teams competing in basketball, volleyball and golf.

Since 1994, Camosun has been a member of the Pacific Western Athletic Association (PACWEST) and the Canadian Collegiate Athletic Association (CCAA). To date, there are nine participating members in the PACWEST and over 90 members from five provincial associations in the CCAA. The Chargers basketball, volleyball and golf teams are full participating members of the PACWEST and CCAA.

<b>PACWEST INSTITUTION</b>	<b>ABBREVIATION</b>	<b>TEAM NAME</b>	<b>CITY</b>
<i>Camosun College</i>	<i>CAM</i>	<i>Chargers</i>	<i>Victoria</i>
<i>Capilano University</i>	<i>CAP</i>	<i>Blues</i>	<i>North Vancouver</i>
<i>College of the Rockies</i>	<i>COTR</i>	<i>Avalanche</i>	<i>Cranbrook</i>
<i>Columbia Bible College</i>	<i>CBC</i>	<i>Bearcats</i>	<i>Clearbrook</i>
<i>Douglas College</i>	<i>DC</i>	<i>Royals</i>	<i>New Westminster</i>
<i>Langara College</i>	<i>LC</i>	<i>Falcons</i>	<i>Vancouver</i>
<i>Okanagan College</i>	<i>OC</i>	<i>Coyotes</i>	<i>Kelowna</i>
<i>Vancouver Island University</i>	<i>VIU</i>	<i>Mariners</i>	<i>Nanaimo</i>

## 2. ATHLETICS DEPARTMENT CONTACTS

The Chargers intercollegiate athletics program is administered by staff and coaches of the Athletics Department who have been brought together to help you and your teammates have an enjoyable and successful experience representing Camosun.

Athletics	Campus Location	E-mail	Telephone
Heather Cummings Acting Athletics Manager Vice President Student Experience	LACC 303	cummings@camosun.bc.ca	250-370-4231/3343
<b>Chargers Head Coaches</b>			
Scot Cuachon Men's Basketball	PISE	<a href="mailto:chargersmbb@camosun.bc.ca">chargersmbb@camosun.bc.ca</a>	250- 661-7597
Justin Thiessen Women's Basketball	PISE	<a href="mailto:chargerswbb@camosun.bc.ca">chargerswbb@camosun.bc.ca</a>	778-677-8888
Callum Ashby Men's Golf	PISE	<a href="mailto:chargersgolf@camosun.bc.ca">chargersgolf@camosun.bc.ca</a>	250.478.4653 ext. 1
Charles Parkinson Men's Volleyball	PISE	<a href="mailto:chargersmvb@camosun.bc.ca">chargersmvb@camosun.bc.ca</a>	250-888-3714
Brent Hall Women's Volleyball	PISE	<a href="mailto:chargerswvb@camosun.bc.ca">chargerswvb@camosun.bc.ca</a>	778-678-4255
<b>Athletics Support Staff</b>			
Bonita Joe Athletics Marketing Officer	PISE 118	<a href="mailto:job@camosun.ca">job@camosun.ca</a>	250-370-4734 250-588-7027
Kathryn Russell Athletics Event Assistant	PISE 118	<a href="mailto:russellk@camosun.ca">russellk@camosun.ca</a>	250-370-4735
Bonnie Faganello Athletics Secretary	PISE 118	<a href="mailto:faganello@camosun.ca">faganello@camosun.ca</a>	250-370-4737
<b>Student-Athlete Support Services</b>			
Deborah Delaney Admissions & Registration Support	LACC 226	<a href="mailto:debdelaney@camosun.ca">debdelaney@camosun.ca</a>	250-370-3834
Liisa Robinson Counsellor		<a href="mailto:robinsonl@camosun.ca">robinsonl@camosun.ca</a>	250-370-4922
Robynne Mills Academic Advisor		<a href="mailto:millsr@camosun.ca">millsr@camosun.ca</a>	250-370-3317/4705

**Please note that you may call on the above people for help or assistance at any time.**



### 3. FACILITIES

#### Interurban Campus

##### PISE

Gymnasium	
Fitness Centre & High Performance Training Centre	
Team Change rooms	
Chargers Athletics Office	Level 1 Room 118

#### Liz Ashton Campus Centre

Fitness Office	Campus Centre 116
Fitness Centre & Movement Studio	Campus Centre 114
Shower and change rooms	Campus Centre
Outdoor Basketball Court	

#### Lansdowne Campus

Fitness & Recreation Office	Young Building 116
Fitness Centre	Young Building 112
Multi-Purpose Activity Room	Young Building 114
Shower and change rooms	Young Building First Floor

### 4. OBJECTIVES OF THE CHARGERS PROGRAM

The primary objective of the Camosun College Chargers intercollegiate athletics program is to assist students' progress towards their personal, academic and athletic potential by providing high quality intercollegiate athletic experiences in a manner which will help them build self-esteem and develop the lifelong qualities of leadership, fairplay, respect, self-discipline and perseverance.

Some specific objectives of the intercollegiate athletics program includes those associated with helping student-athletes:

- Develop a high level of sport specific performance and physiological fitness.
- Learn new skills under the direction of qualified and experienced coaches.
- Learn teamwork and co-operation with other individuals.
- Learn the value of self-control and fair play.
- Learn how to lose gracefully and win modestly.
- Develop lifetime friendships through participating in a program that tests courage, strength, self-discipline, perseverance, performance and the ability to co-operate.
- Meet individuals from other communities and colleges and broaden the athletic, cultural and social horizons of the participants through association with those individuals.
- Appreciate and respect the athletic abilities and skills of other individuals.
- Cultivate respect for officials, opponents and spectators through the promotion of Fair Play principles.

## **5. OUR COMMITMENT**

The Chargers intercollegiate athletics staff and coaches are dedicated to building and maintaining a high quality program which will assist student-athletes in their total educational process and contribute to the positive image of Camosun College, the PACWEST and the CCAA.

### **COMMITMENT TO STUDENT-ATHLETES**

#### Academics

- Ensure timely access to academic supports such as Academic Advising.
- Ensure that the academic goals of the student-athlete are recognized as paramount.
- Ensure that the academic standards of Camosun College and the PACWEST are consistently achieved or surpassed.

#### Coaching

- Maintain a high standard of coaching
- Encourage and support coaching staff professional development.

#### Wellness

- Ensure timely access to mental health support through Counselling Services

### **COMMITMENT TO EXCELLENCE**

- Carry out institutional and departmental policies and procedures in such a way that serves as an example of excellence.
- Encourage excellence in all endeavours of every participant.
- Recognize outstanding achievement and performance.

### **COMMITMENT TO FACILITIES**

- Ensure that adequate facilities are secured to meet the needs of the intercollegiate athletics program.
- Ensure that safe, clean and functional facilities are provided for training, practice and competition.

### **COMMITMENT TO COMMUNICATION**

- Create a positive and interactive environment for all participants to clearly and effectively communicate rights, responsibilities and expectations.
- Seek and respond positively to the suggestions and concerns of all participants.

### **COMMITMENT TO EQUITY OF OPPORTUNITY**

- Promote equal access to opportunities for all participants.

### **COMMITMENT TO TRADITION**

- Establish and enhance traditions of fair play, pride, poise and innovation.

## 6. STUDENT-ATHLETE COMMITMENT

*All athletic representatives of Camosun have a commitment to their fellow student-athletes, coaches and the College. As a member of the Chargers athletics program, it is your responsibility to:*

- a) Consider your **academic studies** at Camosun College **first** and **foremost** and maintain proper academic standards to meet the eligibility requirements of the College and the PACWEST and CCAA.
- b) The department highly recommends that all student-athletes have a complete medical examination and receive approval from a qualified physician prior to participating in the intercollegiate athletics program.
- c) Have medical insurance (i.e. BC MSP or the CCSS Student Benefits Plan) and provide a contact number of someone who could be reached in the event of an emergency. For more information on the CCSS (Camosun College Student Society) benefit plan visit their website at <http://www.gallivan.ca/studentnetworks/members/Camosun/ccss.html>.
- d) **Personally** contact your instructors at the **beginning of each semester** to inform them when classes will be missed due to approved intercollegiate athletics travel.
- e) Meet with instructors to determine alternate arrangements for projects and exams. In past, arrangements have been made for the student-athlete to complete the project or exam under the supervision of the coach while away from the College.
- f) Be fully dressed and ready to go for practices and games/matches. Student-athletes are required to make every effort to notify the coaching staff at the earliest possible time if they will be late or unable to attend any practices or games/matches.
- g) Immediately notify your coach and student-athletic therapist of injuries. Injured athletes are expected to seek medical attention as early as possible and to follow complete medical rehabilitation.
- h) Use the facilities and equipment owned and leased by the College with proper care and responsibility.
- i) Be **considerate and courteous** to facility hosts and ensure that the bench area and the change rooms are left in a **neat and undamaged condition** and that all garbage is placed in garbage containers when leaving host facilities – both at home and on the road.
- j) Treat teammates, coaches, officials, and the opposition with **respect**.
- k) Show good judgment and maturity. Refrain from exhibiting negative behavior (i.e. swearing, being disrespectful towards others, throwing temper tantrums, showing off, fighting, etc.). Your behavior is a reflection of your team, Camosun College, players who have gone before you and players who will follow. Be a **good ambassador** for the team, the department and the College.
- l) Avoid the use of tobacco, alcohol and other drugs. Alcohol is not recommended within 24 hours before competition. There is **ZERO TOLERANCE** for alcohol/illegal drugs when travelling on league and exhibition trips.
- m) Strive to do your part, help out, be enthusiastic and reach for your potential both on and off the court.
- n) Adhere to established policies governing the Chargers intercollegiate athletics program, Camosun College, the PACWEST and the CCAA as well as the laws of British Columbia and Canada.

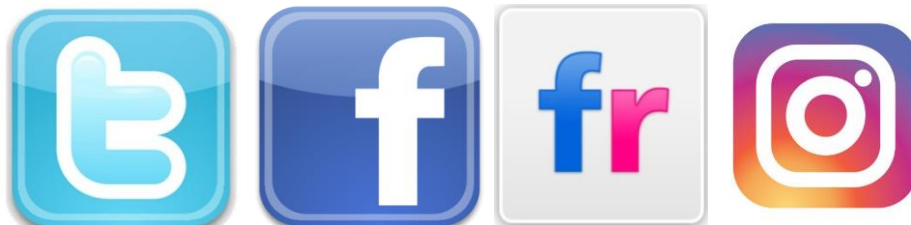
## 6. STUDENT-ATHLETE COMMITMENT (continued from previous page)

In addition to the student-athlete commitments, and as part of being an athletic representative, you are the “face” of the Camosun College Chargers program. We encourage you to help promote the program through participation in community events and social networking activities.

You can do this by following us on Twitter, liking us on Facebook, and helping us create conversations and recognition with the community at large. Posts on social media pages provide you with the opportunity to comment on your games and training, view game-day videos and photos and chat with other Chargers family members including alumni and fans.

For the latest news, and for all the following links to the social media sites, visit:

Chargers Website	<a href="http://camosun.ca/sports/chargers">http://camosun.ca/sports/chargers</a>
Chargers Flickr Photo Stream	<a href="http://www.flickr.com/photos/camosunchargers">http://www.flickr.com/photos/camosunchargers</a>
Chargers Facebook	<a href="http://www.facebook.com/camosunchargers">http://www.facebook.com/camosunchargers</a>
Chargers Twitter	<a href="http://www.twitter.com/camosunchargers">http://www.twitter.com/camosunchargers</a>
Chargers Instagram	<a href="https://www.instagram.com/camosunchargers">https://www.instagram.com/camosunchargers</a>



## 7. STUDENT-ATHLETE CODE OF ETHICS

The following is taken from the *Fairplay Handbook* which is published by the Coaching Association of Canada.

- I believe that the true essence of sport is to strive for personal achievement and excellence through full and honest effort.
- I am committed to participating in sport with integrity, and to striving to win only by legitimate means.
- I pledge to learn, understand and adhere to both the written rules of my sport and the spirit and intent of fairplay.
- I believe that violence and physical intimidation are harmful in sport, and I refuse to use such tactics in an attempt to gain unfair advantage.
- I understand that officials, teammates and opponents are all integral to sport and are worthy of my respect.
- It is my responsibility to maintain self-control. I will accept official's decisions without argument, play aggressively but without hostility, and behave graciously in triumph or defeat.

***An athletic representative whose conduct puts the reputation of teammates, coaches, the College or themselves in a compromising position will automatically be suspended from the Chargers program until the situation can be reviewed.***

## 8. STUDENT-ATHLETE ELIGIBILITY

All student-athletes must meet the eligibility and participation requirements as stated in the **PACWEST Operations Manual**

Refer to **ARTICLE 12 - ELIGIBILITY REGULATIONS in the PACWEST Operation Manual** or contact the Chargers Athletics Office if you have ANY questions concerning eligibility.

The **PACWEST Operation Manual** can be located on the PACWEST website [www.pacwestbc.ca](http://www.pacwestbc.ca)

### **MANDATORY CCAA TRAINING**

All student-athletes must complete the following online training requirements through the Canadian Colleges Athletic Association:

#### **Safe Sport Training**

Student-Athletes are required to take training that covers the topics of consent, bystander, and assault/violence. [https://caa.ca/information/inside/education/sexual\\_violence/index.html](https://caa.ca/information/inside/education/sexual_violence/index.html)

#### **Drug Education Program**

The Canadian Centre for Ethic in Sport hosts an online training for student athletes that incorporates the World Anti-Doping Code, ratified in 2019. New student-athletes will need to create accounts using the link below. Returning student-athletes can log into their accounts at <https://education.cces.ca> and complete their course, either True Sport Clean or The True Sport Clean Review, depending on their eligibility. <https://education.cces.ca/#/signup> *Key Name*

#### **CCAA-ACSC-2020**

### **CAMOSUN COLLEGE POLICIES**

All student-athletes are expected to behave in a manner that respects the privileges inherent within their role as Camosun College Ambassadors.

E-2.5 [Student Misconduct Policy](#)

E-2.9 [Sexual Violence and Misconduct Policy](#)

## 9. OPERATION OF THE CHARGERS PROGRAM

### LEAGUE SCHEDULES

The PACWEST elects a VP Technical Director whose duties include creating league schedules for the following year. The PACWEST has developed a set of guidelines, which the VP Technical must follow in the development of the schedules. Participating members in the Association have an opportunity to provide feedback (in the form of suggestions and/or requests) on the draft schedule prior to its ratification.

Anyone interested in seeing the complete scheduling policy is welcome to contact the Athletics Manager. Ultimately, the schedule is determined by the VP Technical and is vetted by the membership. In reality there is no "perfect" schedule for everyone.

### EXHIBITION SCHEDULES

Exhibition competitions and tournaments (both at home and on the road) must be approved by the Athletics Manager. It is mandatory that adequate funding for each proposed event be available either in the team budget; in the team account; or covered by team fundraising. All expenses incurred for exhibition events are the sole responsibility of the team. Failure to pay for any outstanding expenses will result in the immediate termination of future trips/events. Funds raised and assigned to the team for the following year may be used to cover any outstanding expenses.

### DEPARTMENT FUNDING

All students attending Camosun must pay an Athletics Levy as part of their tuition. A portion of this levy is used to fund the Chargers program. Student-athletes should always keep in mind that their participation in the Chargers program is a privilege made possible by their fellow students.

### ATHLETICS BUDGET

All teams are funded on an equitable basis according to league commitments.

Funding for the intercollegiate athletics program from the Athletics Levy is allocated for items such as:

- PACWEST League and Championship Travel
- Travel per diem for PACWEST league play and championships
- Athletics Staff, Coaches and Officials
- Uniforms and Equipment
- Association Fees
- Promotion
- Awards
- Some Exhibition Travel
- Facility Rentals as required

### FUNDRAISING

Each team is encouraged to participate in fundraising activities. All fundraising efforts must first be approved by the Athletics Manager. Team fundraising accounts are controlled by the Athletics Department.

It is mandatory for all teams/individuals wishing to order clothing, equipment, signage or any other item bearing the Camosun College Chargers name or logo to receive approval from the Marketing and Communications Officer to use the Chargers name/logo **BEFORE** the order is made and paid for.

## 9. OPERATION OF THE CHARGERS PROGRAM (continued from previous page)

### UNIFORMS & EQUIPMENT

All uniforms, equipment and scrimmage gear are purchased through the Athletics Department and are the property of Camosun College.

Uniforms are purchased by the Athletics Department on a rotational basis:

MVB Uniforms	2019/20
WVB Uniforms	2020/21
MBB Uniforms	2021/22
WBB Uniforms	2022/23

**Student-athletes who fail to return any uniforms or equipment in good condition on or before the agreed date will automatically have their course marks withheld until the property is either returned in satisfactory condition or paid for.**

- a) A deposit may be required from student-athletes for uniforms and/or equipment at the beginning of the season. The deposit will be refunded upon the return of the equipment signed-out, provided it has been returned in good condition
- b) Please keep in mind that uniforms are very **expensive**; treat them with **respect**.
  - Always wash uniforms **SEPARATELY** (blues and whites) in **COLD** water.
  - Do not use chlorine bleach.
  - Hang dry uniforms if possible. Otherwise tumble dry in machine at the lowest temperature.
  - If ironing is required, do not iron on crested or printed areas.

### IMPORTANT CHARGERS EVENTS

The following events are organized by the Athletics Department for the benefit of all Chargers athletic representatives. Student-athletes and coaches are expected to attend.

- a) **Chargers Student-Athlete Orientation scheduled in September**
  - a. Welcome and Introductions (student-athletes, coaches and athletics staff)
  - b. Completion of Registration & Medical Forms
  - c. CCES online Anti Doping education
  - d. Uniform Issue
  - e. Team and Individual Photos
- b) **Chargers Annual Athletic Awards Ceremony - April**



## **9. OPERATION OF THE CHARGERS PROGRAM** (continued from previous page)

### **GRIEVANCE PROCEDURE**

If a student-athlete feels unjustly treated, the following steps should be taken:

- Contact the Head Coach and arrange an opportunity to discuss the matter in private. If the matter is not resolved;
- Contact VP Student Experience and arrange to discuss the matter at hand. If the matter is still not resolved;
- Contact the Ombudsperson and arrange an opportunity to discuss the matter. Contact 250-370-3405 or email [ombuds@camosun.ca](mailto:ombuds@camosun.ca)

## 10. TRAVEL POLICIES

*The objectives of these policies are to ensure the safety and benefit of all. Please be reminded that, as ambassadors of the College, you are representing Camosun and the entire Chargers Athletics program.*

- a) The Athletics Department will establish and provide transportation and accommodation arrangements for all intercollegiate athletic trips associated with PACWEST and CCAA league competitions. Team members will travel as a group to and from all competitions and are expected to stay with the team at the accommodation provided. Alternate arrangements must be approved by the Athletics Director. Teams may travel with a maximum of 17 athletic representatives (i.e. 14 student-athletes, two coaches, one athletic therapist).
- b) All travel to and from exhibition events must be approved by the Athletics Director. It is mandatory that adequate funding for each proposed trip be available (i.e. in the team budget, in the team account or covered by team fundraising) before any arrangements are made. All expenses incurred for exhibition events are the sole responsibility of the team. Failure to pay for any outstanding expenses will result in the immediate termination of future trips/events. Funds raised and assigned to the team for the following year may be used to cover any outstanding expenses.
- c) Only authorized travelers, as identified by the Athletics Department, may travel with the team. Injured or academically ineligible players are not usually permitted to travel with the team unless the Head Coach verifies that the student-athlete will be responsible for specific duties while on the trip and the Athletics Director gives his approval.
- d) Athletic representatives participating in an activity or event **NOT** related to a Camosun College sponsored activity while on an out of town road trip do so at their own risk. Camosun College, its officers, employees and agents shall not be liable for any injury, loss or damage suffered by individuals participating in such activities.
- e) All authorized travelers are expected to be at the place of departure at the designated time. The transport vehicle will leave at that time. Those who arrive late will find themselves left behind.
- f) The Chargers intercollegiate athletics program exercises **ZERO TOLERANCE** on the subject of student-athletes consuming alcohol and/or illegal drugs on exhibition or league trips. At the Head Coach's discretion, student-athletes of legal age may be permitted to consume alcohol at a Provincial or National Championship wind-up social, keeping in mind that they are to act responsibly.

**ANY BEHAVIOR IN CONTRAVENTION OF THIS POLICY WILL RESULT IN SUSPENSION  
FROM THE CHARGERS ATHLETICS PROGRAM FOR THE REMAINDER OF THE YEAR.**

- g) All student-athletes will be in their assigned rooms between the hours of midnight and 6:00 am of each day that they are representing Camosun College. No other persons, other than those registered to that room, are allowed in the rooms during those hours.
- h) Athletic representatives are responsible for leaving rental vehicles (vans, buses, etc.) and hotel rooms in a neat and undamaged state. No items are to be removed from the rental vehicles or hotel rooms other than those brought. Any damage or loss (to vehicles, hotel rooms or any property) caused by Camosun Athletics representatives or their guests will require full repayment by the individuals responsible and may result in suspension or expulsion from the Chargers intercollegiate athletics program and/or Camosun College.
- i) Student-Athletes are provided with a travel per diem for all league and championship travel. Student-athletes are responsible for their own spending money and any room charges other than accommodation.
- j) As representatives of Camosun College, student-athletes must consider their conduct and apparel as significant at all times, but especially on road trips. They are expected to be well groomed and to dress and conduct themselves in an appropriate manner at all times.

## 11. FINANCIAL ASSISTANCE

### CAMOSUN COLLEGE FINANCIAL ASSISTANCE INFORMATION

Students who are eligible for financial assistance may receive funds from one or more of the following sources: loans, part-time employment, awards, bursaries and scholarships. For further information, please contact the Financial Aid Office nearest you.

Interurban Campus

Liz Ashton Campus Centre Room 204

250-370-4862 or Toll-Free 1-877-554-7555

email [Financialaid@camosun.ca](mailto:Financialaid@camosun.ca)

### BRITISH COLUMBIA ATHLETE ASSISTANCE PROGRAM

Provincial Government funding through the B.C. Athlete Assistance Program (AAP) will be available for the current year. Eligible sports in the PACWEST include badminton, basketball, golf, soccer and volleyball. Value of the awards varies depending upon funding and will be presented to student-athletes who meet the following criteria:

- Canadian citizens or landed immigrants (copies of IM1000 forms required for proof of landed immigrant status);
- Resident of British Columbia (must be a resident of BC for a minimum of one academic year prior to application);
- Currently registered and attending a minimum of three credit (post-secondary) courses or equivalent;
- Maintain a satisfactory academic standing (i.e. passing a minimum of three credit courses or equivalent);
- Register and attend in a minimum of three credit (post-secondary) courses or equivalent in the winter semester;
- Maintain a training schedule acceptable to Camosun College, Coach and Athletics Manager; and
- Meet criteria set by his/her Head Coach.

## 12. INTERCOLLEGIATE ATHLETIC AWARDS

### CEREMONY

Camosun College celebrates the achievements of its athletic representatives and coaches at the annual Chargers Athletic Awards Ceremony to be scheduled later in the season.

### AWARDS

#### a) Athletic Association awards

Awards administered through the PACWEST and CCAA such as the Provincial All-Star and All-Canadian awards are forwarded to the College and presented to recipients at the athletic awards ceremony. For PACWEST awards go to their website at [www.PACWEST.ca](http://www.PACWEST.ca), click on Operations Manual then to Article 7 - Awards. For CCAA award information go to [www.ccaa.ca](http://www.ccaa.ca) and click on the Awards tab.

#### b) College and Department Awards

These awards which are presented to student-athletes each year at the final league home game/matches or at the Chargers Athletic Awards ceremony.

### PRESIDENT'S CUP AWARD

This award is presented to the student-athlete who has best demonstrated a combined achievement in both athletics and academics.

#### Criteria:

1. Must be a full-time returning student attending Camosun College and participating in Chargers intercollegiate athletics during the current Fall and Winter semester/term.
2. Must be participating on a Camosun College Chargers representative team that competes in the PACWEST or other recognized intercollegiate athletics association.
3. Must be a returning student-athlete meeting the criteria based on the PACWEST Academic Excellence Award.
4. Must have achieved athletic recognition in the PACWEST and/or CCAA.

#### Award:

The student-athlete will be presented with an engraved plaque. The recipient's name will be engraved on the President's Cup trophy, which is kept on display at the College.

## 12. INTERCOLLEGIATE ATHLETIC AWARDS (continued from previous page)

### **TEAM LEADERSHIP AWARD**

The Team Leadership award is presented to the student-athlete who has demonstrated leadership skills of dedication, commitment, integrity and maturity.

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be participating on a Camosun College representative team that competes in the PACWEST or other recognized intercollegiate athletics association.
3. Must demonstrate leadership skills of dedication, commitment, integrity and maturity.
4. One student-athlete from each team is eligible for this award.

#### **Award:**

Coaches from each team will present an award to the selected student-athlete on his/her respective team.

### **ROOKIE OF THE YEAR AWARD**

The Chargers Rookie of the Year award is presented to the student-athlete who has demonstrated growth in the areas of technical and physical skills and leadership development in his/her first year as a Camosun Chargers student-athlete.

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be in his/her first year of eligibility on a Camosun College representative team and first year of competition in the PACWEST or other recognized intercollegiate athletics association.
3. Must have demonstrated growth in the areas of technical and physical skills and leadership development.
4. One student-athlete from each team is eligible for this award.

#### **Award:**

Coaches from each team will present an award to the selected student-athlete on his/her respective team.

### **TEAM MVP AWARD**

The MVP (Most Valuable Player) recognizes student-athletes who have excelled in the areas of athleticism, game performance, leadership and character.

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be participating on a Camosun College representative team that competes in the PACWEST or other recognized intercollegiate athletics association.
3. Must have excelled in the areas of athleticism, game performance, leadership and character.
4. One student-athlete from each team is eligible for this award.

#### **Award:**

Coaches from each team will present an award to the selected student-athlete on his/her respective team.

## 12. INTERCOLLEGIATE ATHLETIC AWARDS (continued from previous page)

### **Chargers Athletic Fifth Year Recognition Award – (current practice- suggested revised language)**

The Charger Athletic Fifth Year Recognition Award is presented to a student-athlete who has completed five years of eligibility within the PACWEST and CCAA.

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be participating on a Camosun College representative team that competes in the PACWEST or other recognized intercollegiate athletic association.
3. In their fifth and final year of PACWEST & CCAA eligibility.

#### **Award:**

A student-athlete that has represented the Chargers a minimum of four years and are in their fifth and final year of eligibility will receive their uniform in a shadow box frame with an individual photograph and engraved plate indicating their years of play.

A student-athlete that has represented the Chargers three years or less and are in their fifth and final year of eligibility will receive framed action photograph with an engraved plate indicating their years of play.

#### **Presentation:**

The recognition presentation will take place at the Chargers final PACWEST league home game/match of the season.

### **PACWEST ACADEMIC EXCELLENCE**

The PACWEST Academic Excellence award is presented to student-athletes who have achieved academic excellence combined with a commitment to athletics at the intercollegiate level.

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be participating on a Camosun College representative team that competes in the PACWEST.
3. Student-Athletes must have achieved a cumulative GPA of 8.0 on a 9.0 scale or the equivalent of Honors at their institution. Cumulative GPA will be based on the previous year's courses along with those completed in the September – December semester.
4. Successful completion of a minimum of 27 credit hours.

#### **Award:**

PACWEST Certificate of Recognition

### **CCAA Scholar-Athlete Award**

#### **Criteria:**

1. Must be a full time student attending Camosun College.
2. Must be listed on CCAA Eligibility form for the current year.
3. Must have achieved 1) honours standing at their institution in at least one semester AND 2) have attended classes during two semesters during their current academic year (fall and winter semester) and presented an honours standing with a combined GPA over those two semesters.

#### **Award:**

CCAA Certificate of Recognition

## Appendix A. Important Website Addresses

### Sport Websites:

Pacific Western Athletic Association	<a href="http://www.pacwestbc.ca">www.pacwestbc.ca</a>
Canadian Collegiate Athletic Association	<a href="http://www.ccaa.ca">www.ccaa.ca</a>
Pacific Institute for Sport Excellence	<a href="http://www.pise.ca/">http://www.pise.ca/</a>
Canadian Sport Institute	<a href="http://www.csipacific.ca/">http://www.csipacific.ca/</a>
Coaches BC	<a href="http://www.coachesbc.ca/nccp">http://www.coachesbc.ca/nccp</a>
Canadian Online Sports Network	<a href="http://sportscanada.tv/">http://sportscanada.tv/</a>
Canadian Centre for Ethics in Sports	<a href="http://www.cces.ca/en/home">http://www.cces.ca/en/home</a>

### Camosun College Websites:

Camosun College Directory	<a href="http://camosun.ca/about/directory.html">http://camosun.ca/about/directory.html</a>
Student Services	<a href="http://camosun.ca/services/index.html">http://camosun.ca/services/index.html</a>
Financial Aid and Awards	<a href="http://camosun.ca/services/financialaid/">http://camosun.ca/services/financialaid/</a>
Important Dates	<a href="http://camosun.ca/learn/calendar/current/important-dates.html">http://camosun.ca/learn/calendar/current/important-dates.html</a>
Centre for Sport and Exercise Education	<a href="http://camosun.ca/learn/programs/sport-exercise/">http://camosun.ca/learn/programs/sport-exercise/</a>

### Chargers Websites:

Chargers Website	<a href="http://camosun.ca/sports/chargers">http://camosun.ca/sports/chargers</a>
Chargers Flickr Photo Stream	<a href="http://www.flickr.com/photos/camosunchargers">http://www.flickr.com/photos/camosunchargers</a>
Chargers Facebook	<a href="http://www.facebook.com/camosunchargers">http://www.facebook.com/camosunchargers</a>
Chargers Twitter	<a href="http://www.twitter.com/camosunchargers">http://www.twitter.com/camosunchargers</a>
Chargers Instagram	<a href="https://www.instagram.com/camosunchargers/">https://www.instagram.com/camosunchargers/</a>

## Appendix B. CCES Quick Reference Card

Anti-Doping Quick Reference Card

**CENTRE  
ETHICS SPORT**

**Your sport.  
Your reputation.  
Your responsibility.**

**Check all medications** before taking them. Make sure they don't contain banned ingredients.

**Apply for a medical exemption** if you need to use a banned medication for a legitimate medical reason.

**Be aware of the risks** of supplement use. Take all necessary precautions prior to using products like supplements, energy drinks and herbal remedies.

**Know your anti-doping requirements**, including whereabouts, medical exemptions and sample collection.

Find out more at:  
[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

**During sample collection...**

**You have the right to:**

- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.

**You have the responsibility to:**

- Remain within sight of the notifying chaperone at all times.
- Provide valid photo identification.
- Comply with the sample collection procedures.
- Report to the doping control station immediately upon being notified.
- Maintain control of your sample until it is sealed.
- Ensure all information on the doping control form is accurate and complete.
- Bring to the attention of the doping control officer any modifications required if you are a minor or an athlete with a disability.

Watch the collection procedures video at:  
[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

**Caution!**

**Strict Liability** means that you are 100% responsible for what you consume, and for what is found in your urine or blood sample.

**Marijuana** is prohibited in competition and can be detected in your urine for more than a month after use.

**Pseudoephedrine**, a common cold remedy ingredient, is banned in competition.

**Supplements** can contain banned substances such as steroids, stimulants, diuretics, and synthetic cannabis.

Find out more at:  
**athlete  
ZONE**  
[www.cces.ca/athletezone](http://www.cces.ca/athletezone)

**Check it first...**

It's your responsibility to check the status of all medications, including prescription or over-the-counter products. Use the CCES substance inquiry resources:

**Global DRO**  
[www.globaldro.com](http://www.globaldro.com)

**Substance Classification Booklet**  
[www.cces.ca/scb](http://www.cces.ca/scb)

**Email the CCES substances@cces.ca**

**Call the CCES InfoLine**  
1-800-672-7775 (in North America)

Join the True Sport Movement at  
[www.truesport.ca](http://www.truesport.ca)



ATHLETE ZONE

## Appendix C. CCAA Student Athlete Consent Form (2020)

Participation within Canadian Collegiate Athletic Association (CCAA) is a privilege that requires full compliance with CCAA regulations, including CCAA Eligibility, Code of Ethics and Drug Education & Control Regulations. Student-athletes are responsible for obtaining these regulations from their coaches and/or Athletic Director and to inquire how their respective circumstance relates to each.

### **ELIGIBILITY REQUIREMENTS & CODE OF ETHIC EXPECTATIONS OF STUDENT-ATHLETES:**

It is critical that student-athletes familiarize themselves with the CCAA Policies and Procedures entitled "Eligibility" and "Code of Ethics". Student-athletes are responsible for obtaining these rules from their coaches and/or Athletic Director and to inquire how their respective circumstance relates to CCAA eligibility requirements and code of ethic expectations. This is important, as student-athletes need to be aware that those who participate in CCAA competition and are found to be in violation of these policies, among other sanctions, forfeit their eligibility for the remainder of the current competitive year and may be suspended in the subsequent year of eligibility. You agree to undertake Ethics education that cover the topics of consent, bystander, harassment and assault/violence.

### **CANADIAN ANTI-DOPING PROGRAM:**

The Canadian Collegiate Athletic Association (CCAA) is unequivocally opposed to the use of prohibited substances or prohibited methods that enhance sporting performance, risk health and or are contrary to the spirit of sport. As such, the CCAA has adopted the Canadian Anti-Doping Program (CADP). The latest version of the CADP can be accessed here: <http://cces.ca/canadian-anti-doping-program>

The CCAA Drug Education and Doping Control Program will be conducted in cooperation with the Canadian Centre for Ethics in Sport (CCES) in accordance with the CADP. As a CCAA Student-Athlete you are subject to the CADP and accordingly shall be bound by all the anti-doping rules and responsibilities contained in the CADP. You agree to undertake education regarding the anti-doping rules and violations contained in the CADP.

### **COLLECTION, USE AND DISCLOSURE OF INFORMATION:**

In consideration of being permitted to participate in the CCAA, student-athletes allow the CCAA to collect, use and disclose personal information, which may include images and voice, for the following circumstances:

- Registration and Administration for health and safety of student-athletes wishing to participate in CCAA sanctioned events organized by athletic personnel associated with the CCAA.
- Administration of its Drug Education and Testing Program. The CCAA can share information, including personal information, with the CCES. This information can be shared between anti-doping organizations for anti-doping purposes and such information will be used only in a fashion that is fully consistent with the limitations and restrictions contained in the World Anti-Doping Agency's International Standard for the Protection of Privacy and Personal Information.
- Via CCAA websites and publications for the purpose of recording and honouring excellence through awards and other honours.
- Publishing of promotional materials.

The CCAA is responsible only for information that is in its custody or control any information collected, used or disclosed by or under the control of a member of CCAA or any other organization is subject to the privacy practices and procedures of that member or organization, as the case may be.

### **STUDENT-ATHLETE CONSENT:**

*By signing this form, I acknowledge that I have read, understand and agree to the Canadian Collegiate Athletic Association's Eligibility, Code of Ethic and Doping Control Regulations identified above. I also consent to the collection, use and disclosure of information in the manner stated above.*

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**Athlete (Print and Sign)**

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**Date**