# 2026-2027
# STUDENT-ATHLETE HANDBOOK

# WELCOME TO LSU


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# Chapter 1
# Student-Athlete Responsibility/Conduct

## Academics

**Missed Tutoring:** If a student-athlete has an unexcused absence and/or is late for an appointment, they will incur up to a $30.00 charge to their LSU Account for each missed appointment. A student-athlete may appeal No-shows through their CCACSA academic advisor with a valid, documented rationale

## Arrests, Crimes, Violence

If you are arrested or receive a summons instead of an arrest for any reason (examples include but are not limited to DUI, Shoplifting, Hit and Run, Theft, Burglary, Possession or Distribution of Drugs, Assault, Battery, Domestic Disturbance, Disturbing the Peace, Minor in Possession of Alcohol, Public Intoxication, etc.), you are required to report your arrest/summons immediately (within 24 hours) to your Head Coach. You are expected to report your arrest/summons even if the incident occurs during a vacation or holiday period and regardless of where the incident occurred. The Head Coach will report the information to Athletics Administration. Failure to comply with this requirement will be grounds for dismissal from the athletics program, revocation of your athletics scholarship, and a reduction of your revenue share payments, if applicable.

**All** arrests (felony or misdemeanor), including a summons instead of an arrest, will result in immediate suspension from athletic participation. The Deputy Athletics/Chief Legal Officer will review the specific facts of each case and meet with the involved student-athletes to recommend the handling and duration of the suspension. The Director of Athletics may lift, extend, or make permanent the suspension or take other disciplinary action deemed appropriate. Further action by the Department and the University will be handled on a case-by-case basis. All student-athletes are also subject to the LSU Code of Student Conduct and associated institutional sanctions.

## Athletic Equipment

As a member of an LSU athletics team, you will be issued athletic equipment, workout, and competition gear (ex. uniforms) as necessary. If you quit the team, you may be asked to return equipment previously distributed. Student-athletes are also responsible for any lost or stolen equipment items. You will be charged for damaged or non-returned uniforms or equipment through your university account.

## Drug Testing Attendance

Student-athletes are subject to mandatory Institutional Drug Testing at the discretion of the LSU Athletics Administration. Once selected, attendance at the designated date/time is MANDATORY. Student-athletes must bring a picture ID to the drug testing site or be identified by a member of the LSU Athletics Department staff. Student-athletes who fail to attend at the

scheduled time or fail to provide a valid sample within the period identified, will be charged in accordance with the policy below.

Student-athlete will be charged $150 if:

1. Student-athlete fails to attend drug testing collection at the assigned collection time; or
2. Student-athlete fails to provide a valid sample within a three-hour collection window. Charges will accrue daily until a valid sample is provided.

Charges are capped at $300 per day and may be assessed multiple times during the year as infractions occur. Payment of the charge does not eliminate the requirement to participate in the drug testing program in accordance with LSU policy.

## Eligibility

It is your responsibility to assist with maintaining all guidelines associated with your student-athlete status. These include SEC, NCAA, Revenue Sharing and NIL reporting regulations. Failure to comply with all associated guidelines may result in loss of athletics scholarship aid and revenue share payments.

The Athletics Compliance Staff will investigate all potential NCAA, SEC, and institutional rules violations when necessary. As a student-athlete, it is extremely important that you report any issue that you feel may be a rule violation. NCAA Bylaw 10.1 requires that, as a student-athlete, you fully cooperate with any investigation. If it is determined that you have not cooperated fully, you will be declared ineligible and lose your privilege for athletic competition until reinstatement occurs. To remain athletically eligible, the most important thing to remember is not to jeopardize your athletic eligibility status. Below are the rules that you must adhere to to maintain your athletic eligibility status.

You CANNOT:

1. Accept any free or discounted good or services, payment, or a promise of payment (in cash, prizes, gifts, or travel) from anyone including athletics boosters, agents/runners that are not generally available to other students without a valid, approved NIL agreement.
2. Play on a professional athletics team or enter into an agreement to compete in professional athletics. (You cannot negotiate a verbal or written professional contract).
3. In sports other than men's basketball, request that your name be put on a draft list for professional sports.
4. Participate in non-LSU events/teams without Compliance approval. (This includes tryouts, exhibition, or tournament games).
5. Participate in a summer league not approved by the NCAA. (You must have written permission from the Athletics Compliance staff for summer league participation).
6. Agree to have your picture or name used to promote a commercial product without a valid, approved NIL agreement.
7. Be represented by an agent or organization to market your athletic skills or reputation.
8. Sell your complimentary tickets or trade them for items of value.
9. Receive payment for work not performed or money for a job that is not consistent with the "going rate" for the service.
10. Participate in impermissible sports wagering activities.
11. Engage in an NIL deal without reporting through designated national database (NILGO).



## Hazing

Hazing is illegal and strictly prohibited by LSU Athletics and the University. Incidents will be reported to the University/LSUPD for investigation/processing and cases will be prosecuted in accordance with Louisiana Law and the LSU Code of Student Conduct. Engaging in hazing activity can result in expulsion from LSU, and possible felony charges through Law enforcement. Student-athletes engaging in Hazing activity are subject to the loss of Athletics Scholarship and Revenue Share payments. Students aware of Hazing have an obligation to report the behavior.

## Medical Consultations

All medical consultations must be coordinated by a Staff Athletic Trainer or by the Team Physician (Family Practice and/or Orthopedic). You CANNOT see a medical specialist without the consent of a Staff Athletic Trainer and without receiving an authorization form. If you choose to utilize a physician without consultation and without an authorization form from your Staff Athletic Trainer it will result in the student-athlete assuming financial responsibility for the services rendered.

A student-athlete should engage in a discussion with their Staff Athletic Trainer or Team Physician if they are interested in seeking a second opinion within the LSU Medical Network. The Staff Athletic Trainer will present the request to the Director of Sports Medicine who will consult the Physician Leadership Team. If approval is granted, the Director of Sports Medicine will coordinate the consultation. If the Team Physician and/or Athletic Training Staff feels a student-athlete should be referred to a specialist outside of the network of physicians, the Athletic Training Staff will make the necessary arrangements, including providing authorization for financial coverage. Second opinions requested via student-athlete and/or parent, outside the LSU Medical Network will require completion of the "Medical Claims Payment Request-Outside Medical Consultation form". This form can be obtained from the Staff Athletic Trainer.

The Physician Leadership Team, comprised of the Director of Sports Medicine, Head Orthopedic Team Physician (Dr. Chip Bankston), Family Practice Head Team Physician (Dr. Stephen Etheredge), and OLOL Representative Dr. Carl Luikart will determine if the outside second opinion is granted and offer payment parameters. LSU will cover expenses up to the cost of the same service provided by an LSU Team Physician. Student-athletes will be responsible for the remaining balance. Approval of requests will be determined on a case-by-case basis. Should the student-athlete choose to see another physician or obtain a second opinion without completion of the form and approval from the Physician Leadership Team, the student-athlete will be financially responsible for any fees incurred. Lastly, a return to play or practice decision will rest solely with Louisiana State University's Team Physician(s).

## Social Media

As a visible member of LSU and its athletics department, you are expected to display responsibility and maturity on social media (X, Instagram, Snapchat, TikTok, etc...). Information, pictures, and other content posted on these sites are available to the general public (e.g., administrators, classmates, media, employers, professional scouts) and may have implications for your personal safety and image, the image of your teammates and coaches, and the image of LSU, as well as future career and professional opportunities. Any actions that are in violation of LSU's policies for student conduct or that

otherwise are deemed inappropriate and/or compromise the image of a student-athlete, LSU athletics or LSU is unacceptable.
It is recommended that student-athletes use discretion when posting photographs, text and/or joining "groups" that do not promote positive behavior and avoid posting personal information. Remember: the general public, including news reporters, professional scouts, and all your future employers and sources of any possible future endorsements, have access to social media (Facebook, Instagram, Twitter, Snapchat, TikTok, etc.). Please exercise caution if you elect to have a social media account.
Inappropriate language, behavior or insensitive online postings may result in suspension or dismissal from the LSU Athletics program and suspension or cancellation of Athletics scholarship aid and Revenue Share payments.

## LSU Code of Student Conduct

As a student-athlete, you are subject to the LSU Code of Student Conduct which covers all students. A detailed description of the administrative process and the rights of those accused of conduct violations may be found in the Code of Student Conduct on the LSU Student Advocacy & Accountability website (https://www.lsu.edu/saa/students/codeofconduct.php).

As outlined in the LSU Code of Student Conduct, the University has the authority to implement disciplinary actions and sanctions in accordance with campus policies. Under Athletics Department guidelines, the Athletics Director may impose additional sanctions, as deemed appropriate, for violations of departmental or institutional standards.

## Appeals Process - Revenue Share Reductions, Suspensions, and Athletics Charges

As a student-athlete, you are expected to behave with respect for LSU, yourself, and others. As an institution of higher education, LSU is committed to fostering your personal and professional development through mandatory training and education. When you fail to meet the obligations to your team, the department, or the University, you will be held accountable through the department's implementation of revenue share reductions, suspensions, and Athletics charges; however, you will also have an opportunity to appeal.
Through the appeals process, you will receive an email notification indicating the behavior which triggered the charge/reduction/suspension and will have an opportunity to appeal the decision. This written appeals process constitutes a hearing for NCAA purposes and does not include charges assessed for missed tutor or learning specialist appointments.

For all other assessed charges, payment reductions, and revenue share agreement or payment suspensions, appeals will only be considered if submitted through the established ARMS workflow process and will not include direct, third-party communications from attorneys, representatives/agents, parents, advisors, etc.

The appeals process is triggered when you receive an email with the subject line: **"ACTION REQUIRED: Charge/Reduction/Suspension Notification".** This initial email will notify you of the anticipated charge/reduction/suspension and the appeals process. A follow-up email will provide you with access to the **Charge/Reduction/Suspension Notification and Appeals Form.** The form specifies the activity; date; amount of the associated charge/reduction/suspension; and terms of the suspension, if applicable. The form can also be used to initiate the appeals process.

You will have seven calendar days to complete and submit the appeals form through the ARMS workflow. Failure to submit an appeal will automatically result in the application of the previously identified charge/reduction/suspension. The appeals committee will have seven calendar days to render a decision. If the appeal is denied, the charge/reduction will be added to your University account or withheld from your next payment. Revenue share payment and agreement suspensions will be implemented immediately upon issuance of the appeals committee's decision. **All decisions of the appeals committee are final.** Please note – charges/reductions accumulate throughout the academic year and reset at the end of each academic year. (i.e., spring semester).

# Chapter 2
# Academics

## Academic Center for Student-Athletes (CCACSA)

The Cox Communications Academic Center for Student-Athletes (CCACSA) is comprised of an academic affairs team, an educational support services team, and an information technology team. Collectively, the purpose is to provide an all-inclusive, student-centered support structure for all student-athletes from matriculation through graduation and life beyond.

The CCACSA reports to the Vice Provost in the Office of Academic Affairs. This linkage to Academic Affairs reiterates the importance of the student component of "Student-Athlete". The team acts as a liaison between the athletic and academic communities and ensures that student-athletes comply with academic rules established by the University, the NCAA, and the SEC.

The center is a 54,000-square-foot facility that gives LSU student-athletes the best opportunity for success by providing access to the latest technology, stimulating their intellectual curiosity through developmental programming, and cultivating skills to navigate LSU and life beyond it.

The CCACSA actively collaborates with the Office of Academic Affairs and Student Life to develop a comprehensive program that contributes to the total development of all student-athletes while increasing retention, reducing attrition, and improving graduation rates. The center also engages in collaborative programming with various constituents from across campus to address the needs of our student-athletes.

## LSU Academic Center for Student-Athletes-Official Website

The CCACSA is open to student-athletes during the building hours listed below. It offers a unique blend of study environments, including a computer lab, tutorial center, private study rooms, and a library for quiet study. A full-time staff member, in addition to student staff, is on duty at all times to answer questions and help where needed. Student-athletes are checked for attendance and monitored for productivity.

### Fall/Spring Semester Building Hours

| Day | Time |
|---|---|
| Monday - Thursday | 7:30 am - 8:30 pm |
| Friday | 7:30 am - 4:30 pm |
| Sunday | 4:00 pm - 7:00 pm |

### Winter Intersession & Summer Semester Building Hours

| Day | Time |
|---|---|
| Monday - Friday | 8:00 am - 4:30 pm |
| Sunday | Closed |

## Pre-Admission Counseling

Prospective freshman and transfer students are provided with information on admissions procedures, registration, degree selection and course availability. Prior to the official campus visit, the CCACSA, in conjunction with the Recruiting Coordinator, arranges a meeting with the recruit to explore the prospect's area of interest.

The CCACSA provides general information on available University resources. After signing a National Letter of Intent, Student-Athletes are sent information regarding orientation and registration procedures.

## Incoming Student Orientation Resources

**Orientation:** The LSU Athletics Department holds an orientation program at the Academic Center for Student-Athletes (CCACSA), to familiarize new students (freshmen and transfer) with their academic and athletic responsibilities. The purpose of this program is not only to inform you of campus procedures but also to review services offered by the University. Academic integrity, career planning and overall welfare are also discussed. Additionally, the University offers Bengal Bound, a fall orientation program for all new LSU students.

Prior to initial enrollment, freshman and transfer student-athletes are encouraged to attend the CCACSA Summer Academic Success Program (SUMMER ACADEMIC SUCCESS PROGRAM-SASP) as well as general registration and orientation sessions for all students. Additionally, the CCACSA conducts orientation sessions for new student-athletes.

The primary purpose of SASP and the orientation sessions is to familiarize student-athletes with the university's academic demands and resources. Student-athletes are also informed of changes and updates in SEC and NCAA rules regarding eligibility.

## MyLSU Account Setup

MyLSU is a personalized online resource center for all LSU students. You must be admitted to the university and have submitted your enrollment deposit to gain access to myLSU.

## LSU Email: Quick Start Guide

Please follow the steps provided in the link to use LSUMail for the first time. All steps are required.

## Moodle: Student Home Page

Moodle is an open-source, highly-customized Learning Management System (LMS). Moodle development is prioritized by a faculty-led committee aimed at advancing technology in the teaching and learning environment.

## Multi-Factor Authentication (MFA) Enrollment

Multi-factor authentication (MFA) provides an extra layer of security to your account by ensuring only you can approve valid log in attempts to your account. Multi-factor authentication pairs something you know (like your password) with something you have (like a cell phone, phone number, or other device that can verify you) to ensure that an attacker cannot login to your account without access to both methods.

## Workday Resources for Students

LSU A&M students use Workday Student to complete tasks for registration, course advising, financial aid and to view financial information. Video links may route to a Panopto sign-in. Please select the "LSU Moodle" sign-in option and use your normal LSU credentials to complete sign-in. You can log into workday at www.myworkday.com/lsu

Incoming students will not have access to Workday until they have registered for the Bengal Bound Orientation.

## LSU ITS Service Desk

The Service Desk serves as the primary customer interface for information, access, and assistance related to the services provided by Information Technology Services.

## LSU Barnes & Noble - Textbooks

As allowed by the NCAA, the Department of Athletics furnishes required course-related textbooks and materials to designated scholarship student-athletes for the courses in which they are enrolled.

Each student-athlete is required to bring their LSU ID (government-issued ID) to the LSU Barnes & Noble at the designated textbook pick-up day and time, which is determined by their CCACSA academic advisor. If a required textbook and/or other course materials are not available at the LSU Barnes & Noble, student-athletes must receive approval from their CCACSA academic advisor to purchase the textbook/ or other course materials that are not provided by the LSU Barnes & Noble. Students will purchase the required textbook/ or course materials and submit a request for reimbursement via LSU ARMS. Failure to receive approval to purchase textbook/or other course materials from your CCACSA academic advisor may result in the reimbursement request being denied.

Purchased textbooks and/or required course materials are to be used only by the individual to whom they are issued. All textbooks are on loan and must be returned to the LSU Bookstore at the end of each semester or when a student-athlete withdraws from school. Failure to return the textbooks results in a student-athlete being charged for the current value of the textbooks. In the event that a textbook is lost or stolen, student-athletes are not provided with replacement books. The deadline to return books each semester will be the Wednesday after final exams each term. Any exceptions to the book return deadline must be approved by the LSU Compliance staff prior to the deadline to return.

## Academic Planning, Advising, and Registration

The CCACSA, in conjunction with the various college counselors, informs student-athletes of requirements for prospective degrees. CCACSA assists in the planning of class schedules with regard to academic standing, practice, travel and competition schedules.

To comply with the NCAA's satisfactory progress rule, each student-athlete must designate a program of study leading toward a specific baccalaureate degree at LSU by the beginning of the third year of enrollment (i.e., the fifth semester).

The CCACSA academic advisors ensure that each student-athlete meets this requirement, and then works with the student-athlete to ensure that they make satisfactory progress toward the specified degree. CCACSA academic advisors coordinate the scheduling of classes and registration for each semester.

## F-1 VISA ENROLLMENT REQUIREMENTS - LIMIT ON WEB-BASED COURSES

F-1 students are required to maintain full-time enrollment during the fall and spring semesters and must continue making normal progress toward degree completion. Undergraduate students must enroll in at least 12 credit hours per semester, while graduate students must enroll in at least 9 credit hours. Federal regulations also limit the number of fully online courses that may count toward full-time enrollment.

Additional enrollment requirements apply during a student's first or final semester, including summer terms. Students considering schedule changes should consult their assigned Academic Advisor.

For detailed information regarding enrollment requirements, online course limitations, reduced course loads, and other F-1 student regulations, please refer to International Student Services' Enrollment Requirements resource.



## Student Athlete Eligibility Requirements

| ACADEMIC CLASS (Semester of Full-time Enrollment) | ACADEMIC ELIGIBILITY REQUIREMENTS |
|---|---|
| Sophomore (entering 3rd semester) | Must have earned at least 6 credits each semester.<br>Must have earned at least 24 credit hours during previous year.<br>Must have earned at least 18 hours during the regular academic year. (fall & spring)<br>(1.8 GPA) of minimum cumulative GPA for graduation each semester. |
| Junior (entering 5th semester) | Must have earned at least 6 credits each semester.<br>Must have earned at least 18 hours during the regular academic year. (fall & spring)<br>Must have officially declared a major. (Completed appropriate paperwork)<br>(1.9 GPA) of minimum cumulative GPA for graduation each semester.<br>40% of degree must be completed. |
| Senior (entering 7th semester) | Must have earned at least 6 credits each semester.<br>Must have earned at least 18 hours during the regular academic year. (fall & spring)<br>(2.0 GPA) of minimum cumulative GPA for graduation each semester.<br>Must have declared a major.<br>60% of degree must be completed. |
| 5th Year Senior (entering 9th semester) | Must have earned at least 6 credits each semester.<br>Must have earned at least 18 hours during the regular academic year. (fall & spring)<br>Must have declared a major.<br>(2.0 GPA) of minimum cumulative GPA for graduation, each semester.<br>80% of degree must be completed. |
| All student-athletes must be in good academic standing as defined by LSU.<br>Once a Student-Athlete has officially declared a major, all hours used towards meeting the satisfactory progress requirements must be applicable toward the student's designated degree program. | |

## Academic Rules for Student-Athletes

Student-athletes must be aware of several strictly enforced academic rules set by the NCAA for continued eligibility.

Below is a list of general rules that apply to all student-athletes. Student-athletes should review the Academic Rules for Eligibility sheet for their specific rules. This sheet must be signed at the beginning of each academic year:
1. Student-athletes must maintain full-time status to practice and/or play a sport at LSU (12 semester hours). Each year, student-athletes must earn a minimum number of credits to be eligible to play the next year (Refer to the Academic Rules for Eligibility sheet). All Student-athletes must earn at least 18 credit hours during the Fall and Spring Semesters that do not include correspondence, Southern, or BRCC courses.

2. As of 2011, football student-athletes must earn 9-degree applicable hours in the Fall semesters. Football student-athletes who fail to earn 9 hours will be subject to being suspended for the first 4 games of the following season. A one-time chance

to "appeal to the suspension" is allowed only if the student earns 27 hours in the calendar year.

3. Each semester student-athletes must earn a minimum of 6 credits in order to participate during the following semester and to be eligible for SEC and NCAA post-season competition.

4. Student-athletes must declare a major by the beginning of their fifth semester.

5. After the fifth semester, Student-athletes may use only courses that apply toward graduation in their designated degree program to fulfill eligibility requirements.

6. Certain courses require a minimum grade of "C-" in order to fulfill graduation requirements. Once their major has been declared, student-athletes must earn a "C-" or better in those courses in order for them to be used for eligibility.

7. At certain points during their academic career, student-athletes will be required to meet a minimum grade point average and a certain percentage of their degree requirements. Please refer to the Academic Rules for Eligibility sheet for specifics.

8. If student-athletes plan to attend summer school at a school other than LSU, they must have prior written approval of their Dean and the Office of Admissions.

The CCACSA team and athletic administration promote and strongly uphold the standards of an academic setting; one with respect and professionalism.

## Academic Progress Rate (APR)

The Academic Progress Rate (APR) is a method of determining if member institutions are successfully promoting student-athletes' progress towards a degree and timely graduating. APR rates are determined by a point system where retention, eligibility, and graduation are measured for every scholarship Student-Athlete each semester.

Student-athletes earn 1 point for remaining eligible and 1 point for remaining in school each semester of their time on athletics-based aid.

Student-athletes are accountable for maintaining academic progress and failure to do so may result in the loss of your athletic scholarship. The Academic Progress Rate (APR) is a number that reflects every team's academic performance at a given time based on the retention and eligibility of all scholarship student-athletes (including medicals and 9th semester students). A multi-year APR score of 930 is what teams must meet to avoid the immediate loss of post-season competition and play/practice maximum limitations. An APR score of 930 correlates to a 50 percent graduation rate.

The APR calculation awards two points each term to student-athletes who meet academic eligibility standards and who remain enrolled each term. A team's APR is the total points earned by the team at a given time divided by the total points possible. You can affect your team's APR in the following way:

1. You can earn a maximum of two points for your team every semester that you receive aid, that's one point for eligibility and one point for retention.
2. You will receive a point for eligibility if you meet all NCAA academic eligibility requirements.
3. You will receive a point for retention if you return to LSU the following semester.

## CLASS ATTENDANCE & ABSENCE POLICIES

### Student Absence from Class - Policy Statement 22 (PS-22)

The University Student Absence from Class Policy-PS 22, outlines permissible reasons for absences; offering a framework for instructors to work with students on makeup work under specific circumstances. The policy acknowledges that participation in varsity athletic and other university events, in which the student is representing the university in an official capacity, is considered a valid reason for absence.

### Class Attendance - Policy Statement 44 (PS-44)

LSU Policy Statement 44 allows instructors to factor class attendance into final grade determinations. Because of the direct correlation between classroom attendance and academic success, all coaches and departmental administrators expect student-athletes to attend every class.

Attendance is actively monitored by the CCACSA. If a student-athlete misses a class, their sport's head coach is notified. The student-athlete is responsible for explaining the absence and must contact the professor immediately to resolve the attendance issue.

## Instructor Progress Reports

Professors are requested to submit academic progress reports on student-athletes three times per semester using the LSU Navigate platform.

## Travel Letters

The CCACSA academic advisor will prepare a general email forecasting the semester competition that is sent to the professor via Teamworks for all team members (including assigned student support staff) at the beginning of each semester. The CCACSA academic advisor will circulate a weekly missed class letter in advance of the competition as a reminder to the professor. Arrangements for taking any examinations or completing work assignments affected by team travel are the responsibility of each student-athlete.

Travel approved by the university's Athletics Council allows student-athletes an opportunity to make up missed work due to athletic travel for students in school-sanctioned events only. Student-athletes are encouraged to obtain official documentation and coordinate with their professors in advance of any non-sanctioned university travel (i.e. personal competition, international competition, etc.).

## Exams

When a student-athlete learns that an exam is scheduled during the time they will be participating in the intercollegiate athletics program, the student-athlete is responsible for notifying the instructor and making arrangements to make up the exam.

## LSU Academic Regulations

## Withdrawing From A Course

In order to remain academically eligible to participate in intercollegiate athletics, a student-athlete's course load must not drop below 12 hours. A student-athlete who needs to drop or add a class must consult with their CCACSA academic advisor and have a form signed by their coach. The CCACSA academic advisor explains all applicable eligibility legislation to the student-athlete. If the dropping of a class results in a student-athlete being registered for less than 12 hours, the CCACSA academic advisor informs the Associate Athletic Director for Compliance. (See Policy 502C, Student-Athletes: Eligibility, for more information.) Student-athletes are encouraged to plan each semester's coursework in consultation with their CCACSA academic advisers to avoid schedule changes after the official registration period. Any schedule changes should be made as soon as possible after the beginning of classes. Deadlines for when students may drop courses without receiving a grade of "W" are available on the Registration Calendar. Additional deadlines are listed for when students may add courses. A "W" grade will be entered on a student's record for any course dropped between the deadline for dropping courses without receiving a grade of "W" and the final date for resigning from the University and/or dropping courses. Students should consult the LSU Academic Calendar maintained by the University Registrar to determine deadlines each semester.



"W" grades do not affect a student's GPA; however, an excessive number reflects negatively on a student's record and involves substantial cost by way of tuition, books, room and board, and lost opportunities. A large number of "W" grades may make it difficult for a student to graduate on time because the recommended curricular paths typically assume that students will complete approximately 15 credit hours per semester. Students are allowed a maximum of 10 course withdrawals during their academic career. Withdrawals cannot exceed this number unless authorized by the dean of the student's college, in which case the student must meet with an academic advisor to discuss progress toward the degree.

"W" grades earned via the following methods do not count in the number of drops permitted:

- Resignation from the university.
- Courses dropped during the summer term or winter session.
- Courses offered through the Division of Continuing Education that students drop.

## Incomplete Grades

Academic work, because of circumstances beyond the student's control, is incomplete and may be marked "I" (incomplete) with the dean's office representative's permission.

It is typically the responsibility of the student to initiate the request for the academic dean's authorization. Exceptions to this regulation will only be considered in extenuating, documented circumstances or for university sanctioned and administrative purposes.

"I" grades are only considered for approval when an extraordinary situation occurs at or after the university's deadline to resign for the semester, as specified in the LSU Academic Calendar. The student must promptly notify an authorized representative of their academic dean's office and provide appropriate documentation to support the "I" grade request. An approved "I" grade allows the student to make up coursework that was missed due to the extenuating documented circumstances.

It is the student's responsibility to contact the instructor to discuss his/her academic status in the class. If the "I" grade request is approved, the student and the instructor will then create a timeline for completing all outstanding coursework.

An "I" grade will allow a student additional time to complete work missed due to the extenuating and documented circumstance but does not guarantee a passing grade in the course.

An "I" grade will be converted to "F" unless it is removed during the next regular semester in which the student is in residence in one of the university's campuses prior to the deadline for adding courses for credit, as specified in the LSU Academic Calendar.

## Course Repeat Policy-Effective Summer 2025

Under this policy, students may improve their undergraduate LSU and cumulative GPAs. Students can repeat courses with a grade of D+ or lower, only the most recent grade will count toward GPA and degree requirements, even if it is lower than the previous grade. Students repeating a course for a third attempt will require the college dean's approval. Financial aid will not cover second repeats of courses where credit has already been earned. Students cannot repeat courses for credit if they earn a grade of "C-" or better, unless approved by their college dean.

## Placement Exams & Credit By Examination Options

The advanced-standing program is open to students with superior ability acquired through excellent preparation in high school or on their own initiative. This program offers all students at

Louisiana State University the opportunity to gain course credit by passing an exam in a specific sports subject. Students may apply for these tests any time after acceptance to LSU. Students must initiate the process prior to their final semester or risk delaying their graduation.

## INCOMING FRESHMEN PLACEMENT EXAMS & CREDIT BY EXAMINATION OPTIONS

Incoming freshmen students who have paid the Bengal Bound Orientation fee have the ability to take these placement exams until the last day to add classes of their first semester at no cost. Incoming freshmen can take the placement exams in the following ways:

• Remotely via ProctorU-there is a $15.00 fee per exam, please see more details under Option One.

• On campus at the LSU Testing Center -For specific testing days and times view the Incoming Freshman Placement Exam page.

After the last day to add classes, students are no longer considered incoming freshmen and must follow the procedure for continuing students.

## LSU Aleks Math Placement-Aleks

The ALEKS Placement Test (Assessment and Learning in Knowledge Spaces) is an assessment of readiness, testing skills in numeric manipulations, algebra, geometry, and trigonometry. Students can earn credit in MATH 1021 (College Algebra) by a proctored ALEKS placement score.

## LSU Online Distance Learning

No more than six semester hours of correspondence courses may be used for eligibility within one year, and all correspondence courses require coaches and CCACSA approval. All correspondence coursework must originate from LSU in order to count for eligibility purposes.

## Kaplan Test Prep Services

Kaplan preparatory courses are available to student-athletes who plan to pursue a Master's Degree. Students are required to be current LSU Student-Athletes in good standing with the University and the LSU Athletics Department within 45 hours of degree completion and have a GPA of 3.0 or higher. For additional information, please contact your CCACSA academic advisor.

## Educational Support Services (ESS) Purpose

The goal of this student-centered program is to cultivate independent learning by assessing individual student needs, developing an instructional plan, and assisting students in implementing targeted learning strategies. The Student Learning Program also trains student-athletes in improving communication, self-advocacy and accountability to enhance their academic, athletic, and personal success. Student-athletes are assisted through the following:

- Evaluation and assessment of learning and study habits
- Screening and educational testing
- Identification of academically at-risk student-athletes
- Development and implementation of individual education plans
- Implementation of research-based educational approaches
- Coordination with the Office of Disability Services and other student services staff

## Student Learning Program

The Student Learning Program is a holistic academic enrichment program that fosters independent learning to assist all student-athletes in their pursuit of academic, athletic, and personal goals. The Student Learning Program offers educational assistance services in the Academic Center for Student-Athletes, including Educational Assessment, Learning Specialist assistance, Rediscovering Opportunities through Advanced Reading (R.O.A.R.), Mathematical Inquiry, Knowledge, and Engagement (M.I.K.E.), and Tutorial assistance and Objective-Based Study Hall.

## Educational Assessment Program

Within the Student Learning Program there are three phases of educational assessment for student-athletes. Student- athletes may participate in any combination of the three educational assessment phases. The phases include a learning profile, initial screening, and psychoeducational evaluation. Each phase of assessment is designed to gather information pertaining to student-athletes' academic skills, cognitive ability and attention. The compilation of results allows Learning Specialists to identify any possible learning challenges or other significant concerns that may impact a student-athletes' learning.

## Learning Specialist Program

Learning Specialists work primarily with student-athletes that have identified learning challenges as well as those that require advanced academic assistance or support. Learning specialists work with student-athletes one-on-one and in group settings to assist in building the essential academic skills necessary to allow independent learning. Learning Specialists develop detailed academic support plans for student-athletes including specific skill areas on which to focus, tutorial support needs, time management and organization. Learning Specialists also coordinate additional educational and academic developmental services, including academic workshops where topics vary.

## Tutorial Program

The Tutorial Coordinator and Learning Specialists train and supervise a staff of nationally-certified tutors. Content tutors work with students in subject-specific sessions, while strategy tutors work with students on a variety of courses while also focusing on time management, organization, and academic skill development. Student-athletes are either assigned and/or may request tutorial assistance based on Advisor and/or Learning Specialist recommendation.

## Rediscovering Opportunities Through Advanced Reading (R.O.A.R.)

Designed to foster literacy growth, the R.O.A.R. program delivers individualized reading strategies and interventions to student-athletes, helping them strengthen foundational skills and meet the demands of college-level academics with confidence.

## CCACSA Math Lab & M.I.K.E Program

The Math Lab at CCACSA offers our student-athletes personalized time to explore a wide array of Mathematical concepts with experienced Mathematics Educators. While working one-on-one or in small groups, our student-athletes are offered both the technology and opportunity to achieve academic success in the collegiate Mathematics classroom. M.I.K.E. (Mathematical Inquiry, Knowledge, and Exploration) is a mathematical skills development program aimed at improving student-athletes' mathematical fluency while equipping them with the skills necessary to perform well in college level math courses.

## Office of Disability Services (ODS)

Learning Specialists work closely with the ODS staff to assist Student-Athletes who have recent documentation for a diagnosed learning disability or other disorder that may impact their learning. Depending on the documentation provided, Student-Athletes may be eligible to receive certain accommodations that can support their academic growth. Students who are eligible are encouraged to

utilize the services offered to them through ODS.

**If you have been previously diagnosed with a Learning Disability, ADD/ADHD, have received accommodations in high school, and/or have any of the related documentation listed above, please send documentation to the Student Learning Program. A list of typical documentation we encourage you to send is below.** The LSU Office of Disability Services will review your documentation to determine if you qualify for accommodations as an LSU student. By sending your records as early as possible, you will be more likely to have accommodations in place for the first week of classes. If you have any questions, please contact our office at 225- 578-5787. You may send materials by mail or fax.

**Documentation**:

- Psychoeducational Evaluation
- Individualized Education Plan (IEP)
- 504 Accommodation Plan
- Primary Care Physician (PCP) note and/or ADHD medication prescription

For more information about the services provided through the Student Learning Program, feel free to contact:

**Dr. Dorothy Kemp**
Director of Educational Support Services
Dkemp2@lsu.edu

## Tutorial Center

### Expectations of Behavior

Student-Athletes should conduct themselves in a professional, mature, and respectful manner both inside and outside of the CCACSA.

### Tutorial Support

The Tutorial Center provides individualized and/or small tutoring sessions and assistance for all Student-Athletes. The primary goal of the tutorial program is to provide Student-Athletes with academic assistance to support LSU classroom instruction.

### While In The Tutorial Center, Student-Athletes Must:

- Display a respectful attitude towards all staff members, tutors, and fellow Student-Athletes.
- Maintain appropriate conversations at a reasonable volume in the tutorial center lobby, session rooms, and computer lab.Check in at the Front Desk for all appointments.
- Check in at the Front Desk for all appointments.
- Arrive on time and stay for the FULL duration of all tutorial sessions.
- Bring ALL course materials for the tutorial session (books, notes, pen/pencil, etc.).
- Silence and put away all cell phones, tablets, and digital media devices.
- Adhere to all other policies outlined in this handbook.

### Tutorial Sessions

Each tutorial session follows the "Constructivist Teaching Model" which outlines objectives, work accomplished, and future work to be completed. Student-Athletes are expected to maintain a professional and positive demeanor towards their tutors. Following the tutoring session, each tutor submits a report outlining the Student-Athlete's preparedness, comprehension, notes, and success in meeting objectives during the session using the online reporting system, Teamworks. These reports are used by advisors, staff, and coaches to monitor student progress, behavior, and accountability throughout the semester.

### Content Tutors

Content tutors assist student athletes in LSU course-specific tutorial sessions. Student-athletes may request a content tutor for any LSU course through their advisor. Requests for tutoring are filled throughout the semester based on tutor course availability and student need.

### Strategy Tutors

Strategy tutors provide assistance with student athletes' transition to the University in developing their study and organizational skills, fostering an understanding of learning and motivation, and

assisting in the development of academic literacy and planning skills. Please see your CCACSA academic advisor to request a tutor as well as review updates on pending tutorial requests.

### CRLA TRAINING

CCACSA Content and Strategy Tutors undergo up to three levels of training certified by the College Reading and Learning Association (CRLA). These trainings equip our tutors with a variety of study skills, learning strategies, and in-session techniques for working with adult learners from diverse learning backgrounds.

### Tiger Gold-Objective Based Study Hall

Tiger Gold is an objective-based study hall held in the Academic Center for Student-Athletes Sunday through Friday. It provides a well-organized environment conducive to studying and tutoring.

### Appointment Cancellations/ Reschedules

Appointments can only be cancelled with an approved excuse through the Student- Athletes' CCACSA academic advisor. A Student-Athlete-Athlete cannot cancel or reschedule an appointment through a tutor or through the Tutorial Center Front Desk. To cancel an appointment, student- athletes must contact their CCACSA academic advisor via phone or email by the cancellation deadlines above:

| Appointment Day | |
|---|---|
| Sunday | Friday, 3:00 pm prior to Sunday meeting day |
| Monday-Friday | 6:00 pm day prior to scheduled appointment day and time |

When an appointment is cancelled on time, the tutor and Student-Athlete will be notified via email and the appointment will be removed from Teamworks. If a Student-Athlete has an unexcused absence and/or is late for an appointment, they will incur a fee of up to a $30.00 from Academics to their fee bill for each missed appointment. A Student-Athlete may appeal No-Shows through their CCACSA academic advisor with a valid, documented excuse.

### LSU Teamworks

Teamworks is the online scheduling and reporting that is utilized by LSU Athletics and CCACSA to create tutorial and advising appointments. The Student-Athletes' academic, tutorial, and practice/competition schedules are also accessible via the Teamworks calendar to the student, advisor, and coaches.

All tutorial appointment requests are scheduled in Teamworks around Student-Athletes' availability and take place at a regular time every week with an assigned tutor (i.e., ECON 2000 tutoring every Monday/Wednesday from 10:30 am-11:30 am). Student-Athlete are sent daily reminder notifications via email and text message for upcoming tutoring appointments. These appointments are usually scheduled for hour-long blocks to take place within the CCACSA facilities during the hours of operation.

### ACADEMIC ACCOUNTABILITY

LSU and the Academic Center for Student-Athletes are committed to the graduation of our student-athletes. To this end, each coach has a role in ensuring that the student-athletes meet their

academic obligations. The Academic Accountability Policy requires the assistance and support of the Head Coach to help refocus Student-athletes who are not meeting their academic obligations. For a missed academic appointment, a Student-Athlete will incur a fee of up to a $30.00 from Academics.

## TUTOR SUPPORT ACCOUNTABILITY POLICY

**Policy will include:**

- ALL Overall Unexcused No Shows; not just no shows by course
- No Shows marked as "late" for 10+ minutes
- No Shows marked because the student-athlete attended virtually but did not attend in person
- No Shows that are still being appealed – (see appeal process below)

**CCACSA Appeal Process:**

- The student-athlete will receive an email from their CCACSA academic advisor within 1 business day of the no-show.
- Student-athletes must submit an appeal in writing by responding to the email explaining in full why they were absent, late, canceled past the deadline, or did not check-in for their appointment.
- All appeals must be submitted within 48 hours (2 business days) of the no-show notification.
- Appeals will be reviewed by the No Show Appeal Committee and will respond within 1-2 business day.
- Student-athletes will receive notification of the final decision from CCACSA Academic Advisor.
- If no appeal is submitted, the student-athlete could be charged up to a maximum of $30/per absence.
- Reminder: Student-athletes still receive one free miss each semester.

**Meetings will occur at the following Intervals:**

- Prior to the start of the semester, all student-athletes will sign off on the Tutor Responsibility Agreement in ARMS.
- After 3 unexcused misses – the student-athlete will meet with Walt Holliday (Executive Director) or another member of the Executive Team, their CCACSA Academic Advisor, and a Sport representative (i.e. assistant coach, director of ops, or academic liaison) within 2 business days.
- After ONE additional miss following the meeting – the student-athlete will lose access to all learning support appointments including Learning Specialist for the semester.
- An email will be sent from CCACSA academic advisor to inform the student-athlete, coach, sport administrator, and the Executive Director of their status.

**Note:** Once a student-athlete loses all academic support, the CCACSA Academic Advisor and Learning Specialist are encouraged to work together to create an academic plan to finish the semester. (i.e. – mandatory study hall time, one-on-one meeting with advisor, etc.)

**Additional Note:** Tutors can request to remove student-athletes that have missed 3 or more of their appointments. They must meet with the Tutorial Coordinator for approval to ensure that these were not granted or approved misses.

- Student-athletes who lose access to their Learning Specialist will be added to a queue for a Strategy Tutor. Strategy Tutors will be filled based on tutor availability.

## Printing Policy

The CCACSA policy regarding the use of printers in the Computer Lab and Tutorial Center requires Student-Athlete to log into a "release station" using their MyLSU log-on credentials. Each Student-Athlete account will be allotted the equivalent of 400 pages free of charge per semester. If a Student-Athlete needs more pages added to their quota, they will need to see their CCACSA academic advisor and request an increase with proper justification. Accounts will be reset to 400 pages at the beginning of each Spring/Fall semester.

A two-week unlimited printing window shall occur during the first two weeks of each new Fall/Spring Semester. This will allow Student-Athlete to print syllabi and other items needed at the start of the coursework without it counting against their 400-page quota. Printing from personal computers

or tablets can be completed by visiting Cox Communications Academic Center for Student-Athletes website and selecting MOBILE PRINTING under the Quick Links tab.

## Technology Checkout Resources

The Academic Center for Student-Athletes has a number of technology resources available to check out on a semester basis (Laptops, iPads, Calculators). Student-Athlete may reach out to CCACSA staff or the CCACSA IT MANAGER to request and check out an item based on availability.

Student-athletes may also make arrangements to borrow technology resources from the LSU Library via GEAR 2 GEAUX.

## LSU Student On-Campus and Online Resources

In addition to tutoring, the following resources are also available to Student-athletes free of cost:

## Communication Across Curriculum (CXC)

CxC's Studio 151 located in 151 Coates Hall offers one-on-one assistance, coaching, and feedback for papers, presentations and multimedia projects in all subject areas, as well as both mentoring services for science and writing. Multimedia resources such as camcorders, audio recording equipment, and presentation rooms are all available for rental, free of cost.

## Center for Academic Success (CAS)

CAS offers learning resources and academic support in the form of one-on-one tutoring and supplemental instruction for all LSU students. CAS Tutorial Centers offer free assistance with homework, test preparation, and study strategies in biology, chemistry, mathematics, physics, and foreign languages.

## International Student-Services-LSU Global Engagement

The International Student Services (ISS) unit provides US immigration guidance and advising to LSU's international student community. The members of this unit are Designated School Officials (DSOs) who can assist with visa questions, work authorization, student petitions, I-20 and SEVIS documents, and student health insurance. Our staff is **here for you** and ready to discuss any aspect of your transition to the US.

## International Student Resources

These resources are curated by the Global Community Center (GCC) to assist with LSU students' transition to life in the U.S. and the Baton Rouge community. Our resources are open to all LSU students and we welcome all LSU community members to visit the GCC.

## F-1 Visa Enrollment Requirements-Limit on Web-Based Courses

F-1 students are required to maintain full-time enrollment during the fall and spring semesters and must continue making normal progress toward degree completion. Undergraduate students must enroll in at least 12 credit hours per semester, while graduate students must enroll in at least 9 credit hours. Federal regulations also limit the number of fully online courses that may count toward full-time enrollment.

Additional enrollment requirements apply during a student's first or final semester, including summer

terms. Students considering a reduced course load, enrolling part-time, or taking online coursework should consult International Student Services before making schedule changes, as prior authorization may be required to maintain immigration status.

For detailed information regarding enrollment requirements, online course limitations, reduced course loads, and other F-1 student regulations, please refer to International Student Services' Enrollment Requirements resource.

## LSU Code of Student Conduct

The purpose of the Code is to engage Students on issues of community membership, encourage responsible decision making, safeguard the health and welfare of all members of the University community, protect University property, and promote academic integrity including class attendance.

## LSU Code of Student Conduct Section 10.1 Academic Integrity

Cheating may result in you being expelled from the University. Everyone knows cheating on an exam is dishonest; however, students have, on occasion, turned in papers that they thought were acceptable, only to find they were accused of plagiarism. If you use another person's ideas or expressions in your writing without acknowledging the source, you are guilty of plagiarism. Failing to give proper credit for ideas, research conclusions, etc., is the same thing. A good rule of thumb is to quote the unique or witty and paraphrase the rest. If you are in doubt, check with your CCACSA academic advisor or tutors.
10.1 LSU Code of Student Conduct Academic Integrity
High standards of academic integrity are crucial for the University to fulfill its educational mission. To uphold these standards, procedures have been established to address Academic Integrity. A Student is responsible for submitting work for evaluation that reflects the Student's performance. If a Student has a question regarding the Instructor's expectations for assignments, projects, tests, or other items submitted for a grade, it is the Student's responsibility to seek clarification from the Instructor.

In accordance with the LSU Faculty Handbook, an instructor may not assign a disciplinary grade, such as an "F" or zero on an assignment, test examination, or course as a sanction for admitted or suspected Academic Misconduct in lieu of referring the Student to SAA under the provisions of this Code. Grades assigned as a result of Academic Integrity must be in accordance with this Code.
A Student found Responsible for Academic Integrity may NOT drop the course in which the violation occurred. Any Student who drops the course without written permission from SAA will be re-enrolled in the class and then given the appropriate grade as provided in the Outcome. Faculty must submit the grade change form.
A Student may be charged with a violation of Academic Integrity for the following acts or omissions:

**Collaboration**. Unauthorized communication or interaction between two or more individuals on any academic work by giving, receiving, or otherwise sharing information without permission of the Instructor.
**Copying**. Copying from another Student's academic work; assisting with copying by making answers or other completed assignments available, in whole or part, to another Student, whether or not the recipient's intentions to copy were known to the Student prior to the sharing.
**Failure to Follow Course Requirements**. Failure to adhere to standards of conduct for academic integrity that are promulgated by an academic unit or Instructor.
**False Information**. Falsifying or fabricating any information, data, or citation in any academic work including but not limited to documents intended to support medical excuses or absence from class or academic work.
**Misrepresentation**. Misleading an Instructor as to the condition under which the work was prepared including, but not limited to, undisclosed Artificial Intelligence (AI) use, substituting for another Student or permitting another person to substitute for oneself on any academic work.
**Other Academic Misconduc**t. Attempting to commit, or assisting someone in the commission or attempted commission of an offense defined in this section, or any other act that may create an unfair academic advantage.
**Plagiarism**. Lack of appropriate citation, or the unacknowledged inclusion of someone else's words, structure, ideas, or data; failure to identify a source, or the submission of essentially the same work for two assignments without permission of the Instructor.
**Unauthorized Materials**. Using any material, technique, application, artificial intelligence (AI), or device on an academic assignment that is prohibited; having any forbidden or unauthorized material, technique, application, artificial intelligence (AI),or device available on any academic work will be considered a violation.

## LSU Artificial Intelligence (AI) Policy

In general, unauthorized use of generative AI to complete academic work is considered a violation of Academic Integrity. CCACSA has adopted the following internal policy to help aid in working with students on academic work.

To ensure our tutoring services align with the academic policies of various courses, we have established the following guidelines regarding the use of Artificial Intelligence (AI) in student assignments.

1. **When AI Usage is Explicitly Mentioned in the Syllabus:**
- If AI Usage is Required: CCACSA team members can support students in integrating AI tools as specified by their course requirements.
- If AI Usage is Encouraged: CCACSA team members may suggest and guide students on using AI tools to enhance their learning, provided it aligns with the course's encouragement of AI.
- If AI Usage is Forbidden: CCACSA team members must strictly adhere to the prohibition of AI tools in these courses and ensure that all work and guidance comply with this restriction.

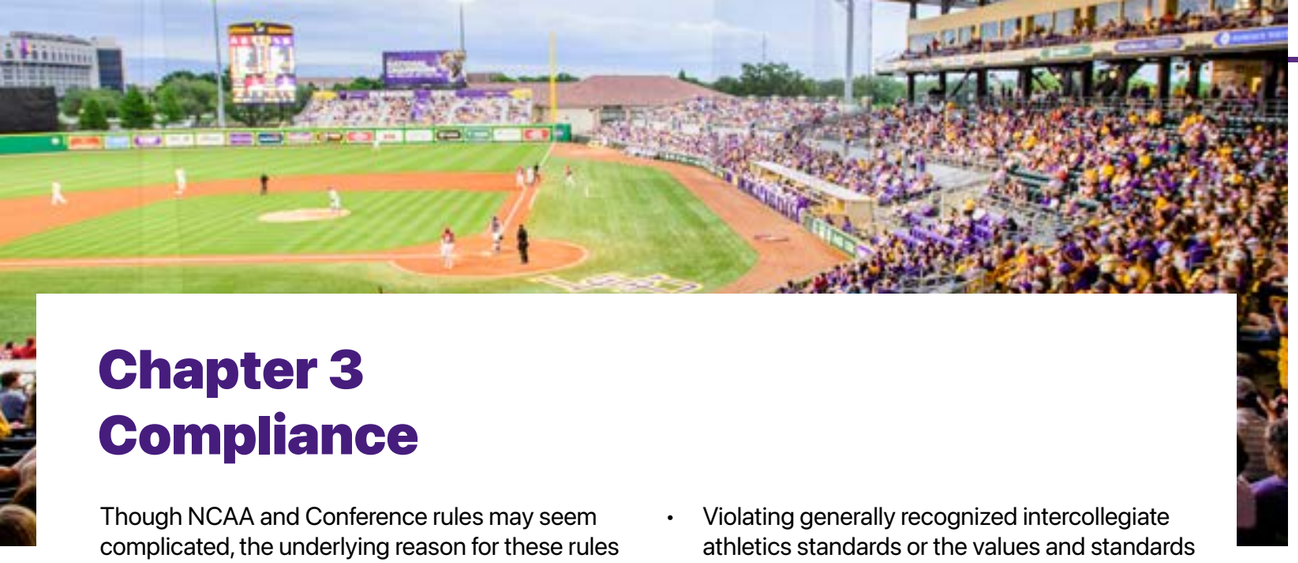
2. **When AI Usage is Unspecified:**
- If the course syllabus or instructor does not explicitly mention AI usage, CCACSA team members will assume that AI is prohibited. This ensures that students do not inadvertently violate academic integrity policies.

3. **Clarification and Communication:**
- CCACSA team members are encouraged to discuss AI usage policies with their students and, if necessary, advise them to seek clarification from their instructors. Ensuring clear understanding prevents any potential academic misconduct.

4. **Educational Integrity:**
- CCACSA team members are expected to uphold the highest standards of educational integrity. This includes providing guidance that fosters genuine learning and understanding, rather than relying on AI to complete assignments. CCACSA team members and students are expected to be aware of and adhere to the LSU Code of Conduct Policy on Academic Integrity (LSU Code of Conduct 10.1)

## TurnItIn Feedback Student-Plagiarism Detection Tool

Turnitin Feedback Studio is a feedback and plagiarism detection tool used to improve writing and engage students in the feedback process which students and faculty may use through their Moodle accounts. Students can only use Turnitin if an instructor creates a Turnitin assignment in a Moodle course.



# Chapter 3 Compliance

Though NCAA and Conference rules may seem complicated, the underlying reason for these rules is to field teams that play according to the same rules in all athletic competitions without institutions having a "competitive advantage."

You are asked to be especially careful about accepting any favors, invitations or assistance from boosters. If you have any doubts, contact your coach and/or the Compliance Office before accepting anything that might be considered an "extra benefit." Examples of common extra benefits include free or discounted meals, entertainment, transportation, and lodging. When in doubt, ask!

## Good Sportsmanship

The Department of Athletics expects its student-athletes to act in a respectful manner at all times and will not tolerate any of the following behaviors:

- Physically abusing an official, coach, athlete, opponent, or spectator;
- Throwing objects at any individual or across or onto a field of competition;
- Seizing equipment or cameras from officials or the news media;
- Inciting players or spectators to violent action or any behavior that insults or defiles an opponent's traditions;
- Encouraging LSU fans to boo an opposing team when introductions are made;
- Directing obscene or inappropriate language or gestures toward officials, opponents, team members or spectators;
- Violating generally recognized intercollegiate athletics standards or the values and standards associated with LSU, as determined by your Head Coach and approved by the Director of Athletics.It is expected that you will conduct yourself with pride for LSU and the Athletics team you represent at all times.

## Eligibility & Squad Meeting Annual Compliance Education

All student-athletes are required to attend their team's annual compliance meeting held at the beginning of each academic year. Additionally, prior to engaging any practice activities, a student-athlete must complete the required workflows assigned to them in Teamworks. These annual workflows include (but are not limited to):

1. NCAA Student-Athlete Statement;
2. NCAA Drug Testing Consent;
3. SEC Student-Athlete Statement/Misconduct Form;
4. NCAA HIPAA;
5. Summer School Scholarship Policy;
6. LSU Drug Testing Consent Statement;
7. SEC Certification of Recruited Status;
8. Institutional promotional activity and media release;
9. Other forms as provided.

During this initial meeting, rules and procedures are explained and any questions you may have concerning eligibility are answered. If you have any questions about your eligibility, contact the Assistant AD for Compliance at 225-578-3891. Additionally, an end-of-year team meeting is also held at which time legislative updates and information regarding summer are communicated to each team.

## Playing Season/Practice Restrictions

NCAA regulations identify the academic year in two distinct segments: in-season and out-of-season. At the beginning of each academic year, the coaching staff for each sport must identify the days during the academic year that the sport will be considered in-season. While in-season, a student-athlete is limited to 20 hours per week and no more than 4 hours per day of countable athletically related activities, including practice, meetings, film review, weights/conditioning, and competition. Also, while in-season, a student-athlete must have a minimum of one (1) day off per week.

During the out-of-season segment, student-athletes can engage in up to eight (8) hours per week of countable athletically related activities. In sports other than football, the eight (8) hours per week may include weight training, conditioning and skill instruction, of which not more than four (4) hours may be utilized for skill-related instruction. In football, the eight (8) hours per week may include weight training, conditioning, film review and walkthroughs, with not more than two (2) hours per week devoted to film review and/or walkthroughs combined. Additionally, while out-of-season, a student-athlete must have at least two (2) days off per week.

Please note: in the sports of basketball and football, student-athletes may be involved in out-of-season workouts for an 8-week period during the summer. The workouts are limited to 8-hours per week of countable athletically related activities, with not more than 4-hours per week spent on skill instruction in basketball/2-hours per week on film review in football. During the summer period, there is no requirement to provide student-athletes a day off each week.
In women's soccer, an institution is allowed a transition period beginning 14 calendar days before the first permissible preseason practice date. During this transition period, a student-athlete's participation in countable athletically related activities is limited to a maximum of ten (10) hours per week with not more than five (5) hours per week spent on skill-related workouts. A student-athlete shall engage in more than one on-field practice per day, not to exceed two hours per day. Student-athletes are required to have two days off per week.

In addition to the mandatory days off each week when a sport is in-season vs. out-of-season, the NCAA also requires each sport to provide its student-athletes with an additional 21 days off per year. Seven (7) of the 21 additional days off shall occur immediately after the conclusion of the championship segment and the remaining 14 days off shall occur during the academic year at the discretion of the head coach.

As a student-athlete, it is your responsibility to verify your countable athletically related activities through Teamworks. Each week student-athletes from each sport will be randomly selected by Teamworks to verify the practice logs for that week. In the case of a discrepancy on the practice log or if you feel you were required to participate in countable athletically related activities more than what is allowed each week, please contact the Compliance Office.

## Voluntary Workouts

Throughout the academic year and summer, coaching staffs may allow opportunities for their student-athletes to engage in voluntary workouts. Please keep in mind the following regulations must be followed in order for a workout to be considered voluntary:

1. You cannot be required to report back to a coach or other athletics department staff

member any information related to the activity.
2. The activity has to be initiated and requested solely at your discretion.
3. Your participation (or lack thereof) may not be recorded for the purpose of reporting such information to your coaching staff.
4. You cannot be subject to penalty for not participating in voluntary activities. In addition, you may not receive recognition nor incentive (e.g., awards) based on your attendance or performance in such activities.

**Safety Exception**: In the following sports a coach may be present during voluntary workouts to provide safety instruction ONLY:

- Gymnastics
- Swimming and Diving
- Track and Field (field events, jumping hurdles and jumping element of the steeplechase)

**NOTE:** Disciplinary activities (e.g., "penalty runs") are not considered voluntary activity and must be counted toward your weekly hour limitations.

## Individual Workouts

During an institutional vacation period and/or summer, student-athletes in the sports of golf, gymnastics, swimming/diving, track/field and tennis may request an individual workout session with a coaching staff member provided the request for assistance is initiated by the student-athlete.

## Athletics Facility Access

As a student-athlete, you may have access to your athletics facility for voluntary workouts. The timing and duration of the access is the decision of the Head Coach and Athletics Administration. The access is for you and your teammates only, and you are not allowed to bring additional guests into the Athletics Facilities. This restriction applies to everyone (family, agents, advisors, consultants, non-LSU coaches/staff, friends, etc.)

## Outside Athletics Competition

In sports other than basketball, a student-athlete who participates during their playing season as a member of an outside team in any non-collegiate, amateur competition shall become ineligible for intercollegiate competition until eligibility is restored by the NCAA (note: in basketball, student-athlete is permanently ineligible). Additionally, there are NCAA rules regulating the number of individuals from the same institution that can participate on summer teams. Please check with the Compliance Office before participating in any outside competition to ensure that you do not jeopardize your eligibility.

In sports other than basketball, outside of the playing season,, a student-athlete may participate in outside competition during the academic year, provided the student-athlete represents only himself or herself in the competition, is not part of an outside team and the outside competition is approved by the Compliance Office. An Outside Competition Form through the Teamworks must be completed and approved by the Compliance Office prior to competing in any outside competition. There are several exceptions to the outside competition rules, so please consult with your head coach and/or the Compliance Office with any questions you may have.

## Professional Sports Agents

Although it is permissible for you to have an agent for NIL purposes, there are NCAA restrictions on sports agents. NCAA regulations define a sports agent as any individual who, directly or indirectly: (a) represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain; or (b) seeks to obtain any type of financial gain or benefit from a student-athlete's potential earnings as a professional athlete. Under this definition, an agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager, or anyone who is employed or associated with such persons.

Before having contact with a sports agent or advisor it is important for you to speak to a member of the LSU Compliance staff to ensure the agent is registered with the State of Louisiana and the LSU Compliance Office. Failure to contact the Compliance Office may result in the loss of your intercollegiate athletics eligibility and/ or result in a violation of state laws if it is determined that the agent did not register with the proper entities and/ or submit a formal request to your head coach and athletics director at least seven days in advance of any type of contact with you and/or your family.

As a general reminder, the NCAA **prohibits** a student-athlete from the following:

- Entering into a verbal or written agreement to be represented by an agent for the purpose of marketing his/her athletics ability or reputation in that sport.
- Entering into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place AFTER the individual has completed his or her eligibility in that sport.
- Accepting any benefit (e.g., gifts, vehicle loan, cash) or service from an agent or "runner" (this rule also extends to family and friend of a student-athlete).
- Violation of the rules noted above may result in permanent ineligibility. Please note: the restrictions above also apply to your family/ friends.

Basketball: The NCAA has established guidelines for a student-athlete to "test the waters" after the

conclusion of the basketball season each year, where it may be possible to enter into a limited agreement with a sports agent for the purpose of arranging workouts with professional teams. All materials regarding this regulation shall be facilitated by the Compliance Office.

## Benefits Not Permitted By NCAA Rules

The NCAA defines "extra benefit" as any free or discounted item or service that is not generally available to the student population or a segment thereof. It is not permissible for student-athletes to accept extra benefits such as:

- Free or discounted meals, lodging, entertainment, or transportation.
- Free or discounted services, like dry cleaning, haircuts, tattoos, manicures, or pedicures;
- Anything of value in exchange for complimentary admissions or LSU apparel items; or
- Any other material benefits that are not available to the general student body.

Please note this is not an exhaustive list.

You should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of any "free" or "special" benefits that someone wishes to give you. If you are in doubt about such benefits, check with the Compliance Office.

## Complimentary Admissions

Student-athletes are eligible to receive complimentary admissions per event, in your sport. Please note, NCAA regulations prohibit the sale or exchange of your complimentary admissions for items of value. Also, you may not provide your admissions to a sports agent or runner.

### Procedure for Obtaining Complimentary Admissions

Most home athletic venues use mobile tickets. Each student-athlete must complete their assignment of guests via Teamworks. For each guest, you must indicate the name (as it appears on their identification), relationship to you, and answer some basic information about the individual who is to receive complimentary admissions. This information must be provided by the established deadline, in order to allow the Compliance Office and Ticket Office Staff to assign the digital tickets to your guests.

For each ticketed sport, a meeting with the team will be held prior to the championship season to discuss in further detail ticket procedures specific to each sport (e.g., deadlines, minimum age restrictions, guest seating, etc.).

You may transfer unused tickets to your teammates and you may request additional tickets from your teammates. Managers, student athletic trainers, and other athletics staff cannot transfer tickets to you, and you should not request that those individuals add your guests to their complimentary admission list. Additionally, please let the Compliance Office know if any tutors, instructors, faculty, or LSU staff request tickets from you. The complimentary admissions are for you to use for family and friends. You should not be asked to provide them to other individuals. Furthermore, you should not sell your tickets or exchange them for anything of value. Doing so can result in the revocation of your ticket privileges and can jeopardize your eligibility.

### Maximum Number of Complimentary Admissions

**Home games: 4; Away games: 4; Post-Season Events: 6**

Complimentary admissions are given to non-scholarship student-athletes at the discretion of the coach. Managers and trainers may be eligible to receive up to two (2) tickets per contest based on availability. Manager/Trainer tickets may not be transferred to student- athletes or utilized for student-athlete family members.

### Attendance At Home Games of Other LSU Teams

**Football Games:**

All rostered student-athletes are eligible for complimentary admissions to home football games. Names are compiled by the Senior Associate Athletic Director for Student Services. The approved list also includes managers, student athletic trainers, and student-athletes who have exhausted eligibility, but are still receiving athletics aid. No guests are permitted. Abuse of this policy will result in a loss of ticket privileges for at least the remainder of the season.

Additionally, please note that due to the high demand for student tickets, it is not permissible for student-athletes to purchase season student tickets and remain on the complimentary pass list. Any student-athlete who purchases season student tickets will be removed from the complimentary pass list.

**Other Home Events:**

For ticketed sports other than football, student-athletes access tickets through the student ticket portal. This is the same manner as the general student population. You must be in good standing with LSU in order to access tickets through the student portal.



## Hosting a Recruit

If you are serving as a student-athlete host, it is permissible to provide you with a maximum of $60 to entertain a prospective student-athlete during an official visit. This is to cover your "actual and necessary" expenses while hosting. Additional money may be provided to you to cover the entertainment expenses of the prospect and the prospect's family members (depending on the itinerary and plans for the visit). Please remember that in accordance with NCAA regulations, you may not be a student host on a required day off and you and your guest(s) are not allowed to go beyond a 30-mile radius of the campus. Also, you may NOT allow the prospect to use your personal car and/or provide money or gifts (i.e. t-shirts, souvenirs) with the host money.

In addition to these NCAA guidelines, as a student host, you will be required to complete a Student Host Declaration Form prior to hosting a prospective student-athlete. It is also your responsibility to provide a safe environment for the prospect. The LSU Athletic Department expects that you will not provide alcohol or provide improper access to a facility where it is illegal for the prospect to gain entrance. It is also expected that you will comply with all Athletic Department guidelines governing the recruitment of prospective student-athletes. Failure to do so may result in penalties in accordance with the LSU Recruitment guidelines. For more information, please contact the Executive Associate Athletic Director for Compliance.

## Recognition Events

There is often confusion concerning the types of recognition events that are allowable, as well as travel expenses you may accept in connection with these events. Before accepting such an invitation, check with your coach and a member of the LSU Compliance Staff.

## Promotional or Charitable Benefit Appearances

In addition to NIL events you may arrange on your own, the NCAA allows student-athletes to speak to groups and make promotional or charitable benefit appearances; however, there are some restrictions. A Student-Athlete Appearance Request Form must be completed by the requesting organization prior to any appearance. If you are asked to speak or promote a charitable function, you should refer the person to a member of the LSU Compliance Staff so that the proper permission is obtained. You may not miss classes to attend such a function and you may receive expense money only. This means actual transportation costs or mileage reimbursement and a meal, if appropriate.

## Autographs

LSU encourages you to personalize items you are signing, to limit opportunities for someone to sell your autographed item. Unless arranged through an NIL deal, current legislation prohibits student-athletes from obtaining money or accepting any item of value in exchange for providing an autograph or for obtaining the autograph of a fellow student-athlete or coach. Further, unless under the terms of an NIL agreement, do not autograph items or obtain autographed items for charitable events, such as auctions, without approval from the Compliance Office.

## Employment

Per NCAA regulations, it is permissible for a student-athlete to be employed during the academic year and/or summer, provided the employment opportunity is approved by compliance and all necessary paperwork is completed prior to actual employment. As a student-athlete you must be mindful of the following NCAA regulations regarding employment: compensation is only for work actually performed, at a rate commensurate with the going rate in the locale for similar services and may not be based on the value or utility the employment

may have for the employer because of the publicity, reputation, fame or personal following. Participation in NIL activities are an exception to this legislation, and must be disclosed through The NILGO website if the pay is $600 or above.
Please keep in mind that you are representing the Department of Athletics and LSU, and as such, are expected to conduct yourself in a conscientious and responsible manner.
The following rules are applicable to any type of student-athlete employment:

1. The work performed must be useful and actual;
2. The rate of pay is to be the normal rate of pay for the duties performed;
3. The hours paid must be the hours worked;
4. Payment in advance of hours worked is not permitted; and
5. Transportation to work may be provided only if transportation is available to all employees.

## Outside Consultant/Trainer

As a student-athlete, you may receive athletically related assistance from an individual outside the institution (e.g., consultant, professional instructor, speed coach, hitting coach, etc.) without the individual being counted within our institutional limits, provided the following is met: an LSU staff member is not involved in any way in arranging the activity; LSU coaches (including strength and conditioning) do not observe the activity; the activity does not occur at an LSU facility; payment of all fees (at the going rate) associated with the activity are documented (payments must be made only by the student-athlete directly or their parents/legal guardians) and there are no preferential compensation arrangements (e.g., discount rate, deferred payments). If you plan to use someone outside of LSU to train with during the academic year or summer, proper documentation must be submitted to and approved by the Compliance Office prior to workouts taking place.

## Sports Wagering

As a reminder, student-athletes are not allowed to wager on any sport the NCAA sponsors. Gambling has been defined as: putting something at risk, such as an entry fee, with the opportunity to win something in return. Participating in a sport wagering activity will jeopardize your collegiate athletics eligibility.

Under NCAA regulations, student-athletes and athletics department employees are not permitted to place a bet on any sport sponsored by the NCAA, at any level, including high school, college and/or professional athletics or to share information (e.g., injury report) to individuals outside the institution for sports wagering purposes. Types of sport wagers that violate NCAA rules include, but are not limited to, fantasy leagues, March Madness brackets, Super Bowl squares, Calcuttas, sports pools, online sports bets, sports betting apps, parlay and prop bets, live in-game betting and single game sports bets. Please note, prediction markets (Kalshi, Polymarket, Robinhood, etc.) are impermissible because their sports contracts meet the NCAA definition of sports wagering.

It is extremely important for you to keep in mind that your participation in gambling interests, even in the most minor fashion, might jeopardize your athletics career. Be aware that placing bets on any amateur and/or professional sporting event is strictly prohibited. This means on or off campus. Please keep the following guidelines in mind at all times:

1. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.
2. Don't accept any "free rides" from strangers, such as meals, clothes, technology items, etc. It is your duty to notify the Compliance Office of any individual who offers you gifts, money or favors in exchange for supplying information or attempting to alter the outcome of any contest.
3. Be aware of the legalities of gambling in the State of Louisiana and at LSU. Understand the consequences at the University level as well as federal, state and local laws and regulations.
4. Don't accept any money from a "fan" for a game "well played."
5. Don't discuss the condition or attitude of your team with anyone other than your teammates or coaches.
6. Don't discuss or share team injury report information with anyone other than your coach.

Even though some states have legalized sports wagering, it is important to note that NCAA regulations still prohibit student-athletes from wagering on any sports that are sponsored by the NCAA.

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition.

**If you are harassed, belittled, attacked, or in any other way confronted about your performance in a contest, please contact someone from the compliance staff, your coach, or your sport administrator. You should not have to tolerate that kind of treatment, and they can help you take appropriate steps to resolve the situation.**

**If you feel you are in immediate danger, call 9-1-1.**

## Transferring

Any student-athlete who wants to explore the possibility of transferring from LSU to another NCAA Division I or Division II school, must have their name entered in the NCAA Transfer Portal. It is required under NCAA regulations that your name is in the portal prior to you or anyone associated with you (parent, HS coach, etc.) speaking to any Division I or Division II coaches on your behalf.
In order for compliance to add your name to the portal, you must complete an Teamworksworkflow and watch an NCAA educational video. Upon receipt of the completed workflow and notification of the completed video, the compliance staff has two business days to enter your name in the Portal. Please note, by placing your name in the Portal, LSU is no longer required to provide you with your athletics scholarship beyond the conclusion of the current semester. Should you wish to withdraw your name from the NCAA Transfer portal, you can complete a separate workflow and the compliance staff will remove your name. Removing your name does not guarantee re-awarding of aid or a spot on the roster.

Please keep in mind that the NCAA and SEC have established sport-specific windows and deadlines for a student -athlete to be placed in the Transfer Portal in order to be immediately eligible for competition in the ensuing academic year.

<u>Transfer from SEC institution to SEC institution:</u>

- You must enter the Transfer Portal during the window immediately following the championship segment for your sport.
- Please note this requirement even if you want to transfer to be a graduate student-athlete.

# Chapter 4
# LSU Athletics Department Assistance Program (ADAP) Substance Use Policy

Following a complementary medical and wellness-based model that supports a thriving athletic program, the Athletic Department Assistance Program (ADAP) applies a universal Substance Use Policy to the entire student-athlete population. A portion of ADAP's objectives incorporates a mandatory, year-round substance use testing program. The ADAP Treatment Team referred to in this policy includes the following individuals: LSU Sport Psychology & Counseling Staff, Director of Sports Medicine (or designee), Head Team Physician, and Sr. Associate Athletic Director for Health & Wellness.

The LSU Athletics Department uses comprehensive substance use testing procedures, including all legally acceptable measures (urinalysis testing; hair sample analysis; oral swabs; breathalyzer, etc.).

LSU Athletics performs annual education to all student-athletes as part of the Substance Use Policy. Presentations will be offered in areas of substance use prevention and education and will be coordinated by the ADAP staff. Head Coaches will support educational efforts and inform recruits of the Substance Use Policy.

## Testing Selection

All student-athletes are required to sign an LSU Drug Testing Consent Form, NCAA Drug Testing Consent Form and a Buckley Waiver annually as part of the LSU ADAP Substance Use Policy. Failure to comply will result in withholding from all athletics participation.

### Eligibility for Selection

- All student-athletes (scholarship and non-scholarship) on an active roster are subject to year-round substance use testing by the LSU Athletics Department. This includes student-athletes who have exhausted eligibility and continue to receive an athletic scholarship.
- Athletes who apply for extended aid are subject to random substance use testing.
- Scholarship student-athletes in the transfer portal or who quit the team but remain on athletic scholarship are subject to this policy.
- Athletic Training students, student Managers, Cheerleaders and Tiger Girls are subject to substance use testing. Throughout this policy, this group is collectively referred to as "student-athlete".
- Selection of student-athletes can occur randomly or upon request. Requests can be made by any LSU Athletics staff member, including sport psychology staff members and coaching staff members.
- Notification of selection for drug test will be conducted by an LSU Athletics staff member and may occur either verbally or in writing, which can include email, text or direct in-person notification.

*In the event that a student-athlete is unable to attend a drug test due to unforeseen circumstances outside of their control, removal of student-athlete from the official notification list can be made at the discretion of the Senior Associate AD: Health & Wellness.

- Drug testing may be conducted at any time, with or without prior notification to the student-athlete.

## Collection Procedures

### Attendance

- Once selected, attendance at the designated date/time is MANDATORY. Student-athletes must bring a picture ID to the drug testing site or be identified by a member of the LSU Athletic Department staff.
- A student-athlete who fails to attend testing within the designated time frame or refuses to provide a sample will be issued a FULL VIOLATION of the LSU ADAP Substance Use Policy AND withheld from all practice until a valid sample is obtained.

Student-Athlete will be charged $150 when:

1. Student-Athlete fails to attend drug testing collection at the assigned collection time; or
2. Student-Athlete fails to provide a valid sample within a three-hour collection window. Charges will accrue daily until a valid sample is provided.

Charges are capped at $300 per day and may be assessed multiple times during the year as infractions occur. The payment does not eliminate the requirement to participate in the drug testing program in accordance with LSU policy.

The coaching staff of the impacted sport will be required to assist with locating the student-athlete and ensuring the test is completed.

### Process

- Each sample will be collected by direct observation by a same gender collection team member. For student-athletes who don't identify with a specific gender, special consideration can be made in advance of collection that includes direct observation as well.
- Student-athlete will be required to wash/dry hands, lower all attire below knees, and remove any clothing that obstructs clear viewing of the collection.

### Sample Validity

- Each specimen will be checked for specific gravity (> 1.005) to determine urine concentration and will be split into two aliquots. Both aliquots are sealed with security tape and labeled with a unique identifying number to maintain confidentiality.
- Samples that are determined to be dilute are considered invalid. The student-athlete may not be cleared to participate in athletic activity until a valid sample is collected.
- Sample A and Sample B will both be sent to designated lab for analysis. Sample B is frozen until final results are received and will be available for all positive tests in case of appeal request.
- Any effort by a student-athlete to adulterate or modify his/her or any other specimen on a substance use test prior to or at the time of collection, will result in an automatic FULL VIOLATION of the LSU ADAP Substance Use Policy AND the student-athlete will be withheld from all practice/competition until a valid sample is obtained.
- Such an effort to "adulterate or modify" includes, but is not limited to, any type of product that is ingested or added to the urine sample, or the non-medical use of diuretics or probenecid in an effort to dilute, manipulate, or mask the urine sample.

## Laboratory Analysis

- The Medical Review Officer at the drug testing lab reviews all tests, verifies positives and can consult with LSU ADAP Staff on issues/concerns related to results.
- Zero Tolerance Testing is used for all results and reports to lowest possible detection level.
- The LSU ADAP testing panel may include various substances of concerns and/or banned substances including: cannabinoids (THC), synthetic cannabinoids, cocaine, MDMA,

amphetamine, LSD, opiates, ephedrine, alcohol, anabolic steroids, adulterants, methylhexanamine, and synthetic cathinone. The list is evolving and additional banned substances may be added as deemed necessary.

### Reporting Results

- Test results under the positive threshold for THC (<150ng/ml) and alcohol will result in a notification to the student-athlete. Information regarding the availability of supportive resources will be provided.
- Head Coach (if desired) and Sport Psychology & Counseling (SPC) staff will be notified.
- In the event that a prescription drug is detected, the student-athlete must provide a valid prescription for the medication.
- Prescription medications should only be taken as prescribed by the physician.
- Use of previously prescribed medication without notification and approval of medical staff may result in a substance use violation.

## Performance Enhancing Drugs and Nutritional Supplementation

- Nutritional supplements are not regulated by the Food & Drug Administration (FDA). Moreover, there are a number of prescription medications that are considered to be performance enhancing drugs (PEDs). Both may contain banned substances.
- Use of supplements are at student-athlete own risk and may result in a positive drug test.
- Student-athletes should consult with their team physicians, registered dietitians, and/or the Drug Prevention Coordinator prior to using nutritional supplements.
- Additional information about banned ingredients in medications and nutritional supplements can be researched by contacting Drug Free Sport AXIS at 816-474-7321 or is available from the Resource Exchange Center at the Center for Drug Free Sport. Its website, which is endorsed by the NCAA, can be accessed at www.drugfreesport.com/rec.

## Self-Referral Policy

Understanding some individuals have severe substance use and/or alcohol-related disorders that stem from prior experience and exposure, habit, and/or recreation, the LSU Athletics Department has developed a policy to assist all individuals who desire to make a positive life change. To this end, the self-referral process was instituted.

Student-athletes can self-refer and seek assistance for illicit substance use one time during their time of enrollment. There are NO penalties assessed for a positive test and parents/guardians are not notified unless deemed medically necessary.

- Student-athlete must self-refer prior to notification of a substance use test. Self-referral after a test is announced (notified verbally, through email, or text) does not qualify.
- Student-athlete must complete treatment as recommended by the ADAP team. Failure to do so may result in suspension from athletic activities.
- An 8-week treatment period begins after the confirmation of a positive substance use test after a successful self-referral. A subsequent positive after the 8-week period is complete will result in a Substance Use Policy violation in accordance with the specific substance uncovered.

## Violations

### Sanctions

- Sanctions indicated within the policy are the minimal infraction. A Head Coach or the Director of Athletics, at his/her discretion, may impose additional sanctions at any violation level. Violations are cumulative over student-athlete collegiate enrollment.
- ADAP Treatment Team can modify sanctions when medically warranted.
- Medical withholding will occur with positive results (steroids, cocaine, opiates, methamphetamine and any other substance deemed necessary) until a medical exam and doctor clearance occurs.

### Notification and Implications of Results

- Student-athlete will meet with Sr. Associate AD: Health & Wellness or designee to complete notification paperwork/treatment contract and to be informed of associated sanctions. Head Coach (if desired) and Sport Administrator are notified of positive result.
- Once a positive test result is reported, the student-athlete is given an opportunity to appeal with the use of the B sample. The student-athlete must select from a list of approved labs that uses the same screening technology.
  - If the B sample is confirmed as positive, the cost of the re-test will be at the expense to the student-athlete.
  - The original test results remain valid during this appeal process.
- Within 72 hours of notification, the student-athlete will schedule a meeting with the SPC staff for clinical evaluation. A treatment plan will be developed and may be shared with the coaching staff.
  - Failure to successfully complete the evaluation will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all LSU Athletics Department Facilities (ex: sport field, weight room, etc.).
  - Reinstatement to participation is at the discretion of the ADAP Treatment Team and will only occur after all evaluations are completed and medical clearance is obtained.
  - Receiving clearance may require the student-athlete to participate in a formal hearing with the ADAP Treatment Team.
- Parent/Guardian is notified of positive test and associated sanctions unless otherwise specified by SPC.
- Student-athlete must follow treatment plan and may be financially responsible for missed appointments.
- An 8-week window begins from the date of a confirmed positive test whereby the student-athlete will engage with recommended treatment. If the student-athlete tests positive again after this 8-week treatment period, the subsequent violation level (as determined by type of substance used), will be applied.
- Previous LSU ADAP Substance Use Policy violations can result in an increase in testing frequency.
- Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student-athlete may also incur financial responsibility for the treatment program.
- For violations requiring contest withholding, the penalty must begin within four weeks (30 days) following the confirmed positive.
  - If positive occurs in off-season, the penalty will be applied within the first 4 weeks (30 days) of start of competitive season.
  - If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes post-season events (NCAA Championships/Bowl games).
  - If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, Athletics Administration will enforce immediate withholding.

## Violation Types

### Probationary Violation: THC & Alcohol

- THC original levels that confirm ≥ 150 ng/ml
- Alcohol related incidents as reported through LSU Athletic Code of Conduct or other means:
  *Under 21 years old (.02); 21+ years old (.08)

- Mandatory Behavioral Health Assessment & Counseling
- Three (3) hours of community service within each 8-week timeframe
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

### Full Violation: Substances other than THC & Alcohol

**First Positive**

- Mandatory Behavioral Health Assessment & Counseling
- Three (3) hours community service within 8-week treatment window
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

**Second Positive**

- Mandatory Behavioral Health Assessment & Counseling
- Four (4) hours community service within 8-week treatment window
- 10% withholding countable game/contest
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

**Third Positive**

- Mandatory Behavioral Health Assessment & Counseling
- Five (5) hours community service within 8-week treatment window
- 30% withholding countable game/contest
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

**Fourth Positive**

- Dismissal
- Prohibited from all practice and competition activities pending outcome of appeal if sought
- Cancellation of Athletic scholarship

### Reinstatement Appeal

After dismissal, a Head Coach can request an appeal on behalf of the student-athlete. Appeal requests must be made within two (2) weeks of receiving confirmation of the positive result.

- ADAP Treatment Team will review the case and make a recommendation to the Athletic Director. Appeals will only be heard in circumstances where there is protocol failure or other unusual circumstance(s) justifying an appeal.
  *Maintaining athletic scholarship during appeal phase is at discretion of Athletic Director.
  *While in the appeal phase, a student-athlete may not participate in any team activities or competition until the appeal outcome has been decided.
  *While a request for appeals must be made within two weeks of a positive drug test confirmation, it is possible that an appeal hearing could be delayed as a result of clinical treatment recommendations. In such cases, the appeal hearing can be scheduled upon successful completion of the prescribed clinical treatment and subsequent assessment.
- The Substance Use Appeals Committee will be made up of the following individuals: Athletic Director (or designee), Executive Deputy Athletic Director (or designee), Sr. Associate Athletic Director for Health & Wellness, Director of Sport Psychology & Counseling (SPC) [or designee], and Director of Sports Medicine.
  A committee member may designate a proxy in the event of an absence.
  In cases where a student-athlete has exhausted his/her eligibility to compete in a sport, a partial committee may be assembled at the discretion of the Athletic Director. The Faculty Athletics Representative may also be requested to serve as a member of the committee.
- If the Substance Use Appeals Committee allows the restoration of eligibility, the restoration will be based on full compliance of all LSU Athletics Department rules and regulations for the remainder of the student-athlete's enrollment and participation at LSU.
- The Substance Use Appeals Committee, at its discretion, may impose additional conditions upon reinstatement that are binding continuing conditions for the student-athlete's reinstatement to full eligibility (i.e. loss of scholarship, game suspension, etc.).

- A successful appeal will result in regular substance use testing for the student-athlete. If an institutional or NCAA drug testing reveals a banned substance, other than alcohol and THC, permanent ineligibility will result without any further appeal opportunities.
- Self-Referral cannot be used after a successful appeal.

### NCAA Drug Testing

Student-athletes are subject to year-round NCAA Drug testing. The NCAA tests for banned substances which includes narcotics, performance enhancing substances, stimulants, etc. The list is updated regularly and can be found at the website link: https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx

- Tampering with a NCAA Drug test will result in a 2-year competition ban and loss of 2 seasons of eligibility
- Failure to attend/complete an NCAA Drug test will result in 1-year competition ban and loss of 1 season of eligibility
- Any NCAA Drug Testing positive will be deemed a positive within the LSU ADAP Substance Use Policy
  *Subsequent LSU ADAP Substance Use violation level determined by the type of substance used

### Banned Drug Class (Narcotics) Positive:

- 50% withholding from competition penalty
- Student-athlete must test negative with the NCAA upon reinstatement

**Banned Drug Class (does not include THC & includes drugs other than Narcotics)**
**Positive:**
**First Positive**

- Withholding for 1 year from collection date
- 1-year loss of eligibility
- Student-athlete must test negative with the NCAA upon reinstatement

**Second Positive**

- Permanently ineligible

## LSU ADAP Treatment Team

Sr. Associate AD/Director of Sports Medicine-
**Micki Collins**, MS, ATC, LAT; msandy1@lsu.edu
225-578-2496

Head Team Physician-
**Stephen Etheredge**, MD; swe3395@gmail.com
850-543-7308

Asst. AD/Director, Student-Athlete Mental Health-
**Dr. LaKeitha Poole**, PhD, LPC-S; lpoole2@lsu.edu
225-773-5555

Associate Director, Student-Athlete Mental Health-
**Bruce Buggs**, LPC-S; buggs2@lsu.edu
225-394-9901

Assistant Director, Student-Athlete Mental Health-
**Christine Sotile**, LCSW; csotil@lsu.edu
225-337-3087

Sr. Associate AD: Health & Wellness-
**Shelly Mullenix**, LCSW, ATC, LAT; smulle1@lsu.edu
225-268-1309

Faculty Athletics Representative-(Substance Use Appeal Proxy)
**Dr. Lori Martin**, PhD; lorim@lsu.edu
225-578-5814

# Chapter 5
# Financial Aid

## Grant-In-Aid Information

Under NCAA regulation, the maximum athletics scholarship disbursed is determined by the university's cost of attendance limitation. The maximum scholarship may include tuition/fees, books, room, board, transportation and personal miscellaneous expenses as defined by the LSU Financial Aid office. Student-athletes will be notified by July 1 each calendar year as to the renewal of their athletics aid.

Additionally, please be aware that if you receive an athletic scholarship, you should check with the Athletics Compliance Office, 225-578-5465, and the Office of Student Aid & Scholarships, 225-578-3103, before accepting any additional scholarship aid, as it may affect your overall cost and available aid package

## Additional Financial Assistance

If you are on an athletics scholarship, it is important that you check with your coach and the Athletics Compliance Office before accepting additional aid. Your combined aid amount may not exceed the cost of attendance as determined by the LSU Financial Aid Office. Further, additional financial assistance may count toward team scholarship limitations as established by the NCAA. The Athletics Department reserves the right to decrease your athletics scholarship, in accordance with NCAA guidelines, if you accept additional scholarship money that is countable in team scholarship limitations.

Should you qualify for non-institutional financial aid and exceed the maximum scholarship aid allowed, university funds are reduced to the maximum amount permitted. Because of this, it is very important that all scholarship aid is approved.

Any aid you receive other that your athletics scholarship or institutional aid must be declared at the beginning of each academic year or at the time aid is awarded. If it is determined that you are receiving financial aid which renders you athletically ineligible, the Executive Associate Athletics Director of Compliance (or designee) will report the situation to the NCAA. You will immediately be declared ineligible and will not be allowed to compete until the NCAA reinstates your eligibility.

For additional questions regarding types of additional financial aid available, see the University's Office of Student Aid & Scholarships for assistance.

## Procedures for Receiving Your Athletics Scholarship Stipend

If you are receiving a cash award as part of your athletics scholarship, it is strongly recommended that you utilize direct deposit. The direct deposit option can be activated through your Workday account and allows you to designate your bank so that the funds can be electronically placed directly into your account. If you do not choose this option, the check will be mailed to your HOME mailing

address. For this reason, it is IMPERATIVE that you maintain an accurate address. You may add or make changes to an existing address by logging on to your Workday account. Please note that you may not receive your stipend unless you are registered and enrolled as a full-time student (12 hours for undergraduate and 9 hours for graduate school).

## Reduction or Nonrenewal of Athletics Aid

Athletic Scholarships can be issued as either single year or multi-year agreements. NCAA Bylaws require that the student-athlete be notified of the status of a scholarship no later than July 1 each year.

In the event of a career-ending injury or illness as a result of participation in the LSU athletics program, a student-athlete's financial aid may be continued if appropriate medical documentation exists. In this case, you will be considered medically exempt and will not count against team financial aid limits, but you will not be allowed to practice or compete with the team.

If your original athletics aid agreement is reduced or canceled, the University's Office of Student Aid & Scholarships will notify you in writing. NCAA regulations provide each student-athlete the opportunity to appeal a reduction/cancellation of athletics aid if the original athletics aid agreement is changed. Procedures for requesting an appeal hearing will be provided individually to student-athletes upon notification of scholarship reduction or cancellation. The appeal will be heard in accordance with NCAA guidelines.

## Summer School Aid

Summer school financial aid may be awarded in the same proportion as financial aid received during the previous academic year. If you are awarded summer school aid, and act irresponsibly, for example dropping classes or not attending classes and failing the course, you may not be granted summer school aid for future terms. In order to receive maximum summer school benefits, you must be registered in six hours. You will be responsible to repay summer funding (including all scholarships issued - ex. Tuition/Fees, Room, Board, Books, and all cash awards) for dropping or failing to earn degree credit in all courses. Summer aid is also available for incoming freshman who have signed an athletics scholarship the summer prior to full- time enrollment.

## Extended Aid Program

The Athletics Department is proud of its Project Graduation Program. The program was established to assist, monitor, advise, and help any student-athlete who has successfully completed athletic eligibility and has not yet received an undergraduate degree. Student-athletes receiving extended aid may be asked to work within the Athletic Department as necessary.
Receiving post-eligibility aid is a privilege and not an entitlement and is awarded to assist student-athletes with receiving their undergraduate degree. The approval of post-eligibility aid will be based on each student-athlete's academic record and approval from the Head Coach. Each student-athlete receiving extended aid must be making academic progress as assessed by NCAA Progress Towards Degree rules and the Academic Performance Rate (see more on APR in Chapter 5-Academics).

- Acknowledge via signature your understanding of your academic responsibilities as required by the NCAA Academic Progress Rate (APR).
- You must be in good academic standing with the University and meeting all NCAA eligibility requirements. You should be within 30 hours of graduation at the end of your senior year, in accordance with your curriculum.
- You must receive a recommendation from your Head Coach and the Athletics Administration for full or partial aid.
- If you are granted full or partial Extended Aid, the following regulations must be followed. You must:
    - Remain a full-time student pursuing Degree Applicable credit;
    - Maintain compliance all NCAA academic requirements;
    - Attend classes regularly;
    - Work as assigned;
    - Attend mandatory meetings;
    - Show up for appointments as directed; and
    - Drop classes only with the permission of the Sr. Associate Athletic Director for Student Services and your ACSA Advisor.

LSU Athletics reserves the right to withhold monthly allowance checks if you are not in compliance with the regulations listed above.

## Managerial/Athletic Trainer/ Video/Spirit Scholarship Academic Requirements

Student support positions are a very important responsibility. Academic progress must be maintained. The GPA that is discussed within the policy indicated below is the LSU GPA which is used to determine academic standing and graduation decisions. Student support individuals must:

1. Be enrolled and remain enrolled as full time undergraduate or graduate student at LSU each semester. Full time status is considered 12 or more semester hours for undergraduate or 9 hours for graduate. When a student manager, athletic trainer, videographer, or spirit squad member drops below Full-Time status during a term, that individual is not eligible to travel to away from home competition with their assigned sport team. In the case of an LSU Spirit Squad member, that individual is not allowed to represent LSU in any event and cannot travel to any away events.
2. Maintain adequate academic progress by earning a 2.0 LSU overall grade point average. The 2.0 LSU overall GPA is evaluated each semester. Failure to maintain the 2.0 LSU GPA will result in removal of athletics scholarship and Spirit Squad members will be suspended from the squad.
    - Students first entering in Fall term- Must pass at least 6 hours of academic credit in Fall term. GPA will not be considered until the conclusion of the first year of enrollment. After the first year of enrollment, student must pass 24 hours and achieve a cumulative LSU GPA of 2.0.
    - Students first entering in Spring term- Must pass at least 6 hours of academic credit in Spring term. Must earn a minimum of 12 hours prior to the following Fall term and must have the 2.0 cumulative LSU GPA.
    - Failure to maintain minimum standards as described above will result in the loss of athletic scholarship and opportunities for

travel and participation in team events. Pass a minimum of 24 hours each academic year (Fall, Spring, Intersession and Summer terms).

## University Charges Not Paid By The Athletic Department

Tuition, the loan of required books, room, and board are covered by a full athletics scholarship. The Department is not allowed to pay for the following:

- University deposits;
- "Consumable University charges," which can be anything from lab fees for breakage to non-required field trips;
- Library fines;
- Fines for damage to University property, including your dorm room;
- Key deposits or replacement of a lost Residence Hall key;
- Replacement costs for a lost Student I.D., school supplies, reference books, pens, notebooks, paper, art supplies, etc.;
- Vehicle Registration fee; and/or
- Parking permit or fines.

## Additional Financial Resource Opportunities

### Revenue Sharing

Revenue Sharing began in July 2025 and provides direct payments to select student-athletes. Students receiving Revenue Share funding from the Athletic Department will be provided a written contract that includes the terms of the agreement along with expectations. Not every student-athlete will have access to Revenue Sharing funding.

### Academic Enhancement Funding

Academic Enhancement Funding is a discretionary award that is now part of the total Revenue Share allocation for each University. Academic Enhancement Funding may be issued up to $5,980 annually at the discretion of the Athletics Department. Student-athletes receiving Academic Enhancement Funding must meet the established institutional criteria, including NCAA/SEC academic eligibility requirements to compete. Student-athletes are also required to maintain a 2.0 GPA (LSU & Overall) and be in good standing with the Athletics Department and University. Student-athletes who enter the transfer portal are not eligible. Academic Enhancement funding is provided at the discretion of the LSU Athletics Department and can be withheld on an individual basis for student-athletes not meeting all institutional, athletics and team guidelines. The timing of distribution and issuance is at the discretion of the Athletics Administration and the Head Coach.

### Student-Athlete Opportunity Fund

The NCAA Student-Athlete Opportunity Fund exists to assist student-athletes with emergency needs not otherwise covered by scholarship. The fund cannot be used to assist student with payment of Tuition/Fees, Room, Board or Books. An application form must be completed and approval for funds must be provided by the Head Coach and the Athletics Administration. Opportunity fund money is issued in accordance with Federal financial aid guidelines and disbursed with approval of the LSU Financial Aid office.

### SEC H. Boyd McWhorter Scholar-Athlete Post-Graduate Scholarship

A male and female scholar-athlete are selected each year by a committee of SEC faculty representatives from institutional winners. LSU's winners are selected by the Athletic Department Scholarship Committee. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of $10,000 and $20,000 respectively. To qualify, the candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 3.20
4. Have demonstrated qualities of leadership that brought credit to the student-athlete, his/her institution, intercollegiate athletics and the goals and objectives of higher education in general.

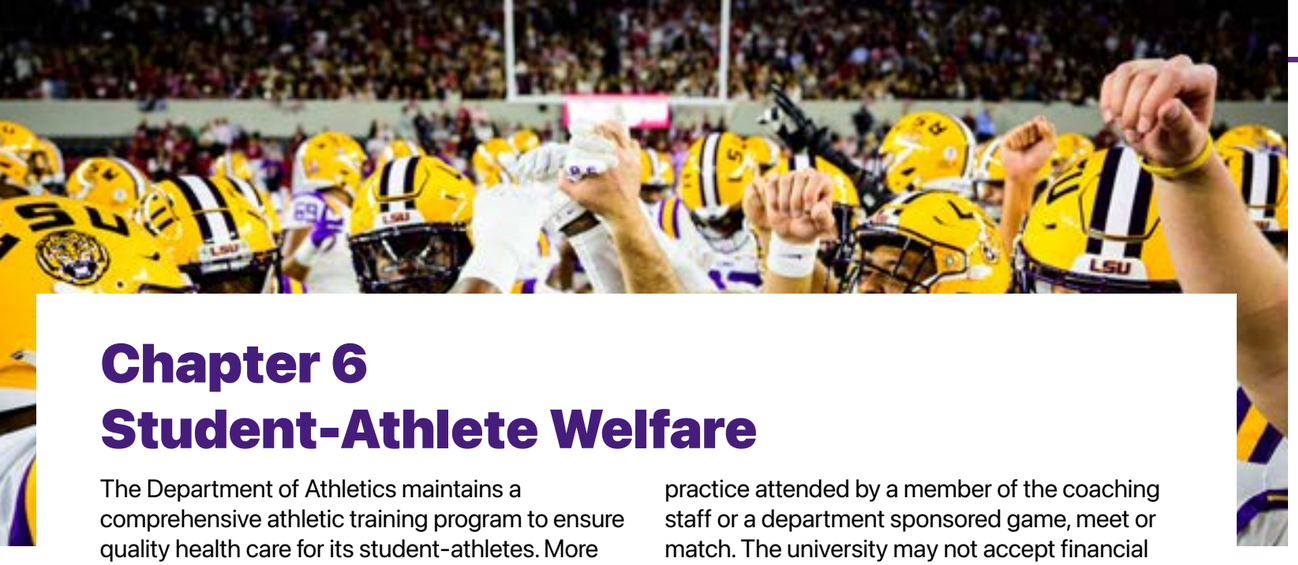
### SEC Brad Davis Community Service Post-Graduate Scholarship

A male and female athlete are selected each year by a committee of SEC faculty representatives from institutional winners. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of $7,500 and $15,000 respectively. Selection is based upon commitment to serving others and demonstrated qualities of leadership throughout their collegiate career. The candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 2.75.

### NCAA Post-Graduate Scholarship Award

The NCAA currently offers approximately 126 postgraduate scholarship awards. These are one-time awards worth $10,000 per scholarship. To be eligible to receive an NCAA Postgraduate Scholarship, you must be nominated by the Athletic Department Scholarship Committee, have a minimum GPA of 3.2 (on a 4.0 scale) and have attained significant athletic achievement. Demonstrated campus and community leadership ability is also taken into consideration. If you'd like more information on postgraduate scholarships, contact your ACSA Advisor and go to www.ncaa.org.



# Chapter 6
# Student-Athlete Welfare

The Department of Athletics maintains a comprehensive athletic training program to ensure quality health care for its student-athletes. More specifically, the athletic training staff (i.e., team physician and certified athletic trainers, while focusing on the prevention of athletic injuries, also provides the care required to evaluate, treat, and rehabilitate student-athletes who have sustained injuries or illnesses as a result of participation in scheduled practices, competitions or during travel to and from these events.

Maintaining adequate health care is a shared responsibility between the athletic training staff, the coaches, and the student-athletes. The team physician, with the assistance of the athletic training staff, has absolute authority in evaluating the physical fitness of each student-athlete, to include determining whether a student-athlete with a given injury or illness may participate. Coaches must not only be able to handle emergency situations but also be willing to implement the instructions given by the athletic training staff and abide by medical disqualifications and restrictions. Student-athletes must report any injury incurred during a scheduled practice or athletic event immediately to a member of the athletic training staff.

The LSU athletic department may only pay for medical expenses for athletically related injuries that occur as a direct result of participation in the intercollegiate athletic program. Participation includes supervised conditioning, organized practice attended by a member of the coaching staff or a department sponsored game, meet or match. The university may not accept financial responsibility for injuries that occurred prior to enrolling at LSU. Injuries received while voluntarily playing any sport (e.g., intramural, with friends or at home) may be the financial responsibility of the individual.

In addition to the athletically related medical care that is provided to the student-athlete through the athletic training program, the university offers quality health care at a minimal cost through the Student Health Center. Services available at the Student Health Center include laboratory and medical care by licensed physicians. For non-athletically related injuries or illnesses, the student-athlete can seek medical care from the Student Health Center if they choose. If the student-athlete goes to the Student Health Center proper authorization by your athletic trainer is required or any fees incurred will be their responsibility.

### Operation and Use of Athletic Training Room Facilities

As of 2022, the Athletic Training Department operates (13) unique athletic training rooms. The Broussard Center for Athletic Training in Tiger Stadium (located between Gates 9 and 10) serves all Olympic sports. This primary facility will be open in the mornings for rehabilitation and treatment for all Olympic athletes. Football Operations Athletic Training Facility serves as the athletic training room for football athletes. The 11 other satellite athletic training rooms will open for practice and serve as athletic training room facilities during practice time. The facilities are as follows: (1) PMAC- Women's Basketball Athletic Training Room, (2) PMAC Volleyball Athletic Training Room, (3) PMAC Men's Basketball Athletic Training Room, (4) the Maddox Fieldhouse Track & Field Athletic Training Room, (5) Beach Volleyball Athletic Training Room, (6) the Gymnastics Training Center Athletic Training Facility, (7) the Natatorium Athletic Training Room, (8) the Soccer Complex Athletic Training Room, (9) Tiger Park Softball Athletic Training Room, (10) the Alex Box Athletic Training Room, and (11) the Tennis Center Athletic Training Room. These facilities will open for practice and serve as athletic training room facilities during practice time. Some post-practice treatments will be done at the Broussard Center for Athletic Training. The satellite athletic training rooms will remain open for the duration of the season of the sports they serve.

During the week, the Broussard Center for Athletic Training in Tiger Stadium typically opens at 7:00 am and remains open into the early evening until all scheduled practices, competitions, and clinic hours are complete. A certified athletic trainer is always present or on campus for scheduled practices and competitions for all sports, except golf.

Student-athletes are not allowed in the athletic training rooms without supervision. All therapeutic modalities are administered by a member of the athletic training staff, a certified intern, or an athletic training student as the potential risk of misuse and harm exists. When an athletic training room is not in use, the facility is to be locked at all times.

The athletic training rooms are strictly for the use of those individuals involved in the intercollegiate athletics program; however, the facilities are available to visiting teams on an as-needed, courtesy basis.

### Athletic Training Room Rules for Student-Athletes

- All student-athletes must report injuries or illnesses to their athletic trainer.
- Student-athletes are to report to all treatments and schedule appointments on time.
- No medical equipment is to be removed from the athletic training room without authorization.
- Student-athletes must be free of dirt and perspiration before receiving treatment; this includes anytime they enter the therapeutic pools. There is a shower available in the pool area.
- The athletic training room offices, computers and phones are off limits to athletes unless accompanied by a staff athletic trainer.
- The athletic training room is a medical facility; please dress and act accordingly.
- Student-athletes are expected to follow the dress code suggested by the staff athletic trainers, particularly when utilizing the therapy pools.
- No horseplay in the therapy pools.
- The athletic training room is off limits to all forms of paraphernalia associated with nicotine and smokeless tobacco.
- No food and drinks are allowed in the treatment area of the athletic training room
- Student-athletes must be taped, and out of the athletic training room by practice time
- Shoes must be removed when on treatment tables
- Park only in locations that are specific to your purchased campus parking registration. This

includes all handicap accessible parking locations.

## Medical Chaperone

Louisiana State University Athletic Training is committed to providing a safe, non-discriminatory, and comfortable environment where student-athletes and staff can be confident that best practices are being maintained. The following guidelines serve to protect the safety and well-being of the student-athletes and all athletics healthcare providers.

A chaperone must be available and present for all examinations, treatments and procedures performed by physicians, athletic trainers, physical therapists, massage therapists, and athletic training students (collectively "Healthcare Providers") performed in a private "closed-door" setting. The chaperone must be in the room unless the student-athlete specifically requests to exclude the chaperone from the room during the examination, treatment, or procedure. In the event of any such request by a student-athlete, the request shall be contemporaneously noted in the student-athlete's medical record. In the case of injury rehabilitation programs, manual therapy treatments, and/or evaluations/examinations performed in the Athletic Training Room, the room must be open and available to all other staff, students, and student-athletes.

## Medical Examinations

All student-athletes participating in LSU's intercollegiate sports program are required to undergo a comprehensive physical examination each year prior to any participation in practice or competition. The examinations are scheduled by the Athletic Training staff and administered by the Team Physician. Student-athletes are examined at the University's expense; student-athletes invited to try-out must pay for their initial examination. Once accepted as an official team member, a complete medical evaluation will be done at the University's expense. Upon entering the University, all student athletes that appear on a sport's active roster will undergo an echocardiogram and sickle cell trait testing prior to participating.

Non-scholarship students interested in joining a team through the tryout process must be enrolled full-time. Prospective students should contact the coach of the sport they are interested in joining to obtain pertinent information regarding dates of their tryout. All students are required to obtain an EKG, sickle cell trait test and physical prior to participating in the tryout. All students trying out for a team must have health insurance. If the student makes the team's roster, the student-athlete must carry health insurance throughout their eligibility. There are specific medical forms to complete which are distributed at the pre-participation meeting and important deadlines which are discussed at the initial meeting as they vary by sport.

In addition to pre-participation physicals, an exit physical will be given to student-athletes who participate in athletics, to ensure that the Athletic Training Department is fully aware of the historical and current physical and mental well-being of the student-athletes as they transition from participation in collegiate athletics at LSU.

## Electronic Medical Records

An electronic medical record is created at the time a student-athlete joins the intercollegiate athletics program. The file contains insurance information, medical histories, authorizations, policies, agreements and consents between the University and the student-athlete and his/her parents or legal guardians, as well as a history of athletically related injuries and illnesses and treatments rendered. Incoming student-athletes will not be cleared for full participation until their complete medical history is secured by the team physician and athletic trainer. All transfer student-athletes must provide their prior institutions medical records for clearance. The Athletic Training Room does not collect or hold any immunization records for the

student. These may be obtained at the Student Health Center Medical Records Department.

All the athlete's pertinent medical history is recorded in a secure computer program. This database allows the athletic training staff to track times and dates of all visits to the athletic training room for medical treatments, track the progress of rehabilitation as well as any visits to the team physicians and pharmacist. From this database a daily injury report can be generated to inform the coach of the status of any athlete at any date and time. Any paper documents that we receive that are related to medical records are scanned into the electronic medical records.

Student-athletes have the right to revoke or modify any previously signed medical consent at any time. If a student-athlete wishes to withdraw, limit, or change a consent that has been provided, they should contact their assigned athletic trainer. The athletic trainer will assist the student-athlete through the appropriate process, answer any questions, and ensure the request is communicated and documented in accordance with departmental policies and applicable regulations. Choosing to revoke or modify consent will not affect the student-athlete's ability to receive appropriate medical care and support from the Sports Medicine staff.

## PERFORMANCE TECHNOLOGY

LSU Athletics utilizes performance technologies and wearable devices to support the health, safety, wellness, recovery, and performance of student-athletes. These technologies may include GPS systems, heart rate monitors, wellness applications, recovery tracking systems, and other performance monitoring tools. Information collected through these technologies may include workload data, movement patterns, sleep and recovery metrics, heart rate information, and other wellness-related data points. The use of these technologies is intended to assist the multidisciplinary

Performance Team—including Sports Medicine, Strength & Conditioning, Nutrition, Sport Psychology, and Team Physicians—in providing individualized care and informed training recommendations.

LSU Athletics is committed to the responsible and ethical use of performance technologies while protecting student-athlete privacy and well-being. Data collected through approved technologies will be managed in accordance with applicable institutional privacy, security, FERPA, and HIPAA standards when applicable. Student-athletes will receive education regarding the purpose and use of these technologies and are encouraged to communicate openly with their Performance Team regarding questions, concerns, or feedback related to wearable technology use. Performance technologies are intended to support—not replace—direct communication and professional medical judgment.

## Coverage of Scheduled Practices and Events

The athletic training staff is responsible for managing injuries or illnesses sustained as a result of athletic participation in scheduled practices and games or during travel to and from those events. For low-risk sports, such coverage may be provided by a certified athletic trainer who is on campus with a cell phone. For high-risk sports, coverage is provided at the site of the practice or competition by a certified athletic trainer.

Coverage of practice and events is usually scheduled as follows:

- No athletic training student is ever left providing medical coverage for a practice unless they are in the presence of a certified athletic trainer.
- A certified athletic trainer is present at home competitions for all sports.
- The Team Physicians are present at all football games (both home and away). They are also either present or on-call for home contests for all sports.
- For away contests, a certified athletic trainer travels with the team for the sports of baseball and softball, men's and women's basketball, football, gymnastics, swimming/diving, track & field, men's and women's tennis, soccer and volleyball & beach volleyball.

All Head Coaches and their assistants are expected to be familiar with the Department's medical policies. Coaches should be equipped to handle emergency situations in the absence of a member of the Athletic Training staff. This knowledge is not only vital to the welfare of the student-athlete, but it is important in preventing charges of neglect or misconduct from being filed against the coach in charge. The Athletic Training Staff, and the Strength & Conditioning Staff, and Coaching Staff are required by the NCAA to be CPR Certified.

## Preventative Care

In addition to providing medical care of injured student-athletes, the athletic training staff strives to prevent injuries by identifying risk factors associated with athletic participation, and educating coaches and student-athletes on preventative safety techniques.

It is the responsibility of the coaches, as well as the athletic training staff and the equipment manager, to make sure that all athletic equipment is in good working order and inspected on a regular basis. Coaches must ensure that each student-athlete is wearing appropriate, properly fitted athletic equipment.

Information is provided to the coaches regarding the appropriate sports clothing, practice duration and appropriate rest and water breaks during practice sessions. Additionally, all coaches should be able to recognize the onset of fatigue, dehydration and heat exhaustion and notify a certified athletic trainer when such an event occurs.

The athletic training staff works with the registered dietitians with regards to appropriate performance

nutrition diets. More specifically, every effort is made to provide an adequate number of calories and proper nutrition to student-athletes who are active sports participants. When there are adverse climate conditions, extreme care is used to maintain the proper balance of body weight and fluids intake.

## Treatment of Illness or Injury

All injuries and illnesses are to be reported immediately to a certified athletic trainer for emergency first aid and evaluation. When treatment is required to augment athletic training facility services, the athletic trainer evaluates and treats the student-athlete to the extent possible in the athletic training facility and then refers the student-athlete to the team physician for further medical diagnosis and prescribed treatment. The team physician, or their designate, evaluates all athletic injuries and refers student-athletes to specialists, when appropriate. All referrals for off-campus and/or student health center medical care must be authorized in advance by a certified athletic trainer. If the student-athlete is seen without staff approval and proper authorization, the student-athlete will be financially responsible for any and all fees that may be incurred.

In certain cases, the LSU Authorization Form is used to document medical referrals for athletically related illnesses or injuries. The authorization may also be used in the event the physician elects to send the student-athlete to a local hospital or other medical specialists. An authorization form can be obtained from the athletic trainer. This includes Emergency Department visits. Emergency room visits that have not been authorized by the LSU Athletic Training Staff or LSU Team Physician are the athlete's financial responsibility.

## Medical Consultations

All medical consultations must be coordinated by a Staff Athletic Trainer or by the Team Physician (Family Practice and/or Orthopedic). You CAN

NOT see a medical specialist without the consent of a Staff Athletic Trainer and without receiving an authorization form. If you choose to utilize a physician without consultation and without an authorization form from your Staff Athletic Trainer it will result in the student-athlete assuming financial responsibility for the services rendered.

A student-athlete should engage in a discussion with their Staff Athletic Trainer or Team Physician if they are interested in seeking a second opinion within the LSU Medical Network. The Staff Athletic Trainer will present the request to the Director of Sports Medicine who will consult the Physician Leadership Team. If approval is granted, the Director of Sports Medicine will coordinate the consultation. If the Team Physician and/or Athletic Training Staff feels a student-athlete should be referred to a specialist outside of the network of physicians, the Athletic Training Staff will make the necessary arrangements, including providing authorization for financial coverage. Second opinions requested via student-athlete and/or parent, outside the LSU Medical Network will require completion of the "Medical Claims Payment Request-Outside Medical Consultation form". This form can be obtained from the Staff Athletic Trainer.
The Physician Leadership Team, comprised of the Director of Sports Medicine, Head Orthopedic Team Physician (Dr. Chip Bankston), Family Practice Head Team Physician (Dr. Stephen Etheredge), and OLOL Representative Dr. Bud O'Neal will determine if the outside second opinion is granted and offer payment parameters. LSU will cover expenses up to the cost of the same service provided by an LSU Team Physician. Student-athletes will be responsible for the remaining balance. Approval of requests will be determined on a case-by-case basis. Should the student-athlete choose to see another physician or obtain a second opinion without completion of the form and approval from the Physician Leadership Team, the student-athlete will be financially responsible for any fees incurred. Lastly, a return to play or practice decision will rest solely with Louisiana State University's Team Physician(s).

## Medication

Notify the athletic training staff of all medications that you are currently taking, who prescribed it, and for what condition. If you feel you have a need for medication, whether over the counter or prescription, contact your athletic trainer or team physician.

Prescriptions can be filled by the pharmacy RxOne. Generally, any medications prescribed during the day can be picked up by your athletic trainer that afternoon or the next morning. If you are seeing a physician at the Student Health Center or off campus you will need to have them send your prescription to RxOne at 7777 Hennessy Blvd (225-765-8951). Before using a different pharmacy, prior authorization must be given from your athletic trainer OR you will be responsible for payment.

NCAA Banned Medications: The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing. The NCAA bans performance enhancing drugs to protect student-athlete health and safety and ensure a level playing field, and it also recognizes that some of these substances may be legitimately used as medications to treat student-athletes with learning disabilities and other medical conditions. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such medication. The benefit of a medical exception procedure is that in most cases the student-athlete's eligibility remains intact during the process.

In all cases, a student-athlete, in conjunction with his or her physician, must document that other non-banned alternatives have been considered prior to requesting the medical exception for the use of a medication containing a banned substance. It is the responsibility of the institution to educate student-athletes about this policy, and to follow-up with any student-athlete who identifies the use of a banned medication to determine if standard non-banned medications have been pursued and documented. In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must: 1) have declared the use of the substance their Certified Athletic Trainer responsible for keeping medical records; 2) present documentation of the diagnosis of the condition, and 3) provide documentation from the prescribing physician explaining the course of treatment and the current prescription.

For a medical exception to be granted for the use of these stimulant medications for ADHD, the student-athlete must show documentation of a thorough psychoeducational assessment. Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefiting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. If they do not undergo a thorough psychoeducational assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception. If a student-athlete is experiencing academic challenges, they should consult with their academic advisor, athletic trainer, or mental health counselor. This will trigger discussions related to the need for further evaluation. Student-athletes who do not report taking stimulant medication and for whom no medical documentation is on file, will be ruled ineligible to compete if the substance is detected on an NCAA drug test. It is imperative that athletes communicate any medications they are taking to their athletic trainer. Failure to report all prescriptions and acquire appropriate documentation will render the student-athlete ineligible to compete. Student-athletes should see their athletic trainer to direct them to the proper personnel to assist.

## Medication Safety

Patients should take their prescribed medications only for as long as prescribed, in the amounts prescribed, and no more frequently than prescribed. It may be dangerous, even life-threatening, to take certain medications inappropriately. If the student-athletes have any questions on how their medication should be used, they should consult their physician or certified athletic trainer. Due to the potential health hazards and legal issues that could arise from using certain medications, the student-athlete will be asked to sign a statement that informs them of the risks of taking and/or abusing certain controlled medications. This statement must be signed during physicals.

## Insurance

When insurance claims are made, the athlete/family insurance will become the primary source of payment. Whatever the athlete's insurance does not pay, LSU will become the secondary source of payment. If the athlete/family does not carry any health insurance, LSU will cover the expense of any health care that is a result of participation in sport. All walk-ons are required to have health insurance prior to participation with Louisiana State University Athletics. Walk-ons are expected to maintain health insurance throughout their time or participation. A portion of the student fee paid at registration ensures additional medical care through the Student Health Center. Most services are free, but the student may be responsible for lab work, x-rays, and medical procedures if they go without prior authorization from the sport's athletic trainer. The Department also carries hospitalization, accident and travel insurance for use on official trips only. All Spirit Squad members, equipment manager, team managers and video students are required to maintain health insurance coverage during their participation as well.

An exit physical will be offered to a student-athlete at the following times: 1. Student-athlete enters transfer portal, 2. Student-athlete's season is completed and their eligibility has expired, 3.

Student-athlete is no longer a member of the team (coach's decision, academic reasons, voluntarily withdraw, etc), 4. Student-athlete receives a medical disqualification.

## NCAA Post Eligibility Insurance

The NCAA sponsors a post-eligibility insurance program that supports student-athletes beyond their playing days. For up to two years (104 weeks) after student-athletes separate from school or voluntarily withdraw from athletics, the program covers excess accident medical expenses for athletically related injuries sustained during participation in an NCAA qualifying intercollegiate sport. The program provides excess insurance coverage for properly documented covered injuries that occur on or after Aug. 1, 2024. The program is available to all student-athletes.

Student-athletes are automatically covered under the policy for those qualifying intercollegiate athletics injuries that meet both of the following conditions: Occur during the policy period (on or after Aug. 1, 2024) and are documented and on file with the institution's athletics department. Student-athletes DO NOT need to opt in for coverage before an injury occurs. Those who transfer, are part- or full-time students, or are later deemed ineligible for NCAA competition would be covered under the policy, provided the eligibility criteria is met. International student-athletes also are covered under the program subject to the regulations of the athlete's country of origin. Action is not required by the student-athlete unless the student-athlete needs to file a claim during the benefit period.

The consecutive two-year (104-week) benefit period begins as described below:

**Undergraduate** - The benefit period begins on the earlier of the following for a student-athlete injured while an undergraduate student:

- The date the student-athlete is no longer enrolled in school, except in the instance that the student-athlete's athletics season extends beyond enrollment, in which case the benefit period begins when the athletic season ends.
- The date the student-athlete elects to voluntarily withdraw.

**Graduate** - The benefit period begins on the earliest of the following for a student-athlete injured while a graduate student:

- The date the student-athlete is no longer enrolled in school, except in the instance that the student-athlete's athletics season extends beyond enrollment, in which case the benefit period begins when the athletics season ends.
- The date the student-athlete's athletics eligibility expires.
- The date the student-athlete elects to voluntarily withdraw.

**Prospective Students** - For a student-athlete injured while a prospective student, the benefit period begins on the date that the student-athlete is no longer enrolled as an undergraduate student.

## Rehabilitation

LSU DOES NOT assume the medical costs for pre-existing injuries. For a signee/incoming student to receive treatment for a pre-existing injury that was sustained prior to enrollment at LSU, the student-athlete must have signed an athletic scholarship and be enrolled at LSU as a full-time student.

Any rehabilitation of injuries must be performed at LSU. LSU can pay for housing costs while the athlete remains under the care of the team physicians or athletic trainers. If the situation arises where the athlete must go home, for whatever reason, it will be left up to the athletic training staff's discretion as to how to go about arranging for the need for physical therapy.

## Eye Care

LSU will pay for corrective contact lenses or glasses if corrective measures are needed in order to enhance vision. Corrective glasses may be provided even if they are not worn during participation in sport. The Athletic Training Department will cover the cost of glasses up to $300 with the remaining balance to be paid by the student-athlete. The physician will determine the need for any specialty lenses (disposable lenses, gas permeable, single day / extended wear lenses, soft / hard lenses). Special consideration may be made for those athletes eligible for financial support. If the student-athlete loses or damages their lenses or glasses during practice/games, they must report it immediately, as the Department is allowed to replace them. Our team ophthalmologist is available at their office and this can be coordinated by the athletic trainer. When a student-athlete's eligibility has expired or they are classified as a medical disqualification, LSU Sports Medicine will no longer be financially responsible for a student-athlete's eye care. LSU Athletics will not be financially responsible for eye corrective measures for team managers and practice players.

## Dental Care

LSU will not be financially responsible for teeth cleaning or any other dental work unless the work is a result of an injury that occurred while participating in sports at LSU. Pell Grant recipients will receive separate consideration.

## Ancillary Medical Services

LSU will not be financially responsible for medical services that are not pertinent to a student-athlete's ability to participate in sport. Example of these services include, but are not limited to: dermatology, allergy, and gynecology. This also includes medications, vision and dental. Once a student-athlete exhausts eligibility or is medically disqualified, but has not graduated LSU Athletics will no longer provide ancillary medical services. Team managers and practice players will be required to wear mouthguards. If an injury to a tooth is caused while participating in an LSU sanctioned event and student is NOT wearing their mouthguard LSU will NOT be financially responsible.

## Nutrition and Nutritional Supplements

LSU's Performance Nutrition Department has 5 full-time Registered Dietitians (RDs). Each team is assigned a Registered Dietitian who supports the student-athlete through: team nutritional education, one-on-one dietary counseling, body composition assessment, supplement review and recommendations, grocery store tours, cooking classes, and hydration assessments, nutrition for injury and rehabilitation, eating disorder and disordered eating screening, menu development and many other services. Their offices are located on the 2nd floor of the Athletic Administration Building as well as in the Football Operations Building. Dietitians meet with student-athletes for individual consultations via self-referral, or referrals from Sports Medicine staff and coaches.

The NCAA has a list of banned substances and drug classes on their website (www.ncaa.org) under Health & Safety that is updated annually, and we educate our student-athletes on the risk and benefits of supplementation. Supplements that are provided by LSU are third party tested by NSF Certified for Sport or Informed Sport which tests products for banned substances. However, the dietary supplement industry is under-regulated and products sold in the mark may contain banned substances not listed on the label. Student-athletes are permitted to use the supplements provided by the LSU Performance Nutrition team. An athlete can opt out of supplement compliance. If the student-athlete has any questions or concerns about the use of supplements, please speak with the Team Physicians or Performance Dietitian.

## Mental Health Counseling and Performance

LSU Athletics offers an extensive program in psychological and sport performance counseling. This program exists to provide in-house care and support student-athletes in their mental and emotional development. Treatment may address a

wide range of concerns including, but not limited to, clinical mental health and wellness, substance use, eating disorders, adjustment and belonging, and sport performance. If the student-athletes have any questions or concerns regarding this area or need any assistance, they are advised to contact any medical provider, including Senior Associate Athletic Director/Director of Sports Medicine, the Assistant Athletic Director for Sport Psychology & Counseling/Director of Student-Athlete Mental Health, or any other health care professional on staff with LSU Athletics.

Education & training, as well as direct email options, are available for those seeking information on mental health services or topics. Student-athletes can reach out either through their athletic trainer, coach, or administrator or on their own. Confidentiality is our priority.

## Additional Screenings:

### Sickle Cell Evaluation

Sickle cell is a chronic hereditary blood disorder in which red blood cells are sickle or crescent shaped instead of round. It is caused by an abnormal type of hemoglobin in the blood. It is an inherited disease and thus is present from birth and cannot be acquired later in life. Sickle cell trait is when a person has an abnormal gene mutation that causes them to become susceptible to experiencing a sickle cell crisis, but they do not have full blown sickle cell disease. All incoming student-athletes at LSU are screened during their initial physical as part of our standard blood panel. If the student-athlete test positive for the sickle cell trait or disease, they will be notified by the athletic trainer that directs their sport and a subsequent referral will be made to the team physician to discuss the results and steps that will be taken to ensure the safety and welfare of the athlete. They will be given additional educational materials for their review and their coach, strength and conditioning coach and performance dietitian will be notified. In addition, the student-athlete will be asked to sign a statement of accountability that accepts responsibility for reporting all injuries and illnesses to Louisiana State University Medical Staff (Athletic Trainers and Team Physicians) including any signs and symptoms of SICKLE CELL CRISIS. As per the NCAA, a student-athlete is not allowed to participate until sickle cell lab test has resulted.

## Concussion Management Policy

LSU is committed to the prevention, identification, evaluation and proper management of concussions. While we recognize that the medical staff plays an important role in the identification of concussions, all student-athletes are equally responsible for notifying the medical and athletic training staff if they believe they may have suffered a concussion. A coordinated effort will always be made between the medical staff, coaching staff, equipment managers and the student-athlete to ensure the health and safety of the individuals involved in the athletic program here at LSU. The following policy and procedures will be adhered to by all involved in the medical care of the student-athletes.

**1. Definition of Sport-Related Concussion:**
There is no uniform definition of concussion. The Consensus Statement on Concussion in Sport, which resulted from the 6th international conference on concussion in sport, defines sport-related concussion as follows:

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. This initiates a neurotransmitter and metabolic cascade, with possible axonal injury, blood flow change and inflammation affecting the brain. Symptoms and signs may present immediately, or evolve over minutes or hours, and commonly resolve within days, but may be prolonged.
No abnormality is seen on standard structural neuroimaging studies (computed tomography or magnetic resonance imaging T1- and T2-weighted images), but in the research setting, abnormalities may be present on functional, blood flow or metabolic imaging studies. Sports-related concussion results in a range of clinical symptoms and signs that may or may not involve a loss of consciousness. The clinical symptoms and signs of concussion cannot be explained solely by (but may occur concomitantly with) drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction) or other comorbidities (such as psychological factors or coexisting medical conditions).

**2. Independent Medical Care:**
As required by NCAA Independent Medical Care legislation, team physicians and athletic trainers shall have unchallengeable autonomous authority to determine medical management and return-to-activity decisions, including those pertaining to concussion and head trauma injuries, for all student-athletes.

**3. Educational Management:**

**Student Athlete:**

- As part of Pre-Participation Physicals, all student-athletes will be asked to complete several forms that request disclosure of any concussions (no matter how mild) he/she may have suffered prior to enrollment at LSU. In addition to discussing their concussion history with a team physician, LSU student-athletes will receive concussion education each year in the form of a flyer given at the time of physicals. This flyer provides critical information regarding the facts, signs and symptoms, and the seriousness of concussions. Student-athletes will be asked to sign a Statement of Accountability acknowledgement. A copy will be kept on file as a part of the Pre-Participation documentation. In addition, posters that are distributed annually by the SEC to provide education to student- athletes and coaches on concussions will be placed in strategic areas in the locker room and/or athletic training rooms at athletic facilities.

**Coaches and Administrators:**

- Yearly, a presentation will be delivered by the Director of Sports Medicine or Team Physician to the Athletic Administration as well as the coaching staff that educates them on the significance and seriousness of concussions. Administrators and coaches will receive an educational flyer and will sign a Statement of Accountability acknowledgment form as assurance that they have a general understanding of how concussions can be prevented and how to minimize exposure as well as the impact that concussions have to the short-term and long-term health and well-being of their student- athletes. A copy will be kept on file with the Compliance Department.

**Medical Staff:**

- Yearly, the Head Team Physician will conduct will conduct an education presentation for all LSU Medical staff regarding concussion and concussion safety. This will also serve as a time for all LSU medical staff to familiarize themselves with the policies and procedures for concussion management and conduct a walk-thru at each of the perspective practice and game venues. Any procedural changes will be discussed at this time. The medical staff will sign the Medical Team Statement of Accountability acknowledgment form to remind them of the responsibility they have to identify, manage, and safely return to play the student-athletes at LSU. A copy will be kept on file with the Compliance Department as a part of the annual re-education process.

**4. Pre-Participation Management:**
To ensure the proper evaluation of all student-athletes over the time that they are at LSU, a baseline concussion assessment will be performed annually on each student-athlete. This assessment assumes individualized medical care, which means: Each athlete and each injury are different. Depending on the severity of prior injuries, the number of concussions, other individual concerns and based on the developing state of science, the team physician/primary

health care provider should review each athlete's history and consider discussing with the student-athlete concerns about concussion and repetitive head impact as warranted, including potential risks and benefits from playing sport. Such discussion allows the athlete to make an informed decision about their participation in their sport. This extensive assessment tool conducted at LSU and, at a minimum involve the following:

**Brain Injury and Concussion History**
General medical questions on each student-athlete's history of actual or possible concussions will be asked annually on the pre-participation physical examination. If a history is identified, supplemental questions will be given to the student-athlete that details the significance of his or her head injury history. This historical summarization is to be reviewed by the team physician before final participation clearance is granted. Pre-participation physical exams are performed annually by our team physicians. Final medical clearance to participate will be determined by the team physician.

**Evaluation**
A variety of assessment tools will be used in the annual baseline evaluation so that a current snapshot of the student-athlete prior to concussion can be documented. A computerized neurocognitive tool (C3 Logix) will be completed by all student-athletes. These baseline scores for cognitive functioning and balance will be documented annually and used as a reference point in the event that a concussion is sustained or suspected. Student-athletes will repeat yearly baseline testing. The team physician will determine pre-participation clearance and/or the need for additional consultation or testing and will consider a new baseline concussion assessment at six months or beyond for any student-athlete with a documented concussion, especially those with complicated or multiple concussion history. Importantly, baseline testing may inform post-injury evaluation; however, student-athletes who have suffered a concussion may perform at the same level or even better than their baseline testing, as motivation and other factors may differ in post-concussion testing. Ultimately, baseline testing serves as one of many potential factors in making a clinical decision.

**5. Reducing Exposure to Head Trauma:**
With the intent to further educate the coaches and the student-athletes regarding ways to reduce the exposure to head trauma, the following practices are employed at our training and competition venues: Annual re-education for coaches and student-athletes to review the signs and symptoms of concussions as well as the importance of reducing the number of exposures to head trauma, including but not limited to:

1. Reminders and teaching of proper technique to limit head contact; and
2. Limiting the amount of contact that ends up on the ground during practice, as ground impact can cause additional head trauma.

**Equipment Inspection**

1. Daily inspection of gear and helmets to ensure proper fit and usage;
2. Facility inspection prior to activity that may identify additional risk factors that could add to potential concussions (e.g.: unintended equipment on courts or fields, protective padding that covers equipment, and slick playing surfaces); and
3. Upon the student-athlete's return from a concussion, an "off-colored" jersey will be issued or equipment modification will occur to signify that there is to be "no contact or trauma" with the student-athlete. When the player has been cleared for full-participation, the "off-colored" jersey will be replaced with a regular jersey or equipment will be returned.

**Practice Schedules**

1. Mandate that rules and regulations set by the NCAA regarding practice opportunities are followed as their intent is to protect and limit over-exposure to injury (eg: two-a-days, weekly hour rules, off days);
2. Coaches must be willing to listen to suggestions from the team physicians and athletic trainers relative to altering practice schedules as to reduce head contact exposure; and
3. Limiting heat exposure, evaluating hydration status, and providing adequate nutrition are all important factors to providing an effective practice environment that can help in reducing head trauma and injury exposure.

**Research and Education**

1. LSU remains focused on learning and developing the best practices to limit and reduce incidents of injury and head trauma. In doing so, the Athletic Training Department remains thoughtfully engaged in research and data collection that has the potential to positively change the way athletics approaches concussions.
2. Using state-of-the-art equipment such as: microchipped mouthpieces, internal and external helmet sensors, and blood-collection studies, we have been able to better assess the physiological response to head trauma. This active research will continue to improve the way we alter our practice and competition habits to ensure an even safer practice and competition environment for our student-athletes.

**6. Recognition and Diagnosis of Concussion**
Medical coverage shall be provided by a certified athletic trainer and/or team physician who has been trained in the diagnosis, treatment, and initial management of acute concussions. This on-site coverage will be provided for competition as well as practice for the following sports: football, basketball, gymnastics, baseball, softball, track & field, and soccer. All remaining sports will have medical coverage by either an on-site certified athletic trainer or be available via telephone or other communication means. Any student-athlete that exhibits signs, symptoms or behaviors consistent with concussion must be removed from practice or competition for evaluation. Examples of signs that warrant immediate removal from the field include: actual or suspected loss of consciousness, seizure, tonic posturing, ataxia, poor balance, confusion, behavioral changes, amnesia.

**Concussion Evaluation:**

- Must be evaluated by an athletic trainer or team physician.
- Allow ample time (e.g., 10-15 minutes) when conducting a multi-modal screen to evaluate a potential concussion.
- Must be removed from practice/play for that calendar day if concussion is confirmed or suspected.
- May only return play the same day if the athletic trainer, team physician or physician designee determines the concussion is no longer suspected AFTER evaluation. Even in such cases, consider next day follow-up assessment because the initial symptoms may not appear for several hours.

**7. Initial Suspected Concussion Evaluation:**
The initial concussion evaluation must include an immediate assessment/neurological screen for "red flags" or observable signs (as noted in the Concussion Emergency Action Plan below). The assessment may include a multi-modal evaluation (these are embedded in C3 Logix) as clinically indicated such as:

- Clinical assessment to rule out cervical spine trauma, skull fracture, intracranial bleeding or other catastrophic injury. (Incident Report in C3 Logix)
- Symptom assessment (Graded Symptom Checklist-C3 Logix)
- Physical and Neurological Exam
- Cognitive Assessment
- Balance Exam

If the situation warrants advanced emergency medical care, the Emergency Action Plan will

be activated. If immediate transportation to the hospital is necessary, EMS will be called and the team physician will be contacted and fully informed of the student-athlete's current status. The certified athletic trainer will work directly with the team physician in the monitoring of the student-athlete's current medical status or possible deterioration. If any of the following signs/symptoms/behaviors are present, the need for emergency medical transport should be imminent:

- Neck pain or tenderness.
- Seizure or convulsion.
- Double vision.
- Loss of consciousness.
- Weakness or tingling/burning in more than one arm or in the legs.
- Deteriorating conscious state.
- Vomiting.
- Severe or increasing headache.
- Increasingly restless, agitated or combative.
- Glasgow Coma Scale Score <15.
- Visible deformity of the skull

**8. Post-Concussion Management**

For all cases of diagnosed concussion, there must be documentation that post-concussion plan of care was communicated to both the student-athlete and another adult responsible for the student-athlete, in oral and/or written form. Because symptoms may evolve or manifest over time, for all suspected or diagnosed concussions, there will be in place a mechanism for serial evaluation of the student-athlete off-field the same day and up to 72 hours.

**Follow-up Care**

1. Once the student-athlete is deemed safe to be released from the care of the medical personnel, they may be released to a responsible individual that will be able to follow basic instructions to assist in the monitoring of the athlete.
2. A Concussion Care Packet will be given to an individual who will be caring for the concussed student-athlete. The name of the individual providing care as well as his or her relationship to the student-athlete will be documented in the medical database.
3. A self-report concussion management scale (Graded Symptoms Checklist) will be completed within the first 24 hours. Subsequent symptoms scales and evaluations will be done daily or at the request of the team physician.
4. Implementation of the Nutrition for Concussion Protocol. (Appendix A)
5. Communication with the sport's academic advisor will occur
6. If the student-athlete has a previous mental health diagnosis, follow up with mental health will be requested.

**Sub-Acute Management Plan (three days to weeks post injury)**

1. Symptom evaluation
2. Immediate and delayed memory
3. Concentration
4. Orthostatic vital signs
5. Cervical spine assessment
6. Neurological evaluation
7. Screen for fear, anxiety or depression or other mental health issues
8. Screen for Sleep disturbances

**Re-Evaluation/Prolonged Recovery Care**

Any student-athlete with atypical presentation or persisting symptoms >4 weeks will be re-evaluated by a physician in order to consider additional diagnoses, best management options, and consideration of referral.
Additional diagnoses, include but are not limited to the following:

1. Post-Concussion Syndrome
2. Sleep Dysfunction
3. Migraine or Headache Disorder
4. Mood Disorders such as Anxiety or Depression
5. Ocular or Vestibular Dysfunction
6. Cognitive and Autonomic dysfunction including orthostatic intolerance and postural orthostatic tachycardia syndrome; pain

**9. Return-to-Learn Management**

After a concussion diagnosis is made, it is mandatory that a student-athlete will have full cognitive rest for 24 hours from the on- set of injury. This will include no class, study hall, meetings, etc. A LSU Student-Athlete Concussion Notification letter (see Appendix B) and The LSU Athletics Return to Learn Protocol (see Appendix C) will be sent to the athletic academic advisor. The advisor will forward this notification and protocol on to the student-athlete's instructors. After day one, the student-athlete will have an individualized plan for when he or she will return to these activities. A plan according to the athlete's presentation will be developed and monitored a multidisciplinary team. The multidisciplinary team consists of team physician, athletic trainer, mental health professional, athletic academic advisor and learning specialist. In the event a student-athlete has a return or worsening of symptoms due to resumption of activities he or she will immediately stop the activity for that day and be re-evaluated the following day.

A note will be provided by the attending physician to verify potential academic absences. If it is determined that recovery could be prolonged, the multidisciplinary team will activate short term disability services. The athletic trainer will assist with the completion of required Office of Disability Service (ODS) paperwork. Some of the more frequently requested accommodations are:

- Extended Time
- Distraction-Reduced Environment
- No Scantron
- Consideration for Absences
- Class Notes

At this time the athletic trainer should send a LSU Student-Athlete Concussion Notification Follow Up (see Appendix D) to the athletic academic advisor. The athletic academic advisor should forward this notification on to the student-athlete's professor/instructor.

**10. Return to Sport:**

Unrestricted return-to-sport should not occur prior to unrestricted return-to-learn for concussions diagnosed while the student-athlete is enrolled in classes. Complete rest and isolation should be avoided, even for the initial 24-48 hours. Relative rest is important in the first 24 hours. Final determination of unrestricted return-to-sport will be made by an LSU Team Physician following implementation of an individualized, supervised stepwise progression management plan that includes:

**Step 1.** Symptom-limited activities of daily living.
**Step 2.** Aerobic exercise with light resistance training as tolerated (no more than mild or brief exacerbation of symptoms that last for less than 1 hour)
2a. Light (up to 55% maximum heart rate); then
2b. Moderate (up to approximately 70% maximum heart rate).
**Step 3.** Individual sport-specific exercise and activity without any increased risk of inadvertent head impact exposure.
Proceed to step 4 only after resolution of signs and symptoms related to the current concussion, including with and after physical exertion. The student-athlete should have all neurocognitive testing (full C3 Logix) completed and returned to normal before proceeding to step 4.
**Step 4.** Non-contact practice with progressive resistance training.
**Step 5.** Unrestricted practice or training.
**Step 6.** Unrestricted return-to-sport.
The above stepwise progression will be supervised by a health care provider with expertise in concussion, with it being typical for each step in the progression to last at least 24 hours. It is the student-athlete's responsibility to make the certified athletic trainer and team physician aware of the return of any concussion signs or symptoms. If at any point the student-athlete becomes symptomatic (more symptoms that baseline), the team physician or designee will be notified, and adjustments will be made to the return-to-sport progression. These alterations will be individuals based on sport, history, type of symptom and degree of severity. Once the return to modified sport has been approved, a different colored jersey

or equipment alteration should be worn to help identify the student-athlete that he or she has not been cleared for full contact. This off-setting colored jersey or equipment alteration will alert coaches and fellow student-athletes that they should avoid activity that could lead to direct head contact.

## Athletic Department Assistance Program (ADAP)

This multi-disciplinary program is divided into three basic components: education, drug testing, and intervention/referral. ADAP offers extensive drug education that consists of a training program designed to alert the staff to the types of behavior that might indicate intervention is needed. Also, a screening is used to detect high-risk student-athletes entering the athletics program. There are clinical counselors on staff to privately give professional help and counseling to any student-athlete who needs it.

ADAP has been specifically implemented with the student-athlete in mind to assist them in overcoming any kind of problems or obstacles they may have. The student-athletes are encouraged to utilize the personal and confidential help available. Please call the Assistant Athletic Director of Sport Psychology & Counseling.

Some of the areas that ADAP concentrates on are:

- Mental Health and Sports Performance
- Weighing & Body Composition Measurement of Female Athletes
- Pregnancy
- Drug Testing and Prevention

## Additional ADAP Services

### Pregnancy

If a student athlete becomes pregnant, it is required that you notify the Certified Athletic Trainer and Head Coach immediately. One's physical, psychological and mental health is the immediate concern. A medical doctor will be contacted to review the pregnancy and assist with making a medical decision regarding continuation with sport. Failure to notify appropriate institutional personnel may result in the immediate suspension from athletics participation.

NCAA Bylaw 14.2.1.3 allows for the extension of the 5-year period of eligibility for circumstances of pregnancy. For questions regarding this topic, please contact Compliance Department.

## Performance Nutrition

### Referrals

**Student-athletes**

Student-athletes in need of a nutrition consult are free to individually contact the Sports RDs and set up an appointment.

**Athletic Trainers**

Athletic Trainers are encouraged to meet with the Sports RD regarding a student-athlete who:

- Has a medical condition affected by diet (i.e. diabetes, celiac disease, GERD, etc.)
- Experiences low blood sugar episodes on a regular basis
- Requires help managing weight
- Has lost or gained a significant amount of weight in a short period of time
- Shows signs of disordered eating or an eating disorder
- Talks excessively about dieting or body image
- Experiences a major injury that may alter his or her calorie/nutrient needs
- Experiences a stress fracture
- Has been prescribed medication with any food/nutrient interactions
- Has been prescribed ADD/ADHD medication
- Shows signs or symptoms of nutrient deficiency (i.e. anemia)
- Inquiries about dietary supplements
- Chronic low energy levels at practice and/or competition
- Problems with dehydration and/or cramping

Once the ATC and RD have met, and it is determined a consult is needed, the ATC should speak with the student-athlete addressing the issue and work together in setting up an appointment with the RD.

**Coaches**

Team coaches and Strength & Conditioning coaches are encouraged to refer the student-athlete to the Sports RD for any diet or nutrition-related issue. Coaches can either:

- Directly refer student-athlete to the Sports RD
- Contact or meet with the Sports RD regarding the athlete
- Meet with the Athletic Trainer, who will then speak with the Sports RD

## Services

Athletic Trainers, Team coaches, Strength & Conditioning coaches, and Coordinators of Operations can request and implement the services provided by the Sports RD for their sports team. These services include:

- Team nutrition education and presentations
- Cooking demonstrations – contact Sports RD to set up demo with your team
- Nutrition screening during the pre-participation physical
- Individual nutrition consults
- Body composition measurement & analysis (DEXA)
- Grocery store tours
- Fueling strategies during team practices
- Pre-game and Post-game meal and menu planning
- Half-time refueling stations/strategies
- Recommendations for NCAA permissible foods, beverages, supplements
- Meal/snack timing strategies
- Dietary supplement evaluation
- Travel meal and menu planning recommendations
- Restaurant menu evaluation and suggestions
- Travel snacks from Sports RD (see procedure for requesting team food)

## Dexa & Weights

A member of a performance team may request weight be taken intermittently between DEXA scans. The frequency of such weigh-ins will be established individually by the respective performance team. Performance teams are strongly encouraged to utilize creative ways to collect this data, such as through force plate testing, hydration testing, and/or taking blind weights. DEXA body composition results, such as weight, body fat percentage, total pounds of body fat, total pounds of muscle mass, and bone mineral density may be shared by the RD with the ATC, coaches, and strength coaches in a performance team meeting. Coaches MAY NOT discuss individual weights or body composition directly with a student-athlete. If anyone on staff has concerns about a student-athlete's body weight or body composition, those concerns should be voiced in private to the interdisciplinary team (RD, ATC, and strength coach) who will then coordinate an appropriate intervention.

## Fueling Stations

Fueling Station foods are to be utilized by the athletes as supplemental snacks (NOT MEALS) throughout the day.

- **Football Operations** fueling station will be staffed to serve post-lift/practice smoothies and other snacks. Hours of operation are determined by the hours of team lifts.
- **Stadium Weight Room** fueling station is a grab and go station only. Hours of operation are determined by the hours of the weight room.
- Student nutrition interns and volunteers are responsible for keeping fueling stations clean and stocked.

# Chapter 7
# Resources & Reporting

LSU Athletics is fully committed to the health, safety, and well-being of all student-athletes. If you feel you have been subjected to, or are aware of, misconduct or improper treatment, you are encouraged to notify your Athletics Sport Administrator or another trusted staff member to address the issue. Athletics Department and campus resources are listed below:

## Title IX / Sexual Misconduct, Harassment, or Discrimination:

LSU Sex-Based Harassment and Discrimination Policy (PM-73) governs Title IX concerns.

- All Title IX reports are made directly to the Title IX Office forhandling:
  a. In person at the Office of Civil Rights & Title IX at the center of campus in Himes Hall, Suite 118 (in the Quad near the Library);
  b. Online at www.lsu.edu/support; or
  c. Call 225-578-9000.

- Reports of sex- or gender-based harassment or discrimination and sexual misconduct shall be promptly addressed by the Title IX Office.

For University reports involving a student-athlete as the alleged aggressor and for a student-athlete who is a survivor of Title IX sexual misconduct, harassment, or discrimination, or power-based violence, LSU and the Athletics Department will provide support for the involved student-athlete(s).

For individuals who report incidents of sexual misconduct, harassment, or discrimination, the primary emphasis is on connecting the involved individuals with those who can provide care and supportive measures. Resources include:

1. LSU Athletics licensed counseling team is available for confidential counseling and support and can be contacted at (225) 578-4264.
2. The LSU Lighthouse Program provides free, confidential support and advocacy to LSU students who have experienced interpersonal violence, stalking, or harassment or who want to help a friend in need. Lighthouse advocates can be reached at (225) 578-5718; weekdays from 8 am-5 pm.
3. Sexual Trauma, Awareness and Response (STAR) offers free and confidential advocacy, counseling, and legal services to survivors of trauma. STAR also provides education and training to prevent sexual violence and can be reached anytime at (855) 435-7827.
4. LSU Crisis Center is available for 24-hour crisis and emotional support. Students can consult with an on-call mental health counselor by phone if uncertain about how to manage a crisis situation. Call or text 225-924-LSU1 (5781).

Survivors of sexual misconduct are also encouraged, but not required, to report the incident

to police for criminal action. LSU Police are available to assist students with reported concerns and acts of violence. To report a concern call:

- LSU Police 225-578-3231
- Baton Rouge Police 225-389-3800

## Campus Title IX contacts:

**Osvaldo Gomez**, 225-578-6163 - Title IX Coordinator
118 Himes Hall
lsu.edu/titleix

**Lindsay Madatic**, 225-578-1521 - Deputy Title IX Coordinator for Employees/LSU HRM Office

## LSU Cares

www.lsu.edu/lsucares

LSU Cares is a confidential online reporting system for students, faculty, and staff to report issues of concern. Reports can be submitted regarding violations of the LSU Code of Student Conduct, including but not limited to, sexual misconduct, hazing, bias or discrimination, grievances, and concerns about students in distress.

## Real Response

LSU Athletics has partnered with the company **Real Response** to provide access for student-athletes to stay connected with and provide valuable feedback to the LSU Athletics Administration, anytime, 24/7. Real Response is a web-based platform that will allow you to sign in with your LSU credentials so your username and password are the same as your LSU passwords. Please know that LSU Athletics will review all reports and work to remedy all concerns. Additionally, Real Response is also used for various LSU student-athlete surveys including the annual student-athlete experience survey.

**3 ways to anonymously report a concern through Real Response**

1. Click on website link- https://www.realresponse.com/ and click Login icon in top right corner. Select Access Real Response with organization's login (bottom of window). Scroll down to LSU and use your LSU credentials to login; **OR**
2. Click link that is sent to you monthly via text message that will prompt you to Login with your LSU credentials; **OR**
3. Text 66595 and a link to the Real Response login page will be sent directly to your phone. **Please SAVE 66595 in your phone as Real Response** so you can easily text a request for the reporting link anytime you want.

# Chapter 8
# Student Services

## Housing (LSU Residential)

As a student-athlete, you may not be provided with any benefits that are not provided to other LSU students. Additionally, you should know that you are subject to the same residence hall rules and regulations as the rest of the student body. NCAA rules mandate that no more than 50% of the residents in any one building may be comprised of athletes.

All freshmen are required to live on-campus in accordance with university policy unless they meet an exception. In general, if you are provided room as part of your athletics scholarship, you are required to live on campus unless you have received approval from your Head Coach to live off campus. If you move off campus, your housing scholarship amount is determined by the off-campus housing rate provided by the LSU Financial Aid office.

On-campus housing contracts are for one year and breaking a contract at midyear has significant financial implications. Rules and regulations for on-campus residence halls can be found online at www.lsu.edu/housing.

In aspiring to create a residential community, the Department of Residential Life has the responsibility to restrict any behavior that adversely affects or impedes the academic success of its students. Any student who is alleged to have violated the Code of Student Conduct occurring in the residential halls will be involved in the residential judicial process. The policy for the judicial process can be found on the LSU Housing website. A few common infractions that occur in on-campus housing are: possession of candles (fire hazard), alcohol infractions, and pets. **It is not permissible to have a pet on campus unless approval is granted through the campus exception process which includes registration and approval from LSU's Office of Disability Services.** Having an unauthorized pet on campus will result in a substantial financial penalty.

## Mail Service (Residential On-Campus Student)

If you would like on-campus mail service, you will need to rent an LSU Mailbox in the LSU Student Union. You may not receive mail through the Athletic Department, your sport or any LSU staff member.

**Please Note:** All students living on campus are charged a Mailbox Fee each semester. This charge is incorporated into the residence hall rent charge on the Fee Bill. This applies to all the residence halls, residential colleges, the Honors House as well as East and West Campus Apartments and Nicholson Gateway Apartments. Students who officially resign from the University or move off campus before the 14th day of class can get their mailbox fee refunded. After the 14th day of class there is no refund of the Mailbox Fee.



## Team Travel

Specific requirements for dress, individual conduct, curfews, and free time activities are some of the team conduct topics your Head Coach will determine. When you are traveling as a team, you are representing the University and you are expected to conduct yourself appropriately. Prior to departure, you should reconfirm any classes to be missed with your professors. It is then your responsibility to coordinate with your professors to make up missed course work that results from traveling with your team.

While traveling, LSU will provide you and pay for the cost of lodging (including taxes), meals, and transportation. If you wish to pay for any additional incidental expenses, you must do so at your own expense. Do not charge anything to your room. This includes: room service, laundry, phone calls, pay television, video rental/streaming fees, etc. Any damage to the room will also be your responsibility.

**Dress Code:**

Your Head Coach will let you know of requirements for a specific dress code. However, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending. Remember, your attire and look add to your overall brand – you never know who you will meet while traveling, and making a strong first impression could open doors for you throughout your career.

**LSU student-athletes are prohibited from drinking alcoholic beverages when traveling or at any time when participating in official team activities regardless of age.**

## Student ID/Tiger Card

The LSU Tiger Card is required for entrance to the Performance Nutrition Center (PNC) and must be presented at entry. The Performance Nutrition Center also has a biometric fingerprint entry system that all student-athletes will be onboarded to utilize. The meal plan and incidental meal privileges are assigned to each student-athlete and can be utilized by either fingerprint or Tiger Card. The Tiger Card is needed as a swipe access to many athletic facilities and for entry to athletic events. For information concerning use or problems related to your Tiger Card, contact the Tiger Card Office, in the LSU Union, or call 225-578-4300.

## Performance Nutrition Center (PNC) Meal Plans

University guidelines require all freshmen that live on-campus to have a meal plan the first year of enrollment. Athletics offers meal plans through PNC located in Football Operations Center on Skip Bertman Drive. The PNC offers lunch and dinner meal plans Monday – Friday each semester. Student-athletes on athletic scholarship for meals will be provided and required to have a meal plan through PNC. Athletic Meal plans do NOT have Paw Points and only include selected meals each week. Student-athletes not receiving a scholarship meal plan but who desire purchase an athletic meal plan, may do so by contacting the Asst. Athletics Director of Compliance at 225-578-3891 or Sr. Associate Athletic Director at 225-578-5785. Incidental meals are provided at the discretion of the Athletics Department through the PNC. Student-athletes who receive incidental meals will have the meal access provided during timeframes authorized by the Athletics Department.

A breakfast snack is served at the discretion of the Athletics Department on weekdays at the PNC and is available to all active student-athletes. Student-athletes must use the Tiger Card or have an active biometric fingerprint to access all PNC meals.

## Performance Nutrition Center (PNC) Guidelines

In order for the PNC to operate efficiently and provide a positive environment, student-athletes are asked to abide by the following rules:

1. No bare feet

2. Dress appropriately for meals. Do not wear cut-off shorts, cut-off shirts or muscle shirts, workout clothes, sports bras, etc...
3. When dining, no hats, caps, stockings or scarves from your head. Hair rollers should not be worn. As a consideration to others, please do not come to the PNC after working out, until you have showered and changed clothes.
4. To-go meals are allowed and a box can be requested upon entry. Individuals requesting to-go meals must leave the PNC to consume the meal.
5. Parking is located across the street in Lot 108 or in lot 406 in front of Soccer complex. Do NOT park in the road or block any traffic lanes leading into the Football Operations Center. Parking in this area will result in towing of your car.

## Vehicle Registration/Parking

All LSU students must register their vehicle and purchase a parking permit through their myLSU account to park anywhere on campus. Please contact the Department of Parking, Traffic and Transportation, at 225-578-5000 for assistance. Student-athletes are personally responsible for any traffic citations or fines.

When you register your car, you are given a copy of "Traffic and Parking Regulations." Read this guide, as it tells you where to park to avoid having your car ticketed or towed away. The Parking Office is located on first floor of LSU Union.

## On-Campus Bus Service

The Capital Transportation Corporation provides frequent bus service to highly populated student areas. No I.D. is required when boarding the bus on campus. For more information related to hours and routes, call 225-578-5000.

## Athletic Equipment

Equipment Policies
As a member of an LSU athletics team, you will be issued athletic equipment, workout and competition gear (ex. uniforms) as necessary. . If you quit the team, you may be asked to return equipment previously distributed. Student-athletes are also responsible for any lost or stolen equipment items. If you are fined for lost, damaged or non-returned uniforms or equipment, you must pay all fines. If fines are not paid, a hold is placed on your university account preventing you from completing registration for future academic terms or receiving an official transcript.

## Laundry

Laundry policies vary from sport to sport. Normally, arrangements for the cleaning and laundering of gear are made by the team's Equipment Manager. You are provided a clean set of workout gear for each practice, as well as clean uniforms for each competition. You are responsible for picking up your gear before practice, and for delivering it to the designated laundry drop-off area after practice. Please note that personal laundry cannot be washed through the Equipment Room facilities.

## International Students

The International Student Services Office (ISS) is located in 101 Hatcher Hall. They have a full-time staff to help LSU International students regarding their educational, financial, immigration, social and personal concerns. The number is 225-578-1413. The ISO is the only LSU office legally authorized to sign US government documents such as I-20s and DS-2019s for international students.

Each international student will have an iTiger Portal where official immigration documents are kept and requests for documents through ISS are made.

It is important that a copy of all paperwork relative to a student's international status (Visa, Passport, I-20) uploaded through the iTiger portal upon arrival.

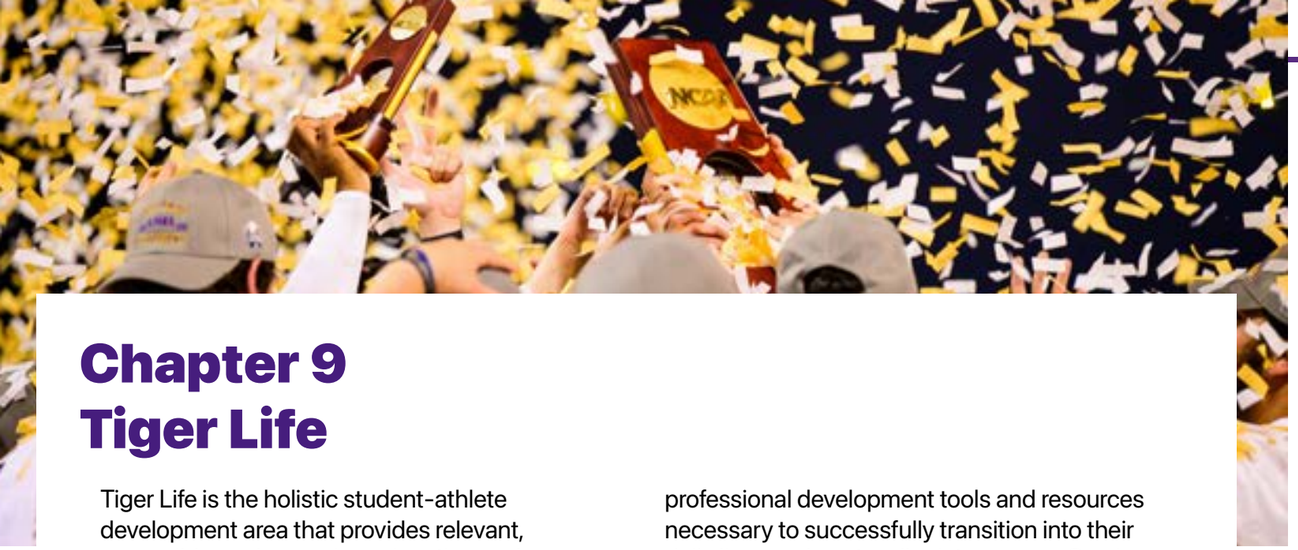
A temporary ID number is assigned by to any person that does not have a Social Security number (SSN). **It is recommended that international students obtain a US tax identification number. A tax ID number is required in order to gain employment and file annual income tax returns.**

Before leaving the US, students must have their I-20 papers signed by an ISS administrator to gain re-entry to the US. This process usually takes 3-5 business days, so international students should plan accordingly. It is recommended that international students have the last page of their I-20 signed every six months.

International students are required to pay taxes on any cash award received as part of an athletic scholarship. In addition, scholarship housing and meal plans are also taxed. The tax rate is 14%. The total tax paid is documented on a 1042-S form which should be filed with the IRS annually.

Students wishing to gain on-campus employment must fill out a work-permit request form that is available at the International Student Services Office. Student-athletes must also receive prior approval from the Compliance Office before beginning employment.

Additional information for international students can be obtained through the International Student-Athlete Resource Guide available on Teamworks.



# Chapter 9
# Tiger Life

Tiger Life is the holistic student-athlete development area that provides relevant, accessible, and engaging education and resources for student-athletes at LSU. LSU student-athletes possess the capacity to "win everywhere," allowing them to elevate their already possessed skills and capabilities to reach their fullest potential in and outside of athletics. Tiger Life's programming is focused on four pillars essential to student-athlete growth and successful sport and life transitions: Professional Development, Leadership Enhancement, Community Engagement, and Culture and Engagement. These pillars place a strong emphasis on building vibrant, social spaces that foster community, a sense of belonging, and the development of skills and experiences essential for success during college and beyond.

## Mission

Tiger Life provides comprehensive support in personal, social, and professional development to assist student-athletes in becoming multidimensional, authentic leaders who are ready to flourish during their collegiate careers and successfully transition from LSU with confidence.

## Vision

Empower every LSU student-athlete with essential life skills and professional development tools to authentically lead themselves and meaningfully serve others.

## Professional Development

Tiger Life provides student-athletes with professional development tools and resources necessary to successfully transition into their daily lives and post-collegiate careers. Services and programming are designed to assist student-athletes in making informed career decisions while connecting them to a robust network of alumni and professionals. Primary programming and resources include career development preparation (such as career counseling meetings, resume and LinkedIn workshops, graduate school resources, alumni and professional networking opportunities, Tiger Transition Meetings, etc.), financial literacy education, foundational life skills programming, and life design curricula addressing identity formation and core values.

## Leadership Enhancement

Leadership enhancement resources are available to all LSU student-athletes as a catalyst to shape who they are and aspire to become. Tiger Life houses two student organizations in areas of leadership development, which operate to equip student-athletes to lead themselves and others: The Student-Athlete Advisory Committee (SAAC) and the Black Student-Athlete Association (BSAA). These organizations operate as social and affinity spaces where members can advocate for their fellow student-athletes and collaborate with staff to enhance the student-athlete experience.

## Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) serves as the governing body for LSU student-athletes. The committee is comprised of representatives from all sports teams and meets regularly throughout the school year. The mission of SAAC is to assist in the creation of an environment where all student-athletes can maximize their academic, athletic, personal, and social growth, and improve their post-college quality of life. SAAC members organize student-athlete events, participate in service projects, and represent the LSU student-athlete body at campus and Southeastern Conference events.

## Black Student-Athlete Association

The Black Student-Athlete Association (BSAA) exists to create a safe space and advocacy channel for Black-identifying student-athletes; however, membership is open to all student-athletes at LSU. The Black-Student Athlete Association exists to provide a platform for all student-athletes to engage in meaningful dialogue, promote unity in athletics, and create a safe and supportive community. BSAA collaborates with like-minded organizations and help educate campus on topics related to leadership, advocacy, and community engagement.

## Tiger Institute for Sport Leadership and Mental Performance

The Tiger Institute for Sports Leadership and Mental Performance aims to equip student-athletes with the necessary skills and knowledge to excel in their chosen sport and all aspects of their lives. Throughout the academic year, The Institute will host sessions that provide practical, skill-based training derived from sports psychology, mental health counseling, and various leadership principles. The goal is to provide immediate opportunities for student-athletes to apply these skills in their sports and daily lives. Key topics covered in the program include developing mental resilience, enhancing focus under pressure, setting goals and utilizing visualization techniques, communicating effectively and harnessing teamwork, managing stress and anxiety, and building self-confidence.

## Community Engagement

Tiger Life encourages student-athletes to embrace opportunities to positively impact others, particularly within the Baton Rouge community. Student-athletes are equipped with the skills and knowledge to utilize their platform to bridge LSU Athletics and the Baton Rouge community for progressive social change. Tiger Life coordinates community engagement opportunities that enable student-athletes to serve, including the Halloween BOOzar, Thankful Tiger, and MLK Day of Service. Student-athletes also participate in individual and team-led service projects including: service socials, hospital visits, school readings, and visits to senior citizen facilities.

## Culture and Engagement

Tiger Life is committed to intentionally creating a space of belonging, competency, and collaboration for all LSU student-athletes and staff. In doing so, Tiger Life assists in the facilitation of Commitment Month each Fall and Spring semester, which is an educational forum created for cultivating a safe a and supportive environment. Commitment Month serves as a space for student-athletes and staff to share their stories, learn about others' experiences, and acquire tools necessary to make others feel respected and valued. Student-athletes can also join LSU Athletics Culture and Engagement (ACE) Council, SAAC, and BSAA to further engage in additional education, conversations, and programming.

## Tiger Life Website & Social Media

**Website:** www.LSUTigerLife.com
**Tiger Life & SAAC:**
Twitter - @LSUTigerLife, Instagram - @LSUTigerLife
**BSAA:** Twitter - @LSUBSAA, Instagram - @LSUBSAA
**LinkedIn:** LSU Tiger Life