



**COMMODORES**  
ATHLETICS

# Commodore Student-Athlete Handbook

**GULF COAST STATE COLLEGE ATHLETICS**

5230 W. Highway 98 . Panama City, Florida 32401  
850.872.3831 . Fax 850.873.3530 . [www.gcathletics.com](http://www.gcathletics.com)



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GULF COAST STATE COLLEGE  
WELLNESS & ATHLETICS DEPARTMENT  
5230 WEST HIGHWAY 98  
PANAMA CITY, FLORIDA 32401  
Athletic Office Phone: 850-872-3831 Fax: 850-873-3530  
[www.gcathletics.com](http://www.gcathletics.com)

## Welcome from the Athletic Director

As long as I can remember I have always had a passion for athletics, sports and fitness. As your athletic director I am here to promote and assist all of those involved with the various athletic programs here at Gulf Coast State College. My greatest desire is to provide our student athletes with the best possible athletic experience.

I am fully aware of the demands of an academic and athletic schedule that go hand in hand in a season. I am sure you have heard on many occasions the term "student athlete" and it is no different here at GCSC. However, we feel that we go beyond guiding our athletes with not only the lessons learned on the courts and field of play, but also with the aspects of time management and prioritizing what each individual must manage on a daily basis when participating in extra-curricular sports.

I have been coached by highly successful and distinguished coaches as a player and have had the good fortune to work alongside some of the most reputable coaches here at Gulf Coast State College. Your coaches here embody commitment, hard work, and focus on and off the court or field to help and guide you in the best possible way.

Our goal is to promote an attitude of discipline, sportsmanship, integrity, and leadership. Our players, coaches, and support staff dedicate themselves in making the athletic program a source of pride for the student population, alumni, college, and community.

We hope that our students, boosters, fans and community members will enjoy the journey of GCSC Athletics with us for the 2023-24 season!

Michael Kandler will enter his 19th year at Gulf Coast State College. This will be the sixth year working exclusively as the Athletic Director.

Kandler brings a lifetime of experience in athletics to the Athletic Director position. He has a lifetime career record of 819-431 as a Head Baseball Coach. In addition to working at Gulf Coast, Kandler has also enjoyed stops at Alabama Southern Community College, Pine Forest High School (Pensacola, FL), UC-San Diego, and UW-Whitewater.

Michael Kandler is proud to oversee one of the best Junior College Athletic departments in the country. Under his direction the Commodores look to continue their long time tradition of winning Championships and graduating an extremely high percentage of student-athletes.

**Phone:** 850.872.3897  
**E-mail:** mkandler@gulfcoast.edu



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## ATHLETIC DEPARTMENT STAFF

### ADMINISTRATIVE STAFF

Mike Kandler, Athletic Director                      mkandler@gulfcoast.edu                      office 850-873-3897  
cell 850-348-1106

Ray Stanquist, Athletic Trainer                      rjs1086@gulfcoast.edu                      office 850-769-1551 ext.3369

Carl Kleinschmidt, Aquatics/Wellness                      ckleinschmidt@gulfcoast.edu                      office 850-872-3832

### COACHING STAFF

#### Volleyball

Scott Allen, Coach                      sallen10@gulfcoast.edu                      office 850-769-1551 ext.3362  
Cell 936-433-5329

#### Women's Basketball

Rory Kuhn Coach                      rkuhn1@gulfcoast.edu                      office 850-873-3532  
cell 631-495-0933

#### Men's Basketball

Phil Gaffney, Coach                      pgaffney@gulfcoast.edu                      office 850-747-3235  
cell 706-346-9101

#### Softball

Scot Thomas, Coach                      nthomas1@gulfcoast.edu                      office 850-747-3202  
cell 540-998-4782

#### Baseball

Tyler Younger, Head Coach                      tyounger@gulfcoast.edu                      office 850-872-3256  
cell 434-942-4205

## Commodore History



### Commodore Alma Mater

Near the shores of clear blue water,  
Touched by silver sands,  
Cooled by soft Gulf breezes,  
Our Alma Mater stands.  
Hail to thee, our Alma Mater,  
Proudly standing strong and bold,  
Hail to thee, our Alma Mater,  
Hail to thee, blue, white gold.

### What Is a Commodore?

Commodore is a naval rank used in many navies that is superior to a navy captain, but below a rear admiral. Traditionally, "commodore" is the title for any officer assigned to command more than one ship at a time.

In November of 1960, Jim Whitaker suggested the name Commodores because the College began in the Wainwright Shipyard, its proximity to the naval base and the high ranking of that particular naval title.

### First Winning Record

Gulf Coast State College began its inter-collegiate program March 11, 1959. Following that same day was the first Commodore victory, lead by the Golf team. On December 1, 1960 the Commodore Basketball team played in their first conference game against Chipola. In 1963-64, Commodore Basketball team beat Chipola and Pensacola for the first time., The Commodore baseball team of 1961-62 started their winning record, beating Apalachee Correctional Institute 16-0.



## ABOUT OUR SPORTS MEDICINE TEAM

### HCA Florida Gulf Coast Hospital

HCA Florida Gulf Coast Hospital is providing Sports Medicine services to Gulf Coast State College. HCA Florida Gulf Coast Hospital, Panama City, FL is a 176-bed acute care hospital. The hospital has served patients in Bay and surrounding counties since 1977. More than 800 area residents are employed at GCMC, which contributes more than \$78 million annually to the local economy. Its medical staff includes more than 200 physicians who represent more than 30 specialties.

Since 1977, the hospital has quietly earned the reputation among physicians as the area's healthcare quality leader. As a result, HCA Florida Gulf Coast Hospital was recognized by the Joint Commission as the areas' only Top Performing Hospital, a designation that underscores the hospital's focus on quality. Recently HCA Florida Gulf Coast Hospital was named in the top 100 Hospitals by Thomson Reuters.

HCA Florida Gulf Coast Hospital ability to meet the needs of the Gulf Coast State College (GCSC) student athlete will be supported by the HCAFGC Sports Medicine team. The team consists of: Physicians (Southern Orthopedic Specialists, Bay Radiology, and HCA Florida Gulf Coast Hospital ER physicians), State of Florida Licensed and Certified Athletic Trainers, Diagnostic/Imaging specialist, and Rehabilitation specialist consisting of all disciplines: Physical, Occupational, and Massage Therapist.

### Athletic Trainer

**Ray Stanquist** M.Ed, LAT, ATC Ray brings 23 years of sports medicine experience to the position. He previously served as Gulf Coast Athletic Trainer from 2003-2006. Ray spent 17 years as the Athletic Trainer for Rutherford High School in Panama City. Along with being an Athletic Trainer Ray served as both a Science Teacher and Administrator in Bay District Schools for 14 years.

Ray holds a Bachelor's of Science in Sports Medicine and a Master in Education Leadership from the University of West Florida.

### **DR. J. RYAN COTTON**

#### TEAM DOCTOR

FELLOWSHIP-TRAINED AND BOARD-CERTIFIED ORTHOPAEDIC SURGEON

#### Specialties

Specialties: Elbow, Foot & Ankle, Hand & Wrist, Hip, Knee, Shoulder, Sports Medicine

#### Doctor Bio

Dr. J. Ryan Cotton is fellowship-trained in sports medicine as well as board-certified by the American Board of Orthopaedic Surgery. He has been serving patients in Florida since 2010. Dr. Cotton offers adult and pediatric patients specialized orthopaedic sports medicine care, including diagnosis and treatment for injuries and conditions of the ankle, elbow, hand, hip, knee, shoulder, and wrist.

After receiving his Bachelor of Science degree in biology from Berry College in Mount Berry, Georgia, Dr. Cotton earned his medical degree from the University of South Alabama College of Medicine in Mobile. He went on to undergo orthopaedic surgery residency training at the University of Florida College of Medicine — Jacksonville and later completed a sports medicine fellowship at the Hughston Clinic in Columbus, Georgia.

Dr. Cotton takes great joy in helping relieve pain and restore ability for his patients. He also helps local athletes through volunteer sports medicine coverage for area high school football. In his time apart from providing specialized care, Dr. Cotton is an avid tennis player and also enjoys snowboarding, computers, and scuba diving.

Dr. Cotton is available to see patients at our location in Panama City

## **DR. MICHAEL NOBLE**

### **TEAM DOCTOR**

FELLOWSHIP-TRAINED AND BOARD-CERTIFIED SPORTS MEDICINE SPECIALIST

#### Specialties

Sports Medicine, Family Medicine

#### Doctor Bio

Dr. Michael Noble is a fellowship-trained nonsurgical sports medicine specialist. Board-certified by the American Board of Family Medicine for both sports medicine and family medicine, Dr. Noble provides continuing, comprehensive healthcare for all ages as well as conservative treatment for bone, joint, and muscle injuries and conditions, and has been serving the Panama City, Florida, community since 2001.

Dr. Noble graduated from The University of North Carolina at Chapel Hill with a Bachelor of Science in biology before earning his Doctor of Medicine degree from the Medical College of Georgia in Augusta. He went on to complete his residency training through The University of Alabama at Birmingham School of Medicine family practice program at the Huntsville Regional Medical Center, where he also completed an additional year of training through a sports medicine fellowship.

Devoted to keeping the local athletic community safe and healthy, Dr. Noble covers sporting events as a sideline physician in Bay County. He also enjoys spending his free time with his wife and two daughters.

Dr. Noble is available to see patients at our location in Panama City

#### Education

Bachelor of Science in Biology: The University of North Carolina, Chapel Hill, NC, 1993

Doctor of Medicine: Medical College of Georgia, Augusta, GA, 1997

#### Training

Family Practice Residency: The University of Alabama at Birmingham Huntsville Regional Medical Center, Huntsville, AL, 1997–2000

Sports Medicine Fellowship: The University of Alabama at Birmingham Huntsville Regional Medical Center, Huntsville, AL, 2000–2001.

## **DR. BLAKE PATE**

### **TEAM CHIROPRACTOR**

Dr. Blake Pate is a native of south Alabama. He graduated from the University of West Alabama with a bachelor's degree in Exercise Science, while also playing football for the UWA Tigers. He then attended Palmer College of Chiropractic in Port Orange, Florida, receiving his Doctor of Chiropractic in 2017. Dr. Blake did his preceptorship in 2017 under the previous owner, Dr. White, whom he greatly admires.

Dr. Blake is passionate about chiropractic care and enjoys helping his patients of all ages achieve their optimal wellness. Due to his own athletic background, Dr. Pate enjoys working with athletes and has experience working with high school and collegiate programs.

Dr. Blake is married to his wife, Heather, who is an OBGYN. Together, they have a precious little girl, Everleigh, and their fur baby, Laela.

During his off time, he enjoys playing golf, exploring with Heather, Everleigh and Laela. They love traveling, and of course watching Alabama Crimson Tide sports. Dr. Blake is so thankful to return to Panama City Beach for the opportunity to continue Dr. White's legacy of high quality chiropractic care.

# ATHLETE INJURY PROTOCOL

## Gulf Coast State College Sports Medicine Team

HCA Florida Gulf Coast Hospital and Southern Orthopedic Specialties providing Sports Medicine services to GCSC

Head Athletic Trainer	Ray Stanquist M.Ed, LAT, ATC
Team Physicians	Michael C. Noble, MD
Team Chiropractor	Blake Pate, DC
Orthopedic Surgery Specialist	John R Cotton, MD

### **Athlete Injury Protocol**

If you get hurt during a scheduled practice or game you should inform your coach and see the athletic trainer as soon as possible so appropriate care can be provided and so that an accident report can be completed (this must be on file in the athletic office before a doctor's appointment can be made). The sooner injuries are taken care of the sooner you can return to activity.

Doctor's appointments are scheduled through the athletic trainer. If you choose to seek athletic care outside athletic protocol, it is your responsibility to communicate care results directly to athletic trainer. Make sure you have your primary insurance card or information with you at the time of your appointment.

**BE RESPONSIBLE.....DON'T BE LATE FOR OR MISS YOUR APPOINTMENT**

### **College Insurance Coverage for Student-Athletes (secondary policy only)**

The athletic insurance is an accidental insurance policy that covers injuries during a recognized or scheduled practice, conditioning or game only. It does not cover personal illness, medications, dental problems unless it is due to an injury.

### **Compliance with Insurance Company Requests**

It is the student-athlete's and his/her parent(s)/guardian(s) responsibility to understand the conditions that apply to their policy and comply with any requests for information, etc. from the primary insurance company. any delinquent bills resulting in bad credit due to non-compliance with insurance company requests will be the responsibility of the student-athlete and/or his/her parents(s)/guardian(s).

### **Personal Insurance Policy Changes**

The Athletic Department Administrative Assistant (room 109) MUST receive any changes to your personal insurance policy as soon the changes are made. If proper notification is not received, the GCSC athletics department will not be responsible for any delays in payment, collections notices, credit reports, etc. that occur.

***If a cancellation of a policy occurs without proper notification, all bills incurred during that period will be the responsibility of the student-athlete and/or his/her parent(s)/guardian(s).***

### **International Student-Athletes**

In order to be enrolled in classes at any United States college, international students must provide verification of personal insurance that complies with standards set by the federal government.

### **Medical Bills**

In the event that a student-athlete should receive a bill/statement for an injury that occurred as a direct result of participation in intercollegiate athletics at GCSC, the student-athlete must submit the bill/statement to the Athletic Department Administrative Assistant (room 109) within 5 days of receipt. Bills received after 5 days may be the responsibility of the student-athlete and/or the student-athlete's parent(s)/guardian(s).

**When moving out of town complete a "change of address" card with the post office so bills are not missed.**



## SCHOLARSHIP INFORMATION

### One Year Scholarship

All student athlete scholarships are for one year. If you are on an athletic scholarship, you may or may not be renewed for the following school year, this is at the discretion of your head coach.

### Scholarship Books

Student athletes receiving books, will receive a book voucher from their coach prior to the first day of classes for each semester provided books from the previous term have been returned.

A restriction will be placed on your college records to include your transcripts and a \$25.00 late fee will be charged for books not returned to the ATHLETIC OFFICE by the posted due dates for each semester. You are responsible for lost or stolen books. **DO NOT GIVE YOUR BOOKS TO YOUR COACH OR A FRIEND TO RETURN.**

## **Equipment and Uniforms**

Equipment and uniforms will be distributed at the beginning of your specific sports' season. It is your responsibility to take care of all uniforms and equipment in your possession. If any equipment or uniform parts are lost or stolen, you must report the loss to your head coach immediately.

## **Scheduled Travel and Meals**

### Scheduled Travel and Meals

Student athletes who travel to away games, whether on a scholarship or not, are allowed a travel meal allowance. There are two options for the head coach to provide meals for you during travel.

#### Team meals

The head coach can determine a dollar amount for each team meal not to exceed the college per diem

Breakfast: \$ 6 when travel begins before 6 a.m. and extends beyond 8 a.m.

Lunch: \$11 when travel begins before 12 noon and extends beyond 2 p.m.

Dinner: \$19 when travel begins before 6 p.m. and extends beyond 8 p.m.

The head coach can set a maximum expenditure per student athlete and pay the final bill or a cash stipend will be distributed to each of the student athletes.

The Head Coach will have a form for each student athlete to sign anytime a cash stipend or a meal is paid for during athletic travel. The signature form is turned in to the Business Office at the conclusion of each trip.

Note: It is the responsibility of the student athlete to sign only for what they received, if you are asked to sign for a meal or a cash stipend that you did not receive please notify the Athletic Director.



Travel provided by Annett Bus lines

GULF COAST STATE COLLEGE  
 GRANT-IN-AID CERTIFICATE  
 MEN'S BASKETBALL/BASEBALL  
 WOMEN'S VOLLEYBALL/BASKETBALL/SOFTBALL  
**2023-2024**

TO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

SOCIAL SECURITY#: xxx.xx.xxxx GC Student ID # \_\_\_\_\_

GULF COAST STATE COLLEGE (referred to hence forth as GCSC) has agreed to award you assistance to further your education at GULF COAST STATE COLLEGE. The term and conditions of the award are as follows:

1. The student athlete understands that this scholarship is awarded for one academic year.
2. The GCSC Athletic Department reserves the right to approve or refuse an NJCAA transfer waiver.
3. The student athlete must comply with all admission requirements set forth in the GCSC catalog and must maintain progress toward a degree.
4. **The student athlete must comply with all academic advising recommendations established by his/her academic advisor.**
5. The student athlete must comply with all the conditions of both the college's student handbook and the student athletic handbook. The student athlete must conduct him or herself as a good citizen and serve as a college ambassador to the local STATE.
6. The student athlete will be required to adhere to the conditions of the college drug testing program which includes random drug testing and additional testing at the request of the Athletic Director.
7. The student athlete MUST submit, to the Athletic Department, a completed GCSC Physical Examination form signed by a qualified health care professional licensed to administer physical examinations and a GCSC Insurance Information form signed by the student athlete's parent or legal guardian prior to the first day of conditioning and/or practice.
8. In the event of illness or an injury resulting from participation in intercollegiate athletics at GCSC, which causes the student athlete to fore-go further participation, this scholarship will continue to be honored for the remainder of the academic year.
9. **The student athlete must remain on the athletic team for which this grant in aid is awarded and complete the regularly scheduled season and post-season competition. The student athlete understands that should he/she voluntarily decide not to participate in the designated sport after receiving this athletic grant in aid or should he/she be dismissed from the designated sport or from the college for disciplinary reasons, the student athlete may be responsible for repayment to the business office of the college for any athletic grant in aid funds paid during the academic year of this award.**
10. The student athlete agrees to attend study halls and athletic meetings and to follow training rules as required by his or her coach.
11. By signing this document, the student athlete gives GCSC permission to release transcripts to the NJCAA and FCCAA (Buckley Amendment – Public Law 93-380).
12. The student athlete must matriculate on or before August 20, 2023
13. Student athletes on a housing scholarship, where rent is being paid by GCSC, will be required to pay a non-refundable fee.
14. Additional agreements: ALL BOOKS MUST BE RETURNED TO THE ATHLETIC OFFICE AT THE END OF EACH SEMESTER.  
 A \$25.00 late fee will be charged for loaned books not returned by the posted due date.

This is to certify that I have read the above agreement and that I have a clear understanding and agree with the conditions which this athletic scholarship is awarded. I hereby accept this scholarship and I understand that this agreement will be honored as long as I abide by the terms set forth in this contract. It is further understood that if I fail to fulfill the terms of this agreement that the college may terminate all or part of this scholarship at any time and further disciplinary action could be taken by the college effective as of the date of my breach of the agreement.

Scholarship Recipient _____	Date _____
Coach _____	Date _____
Athletic Director _____	Date _____
President or Designate _____	Date _____

## Student Athletes on a Housing Scholarship

Per your scholarship, a **\$100.00 non-refundable fee required** annually and due before the last Friday of September. No personal checks accepted.

You will be required to sign a "Housing Agreement" stating the rules set by the Athletic Department and also be expected to abide by the apartment rules set forth by the apartment complex you are living at. Utility bills in excess for electric, gas and water/sewage will be your responsibility (excess \$ amounts will be stated on your individual housing contract) will be divided and charged to each athlete in that apartment. Also, any damages to the college apartment/property will be the financial responsibility of the athlete and a restriction will be placed on your college records to include your transcripts until this debt is paid.

### GULF COAST STATE COLLEGE HOUSING AGREEMENT - 2023-24

I \_\_\_\_\_ understand that if I do not abide by the following Gulf Coast State College housing rules it will jeopardize my scholarship and/or opportunity to participate in intercollegiate athletics at the college.

1. No visitors are permitted. Random checks will be performed by the Athletic Director and the coaching staff.
2. The following are PROHIBITED on or near college housing property or inside apartments: alcohol, tobacco, drugs and/or firearms.
3. Athlete curfew, if one is required, will be determined by the coach.
4. College apartments and property (furniture, household goods, etc.) will be maintained and kept clean at all times. Random searches and inspections will be performed by the Athletic Director and the coaching staff.
5. Noise levels of any form will be kept at a minimal (apartment/vehicle).
6. No pets are permitted.
7. Damages to the college apartment/property will be the financial responsibility of the athlete. An administrative restriction will be placed on your college records to include your transcripts until this debt is paid.
8. A \$100.00 non refundable housing fee is required and will be due by the last Friday of \_\_\_\_\_.
10. The following utility bills are in excess and will become the responsibility of the student athlete and will be divided accordingly: electric exceeding \$200.00 per month, gas exceeding \$80.00 per month and water/sewage quarterly exceeding \$90.00.

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

Coach Signature \_\_\_\_\_

Date \_\_\_\_\_

Apartment Address \_\_\_\_\_

Apartment Number \_\_\_\_\_

\*Local # \_\_\_\_\_

(\*These numbers are very important)

\*Cell # \_\_\_\_\_

Email Address \_\_\_\_\_

**REQUIRED**

## STUDENT ATHLETE ELIGIBILITY

The determination of athletic eligibility is a complicated process. The following are highlights from the NJCAA and FCCAA rules governing your eligibility. Do not rely on your interpretation of these rules? Direct all questions concerning eligibility to your head coach or the athletic director.

- ★ A minimum of 12 semester hours is established as the term requirement for participation. Thus, 12 semester hours becomes “full-time” when defining eligibility.
- ★ Prior to the second full-time term, a student-athlete must have passed 12 credit hours with a 1.75 GPA or higher.
- ★ In all other terms, a student-athlete must pass a minimum of 12 semester hours with at least a 2.00 GPA in order to be eligible for a succeeding term.
- ★ A student may establish eligibility for a term by an accumulation of semester hours equal to 12 times the number of terms of full-time enrollment with at least a 2.00 GPA.
- ★ To be eligible for a second season of participation, a student-athlete must have accumulated a minimum of 24 semester hours with at least a 2.00 GPA.
- ★ In computing GPA for the purpose of eligibility, all (not best) courses will contribute to the calculation of the GPA.

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## WELLNESS & ATHLETICS STUDENT CODE OF CONDUCT

1. Do not be late or miss class.
2. Consult your coach or the athletic director for personal problems or any difficulty that hinders or restricts your personal success.
3. Be attentive in class, answer questions, make appropriate comments, and be respectful to instructors and fellow students.
4. Academic dishonesty, including all forms of cheating on exams and plagiarism is against college policy.
5. College telephones are not here for your use!!! Misuse of college telephones is a state offense and punishable by law.
6. Unauthorized entry of any college building or office is prohibited.

Your responsibility as a GCSC student athlete is that of a student—first and foremost. Your responsibility is to the classroom—attendance, punctuality, participation, etc. No less is expected or accepted.

Your second responsibility is that of an athlete. You are expected to attend all practices and games and to exhibit good sportsmanship and team dedication.

### Electronic Devices

All cell phones, pagers, cameras & other personal electronic devices must be turned off and out of sight in classrooms, labs, the library, study spaces & any other academic settings or college events and other reasonable areas where privacy is expected.

### **CHAD MERIDITH ACT (HAZING) - effective 7/1/05**

What is HAZING, the pressuring or coercing of a student into violating state or federal law. Hazing is a criminal act and punishable by law.

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### **HARASSMENT**

Harassment is considered to be any repeated or unwelcome verbal or physical abuse which causes the recipient discomfort or humiliation or which interferes with the recipient's academic performance.

**The President of the College may act directly or through a designee to investigate and report harassment claims.**

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## WELLNESS & ATHLETICS

### STUDENT CODE OF CONDUCT, CONT'D

Some specific acts of misconduct which are unacceptable:

- ⊗ Significant, severe or repeated violations of team rules.
- ⊗ Violation of athlete apartment rules (that includes NO visitors).
- ⊗ Violation of NJCAA, FCCAA or GCSC rules and regulations governing athletics.
- ⊗ The use, possession of or selling illegal drugs; the use of tobacco products on or in college facilities; or the use of alcohol on or off the college campus; or by a minor at any time.
- ⊗ Conduct unbecoming an athlete on or off the court/field. Such conduct shall include but not be limited to those items listed in the Student Disciplinary Code.
- ⊗ Failure to prepare for, attend and/or participate effectively in academic classes. Class work missed because of illness or away games **MUST BE MADE UP**.
- ⊗ Arrangements for make-up work or future assignments are your responsibility and must be made prior to your trip. Your coach will not intercede on your behalf with any instructor to allow you to circumvent an assignment or class requirement due to the fact that you are a member of an athletic team.
- ⊗ Prior notice to instructors that a trip is planned will prevent conflicts or a miss communication in most cases.
- ⊗ Failure to prepare for, attend and/or participate effectively in practices, scrimmages or games. NJCAA and FCCAA guidelines will be followed for preliminary action, with additional action to be determined by the Athletic Director on an individual basis.
- ⊗ Zero tolerance policy for student athlete ejections.

Each sport will have a set of team expectations that govern conduct, housing restrictions, and other applicable matters. Your coach will explain the rules, specific to your sport, which he or she expects you to follow. If you don't feel that your actions and attitude can stand up to the scrutiny of your family, your team mates, your coach, your college, and your community **then DON'T DO IT!**

**“The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.” Babe Ruth**

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## SOCIAL NETWORKING GUIDELINES

As a student-athlete, I realize that because I am an ambassador to Gulf Coast State College (GCSC), I am subject to a higher code of conduct than my student counterparts. Therefore, in order to preserve my electronic presence\*, I am committed to:

1. Posting only appropriate personal information to my profile
  - a. I will omit my phone number or address in my profile
  - b. I will only list appropriate e-mail addresses and nicknames
  - c. I will not include my schedule, spring break plans, or any other information that will allow potential stalkers to know my whereabouts.
2. Monitoring electronic photo albums
  - a. I will not take photos that would be considered inappropriate\*\*.
  - b. If an inappropriate photo is taken, I will ask the photographer to refrain from posting the picture on the internet or, at the very least, to exclude me when tagging pictures individuals.
  - c. I will frequently check my tagged photos. If I find an inappropriate photo tagged to my name, then I will un-tag it and ask the photographer to delete the picture from their album.
  - d. I will set all personal photo albums to “visible to friends only.” This will help protect me from potential stalkers and will limit the exposure of any inappropriate photos that I may have unintentionally included in the posting process.
3. Monitoring postings
  - a. I will ensure that the postings on my “wall” are appropriate
  - b. I will not post any message that is considered inappropriate
4. Allowing only friends and acquaintances to join my group of friends.
5. Setting parameters so that only people I accept as friends may view my profile.





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## SOCIAL NETWORKING GUIDELINES CONT...

6. Monitoring social network usage among my teammates
  - a. I realize that a team is only as successful as its weakest link and therefore, I am committed to ensuring that my team does not make choices that could result in team-affecting consequences, due to improper social networking website usage.
  - b. If I do not feel comfortable with confrontation, then I will discuss the issue with my coach or another teammate and have him or her resolve the issue.
  
7. Joining only appropriate groups
  - a. After joining an appropriate group, I will continually monitor it to ensure that the group name or focus does not become inappropriate.
  - b. I will not create a group that is inappropriate
  
8. Using social networking sites in a way that is non-malicious.
  - a. I will not use social networking sites in a way that will harm others, especially coaches or teammates.
  - b. I will not use social networking sites to disrespect my opponents.

Staying up to date on new website features and making a consistent effort to ensure that these new evolutions do not compromise me or GCSC.
  
10. Representing myself in a professional manner while using social networking sites.
  - a. As a student-athlete, I realize that I am an ambassador to GCSC, and because of this great responsibility, I must conduct myself in a proper manner while on these websites.
  - b. I realize that potential employers, graduate school program administrators, and others outside of my peer group may view my profile, and that what I post may have an effect on my future employment or professional reputation.

\*Electronic presence refers to a student-athlete's involvement in an electronic community.

\*\*Inappropriate content is anything that is illegal, or that Gulf Coast State College and/or athletic department may deem as inappropriate. This list may include but is not limited to: partial or total nudity, underage consumption of alcohol, hazing activities, tobacco use, obscene gestures, derogatory statements or vulgar language.



## PARKING and TRAFFIC CONTROL

If you have your own vehicle, **you** are responsible for picking up your student parking decal located at the information desk on the first floor of the Robert L. McSpadden Student Union East Building. You must show photo ID, printed class schedule & vehicle tag number. This decal must be located on the lower left corner of your back window.

**BEWARE....** there are reserved parking areas established for no parking, employees and handicapped by either a posted sign or curb color.

### **Reserved parking areas:**

Green curb—employee parking  
Blue curb—handicapped parking  
Yellow curb—no parking

All vehicles must be parked in designated areas (this includes motorcycles). It is illegal to drive or park a vehicle on the sidewalks or grass at any time.

FSU Police monitors the parking lots. If they see any vehicle parked in a reserved area or without a student decal, the vehicle will be ticketed.

The college shall assume no responsibility for damage occurring to any vehicle or other forms of transportation including bicycles and/or other privately owned property while on campus.



Parking in the right place is important! Follow



**NO SPEEDING!!! TICKETS WILL BE ISSUED**

# **DRUG EDUCATION PROGRAM & DRUG SCREENING/TESTING**

## **Introduction**

Student athletes face enormous pressures, both on and off the court or field, as they strive to excel academically and athletically. The rigors of classroom instruction at Gulf Coast State College places a significant intellectual and emotional stress on our student athletes, compounded by the intense nature of the physical activity experienced during practice and competitive events. The purpose of this program is to promote healthy lifestyle choices and provide a conducive learning environment for student athletes, free from pressures and risks associated with the use of illegal drugs.

## **Drug Education**

All student athletes will be required to participate in educational sessions involving the promotion of healthy lifestyle choices and the negative consequences of poor decisions. Included will be discussions on the college's policies and procedures for illegal drug screening/testing and the consequences of positive test results. In addition, discussions of state and federal laws regarding possession and use of illegal drugs will occur.

## **Drug Screening/Testing Program Overview**

1. All student athletes will participate in a random sample drug screening/testing program throughout the year.
2. All student athletes will be required to submit to additional testing under reasonable cause.
3. Any student athlete testing positive for drugs will be required to participate in counseling sessions provided by the college. A positive may also have a negative impact on the student's athletic participation.

## **Gulf Coast State College Drug Testing Policy**

The abuse of drugs and alcohol is currently a serious problem in our nation. Drugs and alcohol have a negative and sometimes deadly effect on those who abuse them and those around them. This abuse is disruptive to individual lives and to our entire society. The department of Wellness and Athletics at Gulf Coast State College firmly believes that the use of drugs and alcohol can have a negative effect on performance of the student-athlete in the classroom and in sport. Gulf Coast State College is a drug-free campus and work place (Manual of Policy (MOP) 6.105). The potential for drug abuse threatens the viability of collegiate athletics, the public's confidence in the athletic departments and the academic reputation of colleges and universities. Increased drug and alcohol education and counseling, although critical, are not sufficient by themselves. Drug testing is necessary to deter drug use and to detect use that does occur, so that drug abusers, and the threat of injury they represent to themselves and to others, may be removed from the athletic department. A principal motivation for drug testing, aside from a concern for the health of student-athletes, is that drug abusers are not physically nor mentally fit for the rigors of intercollegiate sports and may pose a risk of serious injury to themselves and others in the course of practice or competition (MOP 7.038). Moreover, drug abuse undermines the integrity of Gulf Coast State College's athletic programs.

### **Purpose**

The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations on drug and alcohol abuse, to identify student-athletes who are improperly using drugs and alcohol, and to assist them before they harm themselves or others. Furthermore, the Athletic Department recognizes its responsibility to provide educational programming that will support a positive decision making process.

The intent of these policies is to prevent substance use and abuse by student-athletes through education, testing and professional guidance.

Education- providing the student-athletes and athletic staff with accurate information about the problems associated with substance use in sport, and to promote health and safety in sport

Testing- analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and punitive consequences resulting from use

Professional Referral- facilitating appropriate treatment and rehabilitation of student-athletes  
Alcohol, Tobacco and Other Drug Education

Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about use. The educational programs will be required for all student athletes to participate.

### **Consent to Participate**

Conditional to participation in intercollegiate athletics at GCSC, each student-athlete will be required to sign a consent form agreeing to undergo drug and alcohol testing (Appendix A). A copy of this consent will be kept on file in the Director of Athletics office. Failure to consent or to comply with the requirements of this policy will result in a suspension or termination of eligibility to participate in intercollegiate athletics at GCSC.

### **Medical Exception Process**

Gulf Coast State College recognizes that some banned substances are used for legitimate medical purposes. Accordingly, GCSC allows exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance.

The student-athlete is required to inform the Head Athletic Trainer of all medications he or she is taking. GCSC will ask for documentation from the student-athlete's prescribing physician that documents the student-athlete's medical history demonstrating the need for regular use of such a drug. The letter should contain information as to the diagnosis (including appropriate verification), medical history and dosage information.

In the event a student-athlete tests positive, the Head Athletic Trainer in consultation with the Team Physician will review the student-athlete's medical record to determine whether a medical exception should be granted.

**Follow-up Testing**

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing.

**Suspected Manipulation**

A student-athlete who is suspected of manipulating his/her urine or saliva sample will be considered to have a positive test and will be subject to follow-up testing. Manipulation can include the use of masking agents or by over-hydrating to manipulate or dilute the test.

GCSC Drug Testing Policy

8/25/2023

Notification and Reporting for Collections

The Director of Athletics or his/her designee will notify the student-athlete of the date and time to report to the collection station and will have the student-athlete read and sign the Prescription Verification Form.

**Frequency of Testing**

Specimen Collection Procedures

1. Student-athletes are chosen randomly by Quest Diagnostics. Once the names are chosen, the Head Athletic Trainer will notify the student-athletes to arrive at the college for testing
2. Refusal to be drug tested is considered a positive test and penalties will result.
3. The athlete will have an empty mouth and not having eaten or drank anything (water is permitted) in the last 30 minutes and will follow instructions for oral swab collection.

## GULF COAST STATE COLLEGE DRUG TESTING AUTHORIZATION

In accordance with the applicable provisions of the Privacy Act of 1974, I the undersigned do agree to participate in a standardized drug screening program. These drug tests will be utilized to detect the use of illegal drugs and masking agents (in accordance with the NCAA list of banned drugs). Along with the drug screening there may also be testing to detect the use of alcohol.

It is understood that the student-athlete may be selected to undergo testing on a random basis and/or may be required to undergo testing as required by the Athletic Director. I hereby waive the applicable provisions of the Family, Education, and Privacy Acts of 1974 (20 United States Code, Section 1232-g) and the regulations of the Department of Health, Education, and Welfare relating thereto in connection with participation in this program.

I also understand that the drug screening sample will be sent to an independent laboratory for confirmation using a split sample testing system.

It is further understood that the results of the drug screening may be provided to the College President, Athletic Director, Substance Abuse Professional, Team Physician, and Athletic Trainer, Head Coach and parents or legal guardian. Access to the results by others will be resisted to the fullest extent permitted by law. .

The refusal to cooperate in the drug/alcohol screening is against Athletic Department policies and could result in loss of athletic participation.

\_\_\_\_\_  
Student-Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent (if S/A is a minor)

\_\_\_\_\_  
Date

(Drug screening auth. 6.30.16.doc)

# GULF COAST STATE COLLEGE DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

As directed in Federal law, 20 USC 1011i and 34 CFR 86.100(a), Gulf Coast State College has adopted and implemented a drug and alcohol abuse prevention program. In compliance with this Federal law, the college offers this narrative to demonstrate its commitment to provide students and employees a program to prevent the use of illicit drugs and the abuse of alcohol.

## **I. Standards of Conduct**

Gulf Coast State College is committed to ensuring that the college provides a safe, responsible environment and articulates expectations to meet this end. The office of student affairs is responsible for student discipline and provides expectations, definitions and processes for discipline in the Gulf Coast State College Student Code of Conduct. Distribution of the code of conduct is achieved via the annual publication of the Student Handbook. The Student Code of Conduct is reviewed each year by the college's Student Affairs Council, which recommends any changes to the college's Executive Council for consideration and amendment. The Student Handbook is available via the college's website or available upon demand in the office of student affairs.

Expectations, definitions and processes related to professional conduct are included in the college's Employee Handbook published by the office of human resources. Specifically related to illicit drug and alcohol abuse, Gulf Coast State College employees are notified of the college's Drug-Free Workplace policy through the annual dissemination of the Employee Handbook. The Employee Handbook is available via the college's Intranet or available upon demand in the office of human resources.

Although the college's broad policy is in effect for all students and employees, students in limited access programs of allied and health sciences, public safety, and athletic teams are subject to program specific testing procedures. These conditions are set forth in the handbooks of each specific program. The college reserves the right to conduct drug testing of employees who are considered to be in safety-sensitive positions and in certain specialized academic programs that require instruction in medical clinical settings or instruction in specialized environments deemed sensitive.

## **II. College Sanctions for Violations**

When the appropriate office receives notification of a violation of Gulf Coast State College policy, an investigation into the policy violation is initiated. After the investigation is completed in accordance with Federal constitutional protection and due process, the college will impose appropriate sanctions on employees and students who violate the college's policies and standards of conduct. Employees found in violation of the college's drug and alcohol policy will be subject to disciplinary action up to and including termination of employment and referral for prosecution by appropriate law enforcement officials. Students who are found in violation of the college's drug and alcohol policy will be subject to disciplinary action ranging from warning to expulsion and referral for prosecution by appropriate law enforcement officials.

### **III. Applicable Legal Sanctions under Local, State, and Federal law for the Unlawful Possession or Distribution of Illicit Drugs and Alcohol**

#### ***Alcohol***

Local: Bay County Ordinance Establishing Hours of Sale and Consumption of Alcoholic Beverages, Sec. 3-3 indicates special treatment zone during spring break at which time no alcoholic or intoxicating beverages may be sold, consumed or served between 2 am and 7 am. During non-spring break season, these non-consumption/sales/served hours are 4 am to 7 am. (Ord. No. 78-6, §§ 1—4, 10-10-78; Ord. No. 15-01, § 1, 1-6-15; Ord. No. 15-10, § 1, 3-31-15; Ord. No. 15-26, § 1, 5-19-15)

State: Florida law prohibits both the sale of alcoholic beverages to persons under 21 years old and the possession of alcohol by anyone under 21. It is unlawful for any person to misrepresent or misstate his or her age in order to procure alcoholic drinks. This includes the manufacture or use of false identification. Use of forged identification for the purpose of procuring alcoholic beverages is a felony. State law also makes it illegal to possess open containers of alcoholic beverages or consume alcohol in moving or standing vehicles. Under Florida law, driving under the influence of alcohol or any controlled chemical substance (DUI) is an offense evidenced by impairment of normal faculties or an unlawful blood or breath alcohol level of .08 or higher.

Depending on the severity and aggravating factors, violations of these state laws may be misdemeanors or felonies. Penalties range from community service, probation, treatment at an alcoholism treatment program, driver's license suspension or revocation, fines of thousands of dollars, and imprisonment of up to thirty years. See generally, Florida Statutes, Sections 316.193, 316.1936, 322.212 & 562.11.

Federal: The regulation of alcoholic beverages generally is given over to State and local control.

#### ***Drugs***

State and Local: In Florida it is a crime to possess, manufacture, deliver, sell, or possess with the intent to sell certain controlled substances, including illicit drugs such as cannabis (marijuana), cocaine, and opium. Trafficking in illegal drugs constitutes a felony. It is a felony to sell, purchase, manufacture or deliver, or possess with the intent to sell, purchase, manufacture, or deliver, a controlled substance in, or within 1,000 feet of the real property comprising a public or private elementary, middle, secondary school, community, or state college or university. Felony level penalties include substantial terms of imprisonment, civil fines, and civil forfeiture of all real or personal property used in the illegal activity or obtained with the proceeds of the illegal activity. See generally, Florida Statutes, Chapter 893.

Federal: Federal law penalizes the unlawful manufacturing, distribution, use, sale, and possession of controlled substances. The penalties vary based on many factors, including the type and amount of the drug involved, and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport, or conceal a controlled substance; the denial of professional licenses or Federal benefits, such as student loans, grants, and contracts; successful completion of a drug treatment program; community service; and ineligibility to receive or purchase a firearm. Federal law



holds that any person who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. See “Controlled Substances Act” 21 USC 800 et seq., Part D “Offenses and Penalties.”

#### **IV. Health and Behavioral Risks**

**<http://www.floridahealthfinder.gov/HealthEncyclopedia/Health%20Illustrated%20Encyclopedia/1/001945.aspx>**

The negative physical and mental effects of the use of alcohol and other drugs are well documented. Use of these drugs may cause: blackouts, poisoning, and overdose; physical and psychological dependence; damage to vital organs such as the brain, heart, and liver; inability to learn and remember information; and psychological problems including depression, psychosis, and severe anxiety. Risks associated with specific drugs are described later in this section.

Impaired judgment and coordination resulting from the use of alcohol and other drugs are associated with acquaintance assault and rape; DUI/DWI arrests; hazing; falls, drowning, and other injuries; contracting sexually-transmitted infections including AIDS; and unwanted or unplanned sexual experiences and pregnancy.

The substance abuse of family members and friends may also be of concern to individuals. Patterns of risk-taking behavior and dependency not only interfere in the lives of the abusers, but can also have a negative impact on the affected students’ academic work, emotional well-being, and adjustment to college life.

Individuals concerned about their own health or that of a friend should consult a physician or mental health professional. More information and assistance can be obtained by contacting the college’s counseling center or office of human resources.

***Alcohol:*** Alcohol abuse is a progressive disorder in which physical dependency can develop. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic alcohol abuse can produce dementia, sexual impotence, cirrhosis of the liver, and heart disease; and sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life-threatening convulsions.

***Marijuana (Cannabis):*** Marijuana has negative physical and mental effects. Physical effects include elevated blood pressure, a dry mouth and throat, bloodshot and swollen eyes, decrease in body temperature, and increased appetite. Frequent and/or long-time users may develop chronic lung disease and damage to the pulmonary system.

Use of marijuana is also associated with impairment of short-term memory and comprehension, an altered sense of time, and a reduction in the ability to perform motor skills, such as driving a car. Marijuana use also produces listlessness, inattention, withdrawal, and apathy. It also can intensify underlying emotional problems and is associated with chronic anxiety, depression, and paranoia.

**Hallucinogens:** This category includes phencyclidine (PCP or “angel dust”), and amphetamine variants that produce mind-altering effects. Perception and cognition are impaired and muscular coordination decreases. Speech is blocked and incoherent. Chronic users of PCP may have memory problems and speech difficulties lasting six months to a year after prolonged daily use.

Depression, anxiety, and violent behavior also occur. High psychological dependence on the drug may result in taking large doses of PCP. Large doses produce convulsions, comas, and heart and lung failure.

Lysergic acid diethylamine (L.S.D. or “acid”), mescaline, and psilocybin (mushrooms) cause illusions, hallucinations, and altered perception of time and space. Physical effects include dilated pupils, elevated body temperature, increased heart rate and blood pressure, decreased appetite, insomnia, and tremors. Psychological reactions include panic, confusion, paranoia, anxiety, and loss of control. Flashbacks, or delayed effects, can occur even after use has ceased.

**Cocaine:** Cocaine stimulates the central nervous system. Immediate physical effects include dilated pupils and increased blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use may destroy nasal tissues. Following the “high” of extreme happiness and a sense of unending energy is a cocaine “crash” including depression, dullness, intense anger, and paranoia. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Tolerance develops rapidly, and psychological and physical dependency can occur.

Crack or “rock” is extremely addictive and produces the most intense cocaine high. The use of cocaine can cause kidney damage, heart attacks, seizures, and strokes due to high blood pressure. Death can occur by cardiac arrest or respiratory failure.

**Stimulants:** Amphetamines and other stimulants include “ecstasy” and “ice” as well as prescription drugs such as Adderall and Ritalin. The physical effects produced are elevated heart and respiratory rates, increased blood pressure, insomnia, and loss of appetite. Sweating, headaches, blurred vision, dizziness, and anxiety may also result from use. High dosage can cause rapid or irregular heartbeat, tremors, loss of motor skills, and even physical collapse. Long-term use of higher doses can produce amphetamine psychosis which includes hallucinations, delusions, and paranoia.

**Depressants:** Barbiturates and benzodiazepines are two of the most commonly used groups of these drugs. Barbiturates include Phenobarbital, Seconal, and Amytal; benzodiazepines include Ativan, Dalmane, Librium, Xanax, Valium, Halcion, and Restoril. These drugs are frequently used for medical purposes to relieve anxiety and to induce sleep. Physical and psychological dependence can occur if the drugs are used for longer periods of time at higher doses. Benzodiazepine use can cause slurred speech, disorientation, and lack of coordination. If taken with alcohol, abuse can lead to coma and possible death.

**Narcotics:** Narcotics include heroin, methadone, morphine, codeine, and opium. After an initial feeling of euphoria, usage causes drowsiness, nausea, and vomiting. Effects of overdose include slow and shallow breathing, clammy skin, convulsions, coma, and possible death.

Physical and psychological dependence is high, and severe withdrawal symptoms include watery eyes, runny nose, loss of appetite, irritability, tremors, panic, cramps, nausea, chills, and sweating. Use of contaminated syringes may cause AIDS and hepatitis. In addition, narcotics include common painkillers such as OxyContin, Vicodin, Lortab, Norco, Percocet, Percodan, Dolophine, and Methadose. These painkillers have similar addictive, overdose and withdrawal symptoms as traditional narcotics, and when combined with alcohol are particularly dangerous. Alcohol slows breathing and in combination with these drugs the effects could lead to life-threatening respiratory depression.

***Synthetic Cannabinoids:*** Synthetic cannabinoids refer to a growing number of man-made mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked (herbal incense) or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices (liquid incense).

These chemicals are called cannabinoids because they are related to chemicals found in the marijuana plant. Because of this similarity, synthetic cannabinoids are sometimes misleadingly called "synthetic marijuana" (or "fake weed"), and they are often marketed as "safe," legal alternatives to that drug. In fact, they may affect the brain much more powerfully than marijuana; their actual effects can be unpredictable and, in some cases, severe or even life-threatening.

Synthetic cannabinoids are included in a group of drugs called "new psychoactive substances" (NPS). NPS are unregulated psychoactive (mind-altering) substances that have become newly available on the market and are intended to copy the effects of illegal drugs. Some of these substances may have been around for years but have reentered the market in altered chemical forms or due to renewed popularity.

Manufacturers sell these herbal incense products in colorful foil packages and sell similar liquid incense products, like other e-cigarette fluids, in plastic bottles. They market these products under a wide variety of specific brand names; in past years, K2 and Spice were common. Hundreds of other brand names now exist, such as Joker, Black Mamba, Kush, and Kronic.

For several years, synthetic cannabinoid mixtures have been easy to buy in drug paraphernalia shops, novelty stores, gas stations, and through the Internet. Because the chemicals used in them have a high potential for abuse and no medical benefit, authorities have made it illegal to sell, buy, or possess some of these chemicals. However, manufacturers try to sidestep these laws by changing the chemical formulas in their mixtures.

Easy access and the belief that synthetic cannabinoid products are "natural" and therefore harmless have likely contributed to their use among young people. Another reason for their use is that standard drug tests cannot easily detect many of the chemicals used in these products.

**V. Drug and Alcohol Counseling, Treatment, or Rehabilitation or Re-entry Programs that are Available to Employees and Students**

**Students:** Educational information about alcohol and drugs is available to students through the college's counseling center. Student activity programs include awareness activities associated with safe spring break and informational materials are sponsored annually. The counseling center provides counseling for those students suffering from drug and alcohol related issues. Additionally, students in need of treatment for alcohol and other drug problems will be assisted with referrals through the counseling center to self-help support groups, community agencies, and private providers.

**Employees:** Gulf Coast State College, in partnership with Florida State University, offers an Employee Assistance Program (EAP) that provides services to all employees. EAP services are available at no charge to all college employees. The college's EAP is an employee benefit designed to provide counseling and referral services to employees. EAP services cover a broad range of issues that include personal, family, health, legal, and specifically drug and/or alcohol counseling. Additional support for treatment and rehabilitation of drug/and or alcohol abuse may be supported through the college-provided health insurance plan. The college's office of human resources provides employees with confidential contact with EAP services.

6-15-2016

# Gulf Coast State College Wellness and Athletic Department

## Lightning Policy

### Chain of Command

The responsibility for terminating an athletic activity in the event of lightning, severe weather, and/or storm lies with the Gulf Coast State College (GCSC) in coordination with game umpires/officials, the certified Athletic trainer and the GCSC game/practice/event administrator.

**Note:** The Administrator is defined as The GCSC Athletic Director, Head Coach, Assistant Coach, Event Coordinator or Supervisor depending on who is present and in charge at the site.

This is a general protocol depending on the event and who is on site and in charge.

- A GCSC certified athletic trainer will communicate with the GCSC game Administrator, the head coach and game officials/umpires of the potential for a lightning strike, severe weather, and/or storm, and will make the recommendation that all activities stop immediately.
- If the head coach is not present, an assistant coach will assume responsibility.
- If a coach and/or game official(s) /umpire(s) make the decision to continue to practice and/or continue with a game or other activity despite a National Weather Service Severe Weather Warning and/or the verbal instruction by a GCSC certified athletic trainer or GCSC game administrator, they will be doing so against the recommendations of the GCSC Wellness and Athletic Department, and will be personally liable for any and all injuries.

### Criteria for Evacuation of the Practice/Game Area

The policy of GCSC Wellness and Athletic Department will be as follows:

- 1) A GCSC Certified Athletic Trainer or GCSC Administrator will inform the visiting team's athletic trainer and/or coach and game officials/umpires of GCSC's policy with regards to lightning, severe weather and/or storms.
- 2) A GCSC Certified Athletic Trainer or GCSC Administrator will monitor the lightning detector via phone application or hand held detector and will watch for lightning and listen for thunder and will be responsible for keeping track of the "flash/bang" count.
- 3) A GCSC Certified Athletic Trainer or GCSC Administrator will also monitor local weather radar and media outlets for severe thunderstorm, tornado, and/or other severe weather watches/warnings.
- 4) When the flash/bang count reaches 40 seconds, the 8-20 mile alarm indicator is illuminated on the lightning detector, and/or a severe weather watch has been issued, a GCSC Certified Athletic Trainer or GCSC

Administrator will notify the following persons-

- The game official/umpire (at a break in the action)
- The head coach
- The visiting team's athletic trainer and/or coach
- GCSC game administrator

5) When the flash/bang count reaches 30 seconds or less, the 3-8 mile alarm Indicator illuminating on the lightning detector, and/or a severe weather warning has been issued; a GCSC Certified Athletic Trainer or GCSC Game Administrator will notify the following persons-

- The game official/umpire
- The head coach
- The visiting team's athletic trainer and/or coach
- GCSC game administrator

At this point, all game/practice activities are to cease immediately and all personnel are to evacuate to a safer structure or location.

6) A safe structure or location is defined as – "any sturdy, fully enclosed, substantial, and frequently inhabited building that has plumbing and/or electrical wiring that acts to electrically ground the structure." Examples of locations that do not meet the criteria include-

- Baseball/softball dugouts
- Baseball/softball batting cages
- Outside storage sheds
- Canopy/awnings/tents
- Golf carts

7) In the absence of a sturdy, fully enclosed, substantial and frequently inhabited location, a secondary structure such as a fully enclosed vehicle with a hard metal roof, rubber tires and completely closed windows. Golf carts, do not provide a high level of protection and cannot be considered safe.

8) Avoid using land-line phones, taking showers, using hot tubs, or whirlpools. A cellular and/or portable remote phone is a safe alternative to land-line, if the person is located in a safe structure or location.

9) If no safe structure or location is available within a reasonable distance, personnel should find a thick grove of trees surrounded by taller trees or by a dry ditch. Stay away from the tallest trees or objects, metal objects, individual trees, standing pools of water, and open fields. Everyone should assume the lightning safe position, a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered, and ears covered. DO NOT LIE FLAT! Minimize the body's surface area and minimize contact with the ground.

10) In situations where thunder and/or lightning may or may not be present, yet someone feels their hair stand on end and skin tingle, LIGHTNING IS IMMINENT! Therefore, all persons should assume the lightning safe

12) All individuals should have right to leave a site or activity, without fear of repercussion or penalty, in order to seek a safe structure or location if they feel that they are in danger from impending lightning activity.

#### **Criteria for safe return to the practice/game area**

1) Personnel should not return to the practice/game area until 30 minutes have passed after the flash/bang count is greater than 30, the last lightning flash or the last sound of thunder and/or the lightning detector indicates that lightning is greater than 20 miles away.

2) Each time the flash/bang count goes below 30, lightning is observed and/or thunder is heard the 30 minute clock is reset.

3) Blue skies in the local area and/or a lack of rainfall are not adequate reasons to breach the 30 minute return-to-lay. Lightning can strike up to ten miles away from the rain shaft of a storm.

## Student Right to Know

**Student Persistence Rules/Placement Rate of Vocational Completers:** Information regarding graduation rates and placement are available as required by the Student Right to Know Act (Public Law 101-542) in the Office of Institutional Effectiveness on the Panama City Campus.

**Family Educational Rights and Privacy Act (FERPA):** The Family Educational Rights and Privacy Act affords students certain rights with respect to their educational records. These rights include:

1. The right to inspect and review the student's education records within 45 days of the day Gulf Coast State College receives a request for access. Students would submit to the Registrar's Office written requests that identify the record(s) they wish to inspect. The Registrar will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the Registrar's Office the student shall be advised of the correct official to who the request should be addressed.
2. The right to request the amendment of the student's education records that the student believes is inaccurate. Students may ask Gulf Coast State College to amend a record that they believe is inaccurate. They should write the Registrar, clearly identify the part of the records they want changed, and specify why it is inaccurate. If Gulf Coast State College decides not to amend the record as requested by the student, the student shall be notified of the decision and advised as to his or her right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.
3. The right to consent to disclosures of personally identifiable information contained in the student's education records, except to the extent that FERPA authorizes disclosure without consent. One exception which permits disclosure without consent is disclosure to school officials with legitimate educational interests. A school official is a person employed by Gulf Coast State College in an administrative, supervisory, academic, research, or support staff position (including law enforcement personnel and health staff); a person or company with whom Gulf Coast State College has contracted (such as an attorney, auditor, collection agent, degree conferral & transcript processing agent, document managing agent, and placement sites for internship or similar student work/study opportunities); a person serving on the Board of Trustees; a student serving on an official committee, such as a disciplinary or grievance committee, or assisting another school official in performing his or her tasks; consultants, volunteers or other outside parties to who Gulf Coast State College has outsourced institutional services or functions that it would otherwise use employees to perform. A school official has a legitimate educational interest if the official needs to review an education records in order fulfill his or her professional responsibility. As allowed with FERPA guidelines, Gulf Coast State College may disclose education records without consent to officials of another school, upon request, in which a student seeks or intends to enroll.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by Gulf Coast State College to comply with the requirements of FERPA. The name and address of the Office administers FERPA is:

Family Policy Compliance Office  
U.S. Department of Education  
400 Maryland Avenue, SW  
Washington, DC 20202-5901

5. What conditions apply to disclosure of information in health and safety emergencies?
  - a. Gulf Coast State College may disclose personally identifiable information from an education record to appropriate parties, including parents of an eligible student, in connection with an emergency if knowledge of the information is necessary to protect the health or safety of the student or other individuals.
  - b. Nothing in the 20 U.S.C. 1232g (b)(1)(I) and (h) or this part shall prevent Gulf Coast State College from:
  - c. Including in the education records of a student appropriate information concerning disciplinary action taken against the student for conduct that posed a significant risk to the safety or well-being of that student, other students, or other members of the school community;
  - d. Disclosing appropriate information maintained under paragraph (b)(1) of this section to instructors and school officials within Gulf Coast State College who have been determined to have legitimate educational interests in the behavior of the student; or
  - e. Disclosing appropriate information maintained under paragraph (b)(1) of this section to instructors and school officials in other schools who have been determined to have legitimate educational interests in the behavior of the student.

**STUDENT RIGHT TO KNOW** cont.

f. In making a determination under paragraph (a) of the section, Gulf Coast State College may take into account the totality of the circumstances pertaining to a threat to the health or safety of a student or other individuals. If Gulf Coast State College determines that there is an articulable and significant threat to the health or safety of a student or other individuals, it may disclose information from education records to any person whose knowledge of the information is necessary to protect the health or safety of the student or other individuals.

At its discretion, Gulf Coast State College may provide Directory Information in accordance with the provisions of the Family Education Rights and Privacy Act. Directory Information is defined as that information which would not generally be considered harmful or an invasion of privacy if disclosed. Designated Directory Information at Gulf Coast State College includes the following:

- Student's name
- Date of birth
- Major field of study
- Enrollment status
- Participation in recognized activities and sports
- Weight and height of athletic team members
- Dates of attendance
- Degrees, awards, and previous schools attended

**Photograph**

Students may withhold Directory Information by notifying the registrar in writing; please note that such withholding requests are binding for all information to all parties other than for those exceptions allowed under the Act. Students should consider all aspects of a Directory Hold prior to filing such a request.

**Health or Safety Emergency (FERPA)**

In an emergency, *FERPA* permits school officials to disclose without student consent education records, including personally identifiable information from those records, to protect the health or safety of students or other individuals. At such times, records and information may be released to appropriate parties such as law enforcement officials, public health officials, and trained medical personnel. See 34 CFR § 99.31(a)(10) and § 99.36. This exception to *FERPA's* general consent rule is limited to the period of the emergency and generally does not allow for a blanket release of personally identifiable information from a student's education records. In addition, the Department interprets *FERPA* to permit institutions to disclose information from education records to parents if a health or safety emergency involves their son or daughter.

**Notification of Social Security Number Collection and Usage**

In compliance with FL Statute 119.071(5), Gulf Coast State College (GCSC) issues this notification regarding the purpose of the collection and use of your Social Security Number (SSN). GCSC collects your Social Security Number for use in performance of the College's duties and responsibilities. To protect your identity GCSC will secure your Social Security Number from unauthorized access. GCSC will never release your Social Security Number to unauthorized parties, and each student/employee at GCSC will be issued a unique student/employee identification number. Your unique ID number is used for all associated employment and educational purposes at GCSC including registration, access of your online records, etc. You are not required to disclose your Social Security Number in accordance with US Public Law 90-579. However, the Social Security Number is required of all students seeking federal financial aid and must be provided in order to obtain the IRS deduction for college attendance.





## Intercollegiate Student-Athlete Compensation and Rights

Related statutes/rules: Board of Education rule 6A-14.0582; Florida Statute 1006.74

Definitions:

1. Affiliate: is someone who is a member of any college, athletic or foundation board or an employee or person of interest/volunteer approved by Human Resources.
2. Athletic Program: means an intercollegiate athletic program at a postsecondary educational institution.
3. Student Athlete: means a student who participates in an intercollegiate athletic program and is listed on an active roster by the head coach.

Purpose:

The purpose of this procedure is to describe the process for a student athlete to earn compensation for the use of her or his name, image, or likeness and the steps for such approval.

Procedure:

Student Athlete Compensation and Rights

1. Any student athlete may earn compensation for the use of their name, image or likeness if the compensation is provided by a third party not affiliated with the athlete's postsecondary educational institution. Compensation may not extend beyond the students' participation in the intercollegiate athletics program. Student athletes must notify the Athletic Director in writing prior to any such agreement.
2. Student athletes must notify the Athletic Director in writing of any existing agreements related to compensation for name, image or likeness.
3. The Student-Athlete may not use any Seminole State logos or copywrite protected names without prior approval. Written approval must be submitted prior to any use to the Athletic Director who will communicate with Marketing & Strategic Communications and notify the student-athlete if approved.
4. Student athletes may obtain professional representation for the purpose of securing compensation for the use of their NIL. Athletic agents must be licensed pursuant to Part IX Chapter 468 of F.S., and attorneys must be in good standing with the Florida Bar.
5. The NCAA prohibits advertising for their championships in the following categories, therefore Seminole State discourages student athletes from entering into agreements in these areas.:
  - A. NCAA banned substances
  - B. Sports wagering/gambling
  - C. Athletic recruiting servicesAlcohol
6. Student athletes who fail to notify the Athletic Director of such agreements may face disciplinary actions determined by the Athletic Director and coach.

### Gulf Coast State College Responsibilities

1. Gulf Coast State College Athletics will notify incoming student athletes of their right to pursue compensation for use of their name, image or likeness pursuant to Florida Statute and Board of Education rules.
2. The college may not compensate or cause compensation to be directed to any prospective or current intercollegiate athlete for the use of their name, image or likeness. This requirement extends to organizations that support the postsecondary institution, its athletics programs, officers, directors, or employees of said organizations.
3. The college may use student-athlete name, image or likeness in order to promote the athletic departments games, seasons and/or activities.
4. All student athletes will receive 5 (clock not credit) hours of financial literacy and life skills training in their first academic year.
  - A. All student athletes including those who are not receiving compensation for their name, image or likeness are required to complete the workshops.
  - B. This will be comprised of but not limited to trainings held at student athlete orientation, college credit courses or online workshop modules.