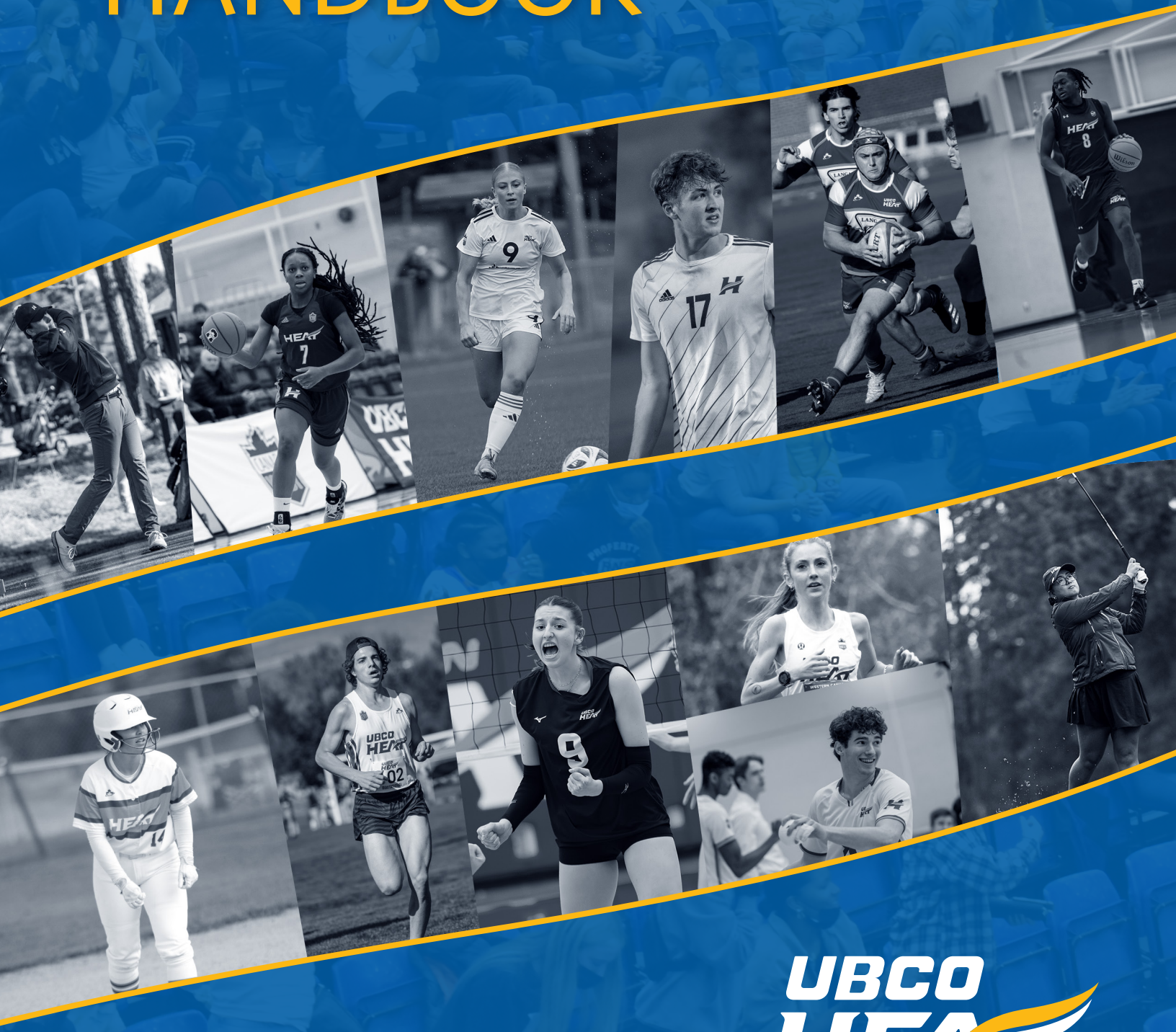
STUDENT ATHLETE HANDBOOK

2026-27



UBCO HEAT

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ABOUT THE UNIVERSITY

UBC Okanagan is situated in the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation and their peoples.

The University of British Columbia is a global center for teaching, learning and research. UBC embraces innovation and transforms ideas into action. UBC's Okanagan campus is an intimate learning community embracing bold new ways of thinking that attract exceptional students and faculty.

Purpose-built for the 21st century, the University of British Columbia's Okanagan campus opened in Kelowna in 2005. UBC is one of North America's largest public research and teaching institutions, and one of only two Canadian institutions consistently ranked among the world's 40 best universities.

With $19.9 million in annual research funding, the Okanagan campus is earning a reputation as an important, respected center of learning and research, enhancing knowledge creation and innovation in our region and internationally.



DEPARTMENT OF ATHLETICS

PHILOSOPHY STATEMENT

At Heat Athletics and Recreation, students and student-athletes are at the heart of everything we do. Empowered by strong partnerships, a supportive culture, and a champions mindset, our commitment to building high-performance programs and an inclusive, healthy campus extends beyond physical activity - fostering resilience, supporting learning, building community, and instilling a sense of pride for generations to come.



FACILITIES

THE HANGAR

Made possible by a gift from the Lapointe family of Kelowna FlightCraft on behalf of their employees, The Hangar was opened in the summer of 2013. The upper-level main fitness center houses innovative cardio equipment, an array of weight machines, open space, and plenty of free weight options. The lower level of the Hangar houses three fitness studios. Studio One, with sprung hardwood floor, is home to most group fitness classes but is also rented by student dance and combative clubs. Studio Two contains a Functional Training Structure. Studio Three has 20 Kaiser spin bikes and features multiple spin classes each week.



FACILITY MEMBERSHIPS

All Heat student athletes are provided membership to the Athletics & Recreation facilities at UBC Okanagan. This includes the Hangar, Gymnasium and HPL.

NONIS FIELD

Made possible by a donation from the Nonis family, Nonis Field meets international requirements for soccer. The field is lit and lined for soccer, rugby, football, field hockey, lacrosse. This artificial turf field is home to Heat Athletics soccer and rugby teams and UBC's outdoor intramural leagues and hosts many regional and provincial sport practices and tournaments.

GYMNASIUM

The UBC Okanagan Gymnasium is the home of Heat Varsity Athletics, as well as multiple intramural leagues throughout the academic year. This facility is one of the finest competitive venues in the province, hosting many provincial, national, and international events. The gymnasium meets the international requirements for volleyball, badminton, and basketball. Above the gymnasium is an indoor walking/running track and is open year-round.

HIGH PERFORMANCE LAB (HPL)

The High Performance Lab (HPL) is UBC Okanagan's dry-land training hub for Heat Athletics. This elite training center contains Olympic lifting platforms, cable machines, free weights, heavy ropes, mini bands, sleds etc. The HPL has restricted access for Heat student athletes only.

ATHLETIC THERAPY TREATMENT ROOM

The Head Therapist, Athletic Therapist, student trainers, and medical support staff work out of a dedicated space located on the main floor of the gymnasium building. Pre- and post-practice/competition treatment and injury assessment and rehabilitation occur in the treatment room, as well as student learning, volunteering, and practicum work.

STUDENT-ATHLETE STANDARDS AND EXPECTATIONS

STUDENT ATHLETE CODE OF CONDUCT

Competing for the UBCO Heat is a privilege and allows student-athletes to be role models on campus, so the expectation is you represent the Heat brand in a positive way.

UBC Okanagan student-athletes are expected to participate and compete with the highest level of integrity. UBC Okanagan's Department of Athletics and Recreation has the following behavioural expectations for all student athletes, coaches, team staff members, and employees of the department:

- A commitment to the treatment of others with the utmost respect and dignity
- A commitment to behaviours that will enhance the image of UBC Okanagan
- A commitment to provide an environment of inclusivity for all race, genders, ages and abilities

As a member of the UBCO Heat, student-athletes are required to conduct themselves in a responsible manner at all times. Your position on a Heat team will create interest from peers, students, the Campus community, the external community and the media. Any student-athlete whose conduct puts the reputation of their teammates, coaches or themselves in a compromising position may be subject to disciplinary action.

STUDENT-ATHLETE BEHAVIOURAL EXPECTATIONS

UBC Okanagan Department of Athletics and Recreation holds the following expectations for all student-athletes.

- Commitment to behaviour that will enhance the image of UBC Okanagan by treating your teammates, opponents, officials, spectators, media and the public in general with respect.
- Abide by the rules and regulations of their sport as set out by Canada West and U SPORTS.
- Follow all team rules established by the department and individual team.
- Be respectful while attending class and other academic related venues.
- Adhere to the UBC Respectful Environment Statement.
- Review UBC Okanagan Student Code of Conduct policy and follow the guidelines.
- Conduct themselves in the spirit of sportsmanship behaviour in all situations.
- Be familiar with the Canadian Centre of Ethics and Sport banned substance list.
- Be respectful of hotel rooms, facilities at UBC Okanagan or at other universities, transportation vehicles, and personal belongings of others.
- Review and uphold UBC Okanagan's Sexual Misconduct Policy.

Any student-athlete whose conduct puts the reputation of their teammates, coaches, or themselves in a compromising position may be subject to disciplinary action. This includes, but is not limited to, behavior that negatively affects the reputation of Heat Athletics, the University, or your program at the team level. Student athletes found to be in violation of these standards may be subject to disciplinary action up to and including removal from the team.

HEAT STUDENT-ATHLETE DATABASE

UBC Okanagan Department of Athletics and Recreation collects student-athlete data through a simple, online registration process through the Heat Hub found at goheat.athletesystems.ca. This data is collected and shared through a controlled access process with necessary administrative staff, coaches and trainers.

All Heat student-athletes are required to complete the registration process that includes providing personal, academic and medical information, completion of CCES training, U SPORTS central registration (for U SPORTS

programs) and indigenous training in line with the UBC Indigenous Strategic Plan.

This registration process is mandatory in order to compete as a member of the Heat.

Please follow the steps to complete your registration.

1. Visit goheat.athletesystems.ca to access the Heat Hub portal.

2. Login using your CWL and password.

3. Once you've logged in or created an account, you will be redirected to the main dashboard where you can select "Register for a team or club"

4. Select the Team you are a part of and begin your registration

5. Once your registration is complete, the Heat athletics staff will be able to view your registration and begin the approval process for the upcoming season!

ATHLETIC EXPECTATIONS

Student-athletes are expected to:

- Adhere to team codes expectations and agreements that are provided by your coach.
- Conduct yourself, both in and out of competition, in a manner that positively represents you, your team, the University and the UBCO Heat.
- Actively participate in all team functions, training, practices and competitions
- Actively participate in other activities such as fundraisers, community or campus events as requested
- Respect your coaches, teammates, professors, department staff and fellow UBC Okanagan students.

ACADEMIC EXPECTATIONS

Student-athletes are expected to:

- Introduce yourself to your professor at the start of term and identify yourself as a student athlete.
- Attend all classes and ensure you are handing in your assignments on time.
- Be respectful and professional in the classroom. Poor behaviour reflects poorly on you but also the UBCO Heath Athletics
- Be aware of degree requirements and deadlines, such as the add/drop deadline.
- Notify your coach or the Student-Athlete Success & Compliance Advisor if you find yourself struggling with your academics and resources will be provided to you.
- Be proactive in your communication with your professors about missed class time due to competition (see Academic Resources below).

HEAT ATHLETE COUNCIL (HAC)

The Heat Athlete Council (HAC) is a committee consisting of current UBC Okanagan Heat student-athletes from each team. This group is student led and was created to enhance the experiences and wellbeing of Heat student athletes as well as create a sense of community amongst all student athletes.

TRAVEL

Travel is a big part of the student-athlete experience. The Athletics Department will make the travel arrangements for the team. Student athletes are required to adhere to all team arrangements (travel, accommodation, meals, etc) when on the road, unless specific arrangements have been made well in advance of departure.

HAZING

UBC Okanagan Department of Athletics has a zero-tolerance policy for any form of hazing or initiation. Any individual or team found to be engaging in hazing or initiation will face immediate and serious consequences. Hazing or initiations include, but are not limited to:

- Any form of behaviour that demeans another individual.
- Any form of behaviour that requires a rite of passage or ritual (ex. rookie initiation) in which the behaviour could be considered to be physically or mentally harmful, sexually offensive, abusive or emotionally demeaning.

DISCRIMINATION/HARASSMENT/BULLYING

In the event that a student-athlete experiences discrimination, harassment, or bullying, they should refer to UBC Policy on Discrimination and Harassment.

ALCOHOL/OTHER SUBSTANCES

Alcohol and other prohibited substances are not to be consumed while on route to, from, or at, the site of athletic events/competitions or at practices.

SOCIAL MEDIA

Don't forget to follow @UBCOHeat on social media. We love to elevate the profile of our student-athletes, so make sure to tag us in your posts if you'd like to see your content re-shared on our channels. Here are some guidelines to keep in mind when using social media:

- Be respectful and responsible with what you post. Remember you are not only representing yourself, you are also representing the UBCO Heat and UBC.
- Social media is not the appropriate platform to open discussion about an issue you might have with the University or the department of Athletics and Recreation.
- Do not post messages or images that are racist, divisive, prejudicial, sexist, derogatory or illegal to any platform.

MEDIA RELATIONS

As student-athletes at UBC Okanagan, you represent yourself, your school, your family, your team, the athletic department and the University. As a member of a Heat team you will be covered in various forms of media. Student-athletes should be polite, courteous and confident. Follow these tips when in an interview:

- Always take the "high road"
- Be respectful and answer the reporter's questions to the best of your ability
- Be humble in victory
- Never speak negatively about the officials or opponents

MENTAL HEALTH

Mental health support is available for all UBC Okanagan students through Wellbeing and and Accessibility Services (WAS). Visit their website to book an appointment online.

If you are faced with an emergency or crisis, contact UBCO Counselling Services to have a counsellor or other health care provider see you as soon as possible. During normal office hours (located on the 3rd floor of the University Center), please call 250 807 9270 and inform the person you speak with that you are experiencing a crisis or emergency.

If you experience a crisis or emergency after routine office hours, contact UBCO Security at their emergency number 250 807 8111.

CRISIS LINES AVAILABLE

988, Call 988 or visit 988.ca for Suicide Crisis Helpline.

Here2Talk, the Province of British Columbia has developed a 24/7 free, confidential and community referral service available via app, phone and web. Visit Here2Talk for more information. Canada-wide 1 877 857 3397 **(toll free)**.

EMERGENCY RESOURCES

BC Suicide Help Line: 1 800 784 2433

Crisis Line: 1 888 353 2273 or text **HOME** to **686868**

KUU-US Crisis Line (BC): 1 800 588 8717

Trans Lifeline: 1 877 330 6366

Kelowna General Hospital
www.interiorhealth.ca/locations/kelowna-general-hospital

PERSONAL GRIEVANCE

For student athletes that feel unjustly treated, please refer to the table below regarding who/how to contact:

Referral	Contact Information	Grievance Examples
Head Coaches	On website: goheat.ca/staff-directory	Concerns related to, but not limited to: - Playing time - In-game/practice decisions - Style of play - Team rules/standards
Department Staff	On website: https://goheat.ca/staff-directory	All departmental staff have completed the Safe Sport training module through the Coaching Association of Canada. Safe Sport Training will provide the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport. - Understand that everyone has a role to play in keeping sport safe, how the misuse of power leads to maltreatment. - Understand the various types of maltreatment, the conditions that enable them, and how to recognize signs that they may be happening. - Know what to do if you suspect maltreatment, and how you can create a culture that protects all participants.
Director, Office of the Associate Vice-President, Students	Raise a concern as a student-athlete	Use this form to raise a concern or request support related to topics such as mental health, team dynamics, staff or coach conduct, bullying and harassment, or other. Submissions are reviewed by the Director of the AVP Students office - an office **outside of Heat Athletics**. You will usually receive a follow up within 3-5 business days to discuss your concern and connect you with appropriate support or determine next steps together. Please note, this form is not intended for reporting emergencies, sexual violence, or discrimination.
Office of the Ombudsperson for Students	Email: ombuds.office.ok@ubc.ca Phone: (250) 807-9818 Office: University Centre 328	The Office of the Ombudsperson for Students is an independent, impartial, and confidential resource to ensure students are treated fairly. The Ombuds Office is not influenced by the University, does not take sides, and does not share information unless authorized to do so. The Ombuds Office helps students navigate campus-related fairness concerns, which includes clarifying UBC policies and procedures, exploring options, identifying existing resources, planning strategies and next steps, and problem solving constructively.

Sexual Violence Prevention and Response Office	Email: svpro.okanagan@ubc.ca Phone: (250) 807-9640 (24/7 phoneline)	Concerns related to: - Sexual assault - Sexual harassment - Stalking and cyberbullying - Indecent exposure - Distribution of a sexually explicit photograph or recording
UBC Discrimination and Harassment Process	Discrimination Complaint Process Form Human Rights Advising Request Form	Concerns related to: - Racist, sexist, or homophobic jokes/ remarks - Being mocked for your accent, culture, or religion - Consistently being mis-gendered, referred to intentionally with the wrong pronoun - Being denied the appropriate accommodations if you have a disability - Receiving a negative evaluation because the instructor disapproves of your sexual orientation or cultural perspective

U SPORTS AND CANADA WEST CONFERENCE ELIGIBILITY REQUIREMENTS



YEARS OF ELIGIBILITY

U SPORTS/Canada West Conference student-athletes (basketball, volleyball, soccer, cross country, golf and track & field) are limited to five years of playing eligibility. If a student-athlete has questions about their eligibility years remaining, please contact the Student-Athlete Success & Compliance Advisor at derek.como@ubc.ca.

PARTICIPATION WHILE INELIGIBLE

Any student who participates in U SPORTS competition while ineligible shall not be permitted to compete for the balance of the competitive year, shall be charged with an additional year of eligibility and shall not be permitted to compete in the succeeding year. In addition, all competitions in which the athlete participated in will be forfeited including U SPORTS National Championship events.

ELIGIBILITY PARTICIPATION

Specific to basketball, volleyball and soccer, the appearance of the name of the athlete on any score sheet of a regular season game, within U SPORTS, shall be deemed as participation in that game and a year of eligibility will be charged.

Specific to cross country running, track and field and golf, an athlete shall be charged with a year of eligibility for each year of competition where the athlete participated in three or more non-conference competitions or tournaments.

Applicable to championship sports (golf, cross country and track & field) all competitions outside a U SPORTS Championship or Canada West Championship are considered to be non-conference competitions for the purpose of this rule.

COURSE LOAD REQUIREMENTS

A student-athlete must be registered in a minimum of three courses (nine credits), in the term in which they are competing within U SPORTS, unless there are circumstances within their academic program that would warrant an exception to this ruling and in which the university continues to declare this individual a full-time student in that term (e.g. graduate students, coop students, students registered with the Disability Resource Center (DRC).

Registered DRC student athletes are eligible provided that their post-secondary institution has deemed that they are enrolled in the equivalent of a full course load and that they are students in good standing. If student-athletes have questions about this pertaining to them, please contact the Student-Athlete Success & Compliance Advisor at derek.como@ubc.ca.

ACADEMIC STANDING

A student-athlete must successfully complete a minimum of three full-year courses, or six half-year courses, or 18 credit hours during the academic year in order to be eligible to play the following year, unless there are circumstances within their academic program which would warrant an exception to this ruling.

ATHLETIC FINANCIAL AWARD (AFA)

An AFA is any award that is conditional to being listed on the Official U SPORTS Eligibility Certificate, and administered by the university's awards office consistent with the awarding university's policies. In order to qualify for an AFA, an Entering Student (student coming directly from high school) must:

1. be admissible to a degree granting program at UBCO
2. be listed on the Eligibility Certificate

In the event an Entering Student does not qualify for an AFA, they may otherwise qualify for an AFA if they:

1. have satisfied U SPORTS Academic Standing Requirements, and,
2. attained a minimum 65%, or the equivalent GPA, on all registered course work at the conclusion of either the winter or spring or summer semesters of their entering year of study, and,
3. are listed on the Eligibility Certificate

In order to qualify for an AFA, a Non-Entering Student (individuals who have previously satisfied the qualification criteria for an AFA, including transfers) must:

1. have satisfied U SPORTS Academic Standing Requirements to remain eligible for U SPORTS competition during the last academic year they were listed on an Eligibility Certificate (or Eligibility Certificate equivalent for non-U SPORTS transfers), and,
2. have attained a minimum 65%, or the equivalent GPA, on all registered course work within the last academic year they were listed on an Eligibility Certificate (or Eligibility Certificate equivalent for non-U SPORTS transfers), and
3. be listed on the Eligibility Certificate

In the event a Non-Entering Student, who has previously satisfied the qualification criteria for an AFA, becomes unqualified for an AFA as a result of either not having satisfied U SPORTS Academic Standing Requirements, and/or as a result of not having attained a minimum 65%, they may requalify for an AFA if they:

1. have satisfied the equivalent of U SPORTS Academic Standing Requirements to become eligible for U SPORTS competition in a subsequent academic year, and,
2. have attained a minimum 65%, or the equivalent GPA, on all registered course work within that subsequent academic year, and,
3. are listed on the Eligibility Certificate



ACADEMIC RESOURCES

ACADEMIC ASSISTANCE

For your academic-specific questions such as course planning, admission to a new degree program, adding/dropping courses, etc., student athletes are required to meet with their designated advisor, Derek Como. Derek can be available in-person, via Zoom or telephone to ensure your academic questions get answered. It is important to meet with Derek to ensure you are progressing through your degree at UBC Okanagan.

Student-athletes are encouraged to reach out to Derek before adding or dropping a course, especially when you are in-season because it can impact your playing eligibility.

COMMUNICATING WITH YOUR PROFESSORS

At the start of each semester, student athletes will be given a Missed Class Form for each of your professors that identifies you as a member of one of our Heat teams. The intent of the Missed Class Form is to:

- Have you speak face to face with each professor so they know you as a Heat student athlete.
- Provide the professors with a copy of your travel/competition schedule.
- Inform them that at times during the year you will have to decide between missing class or missing travel/competition.
- Work together with your professors for any accommodations that could be agreed upon so you don't miss marks for any class attendance, assignments, exams etc.

Review each of your course syllabi and identify dates where the professor has scheduled a quiz, exam, assignment etc. and where you are unable to make class because of your athletic commitment. Those are the dates that you need to speak with your professor about.

Keep in mind that you are asking for special consideration so approach your professors in a respectful manner and be prepared and organized. You will find that most professors will be supportive of your athletic pursuits. Communication with them is vital to your academic success.



STUDENT LEARNING HUB

Your one-stop-shop for free and flexible learning supports and resources. The Student Learning Hub is for everyone and our services are free. We invite UBCO students from all disciplines and year levels to access a range of supports from peers and professionals that include tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies.

Below is a list of some helpful resources the Student Learning Hub has to offer:

- Writing and Language Support
- Subject Tutoring
- Meet with a Learning Strategist
- Supplemental Learning

MEDICAL/HEALTH INFORMATION

MEDICAL HISTORY

All new to UBCO student-athletes must complete their Fit-To-Play History form and the Fit-to-Play Physician medical forms BEFORE arriving on Campus. The Health History form should accompany you to your Physician's examination. This is typically best to be accomplished by your family physician if able. These forms must be submitted to the Head Coach and the Head Athletic Therapist before any team participation.

PLAYERS HEALTH MEDICAL SOFTWARE

Once rosters are finalized, all new student-athletes will receive an invitation from Players Health Support. With that invitation, all student athletes are expected to fully complete the following:

1. Personal Profile (including all requested Health Care numbers and Extended Benefit plans)
2. PPE 1 – Pre-participation evaluation

Completion of this will make your initial medical intake a much smoother process.

All returning student-athletes are expected to update their Personal Profile and PPE 1 if any changes are necessary from the previous year.

INJURIES

It is expected that all student-athletes communicate their injuries to their Head Coach and to the Head Athletic Therapist in a timely fashion.

CENTER FOR ETHICS IN SPORT (CCES) AND ANTI-DOPING POLICY

UBC Okanagan Heat Athletics is bound by the rules established by and for the members of the governing bodies in which their student athletes compete; as a member of U SPORTS, UBC Okanagan Athletics participates in the Doping Control Program mandated by Sport Canada and run by the Canadian Centre for Ethics in Sport (CCES), in accordance with the rules of the Canadian Anti-Doping Program (CADP).

All student-athletes representing UBC Okanagan must annually complete the online doping education program and submit a certificate of completion. The Athletic Department will provide the required website and login for the information when available. These certificates are to be submitted to the Head Athletic Therapist before any team activities commence.

If a student-athlete is found to be in violation of either of these policies, the Athletics Department will follow the governing bodies' penalties as well as possibly enforce further sanction on the student athlete in violation. For more information please go to the CCES website.

SUPPLEMENTS

Student-athletes are strongly discouraged from taking any dietary supplements as this is an unregulated industry in Canada. If supplements are medically advised, please choose Safe for Sport and/or NSF Certified for Sport approved supplements. For more information, please check with the Head Athletic Therapist or Team Physician.

PHYSICIANS CLINIC

Weekly on-site medical services are provided by a physician who will be available at the UBC Okanagan Gym (Room 028) on alternating Tuesday and Thursday mornings. Injured players can sign up through the Athletic Therapy team, at the Gym Equipment desk or by contacting one of our Sports Med Staff members.

HEALTH AND WELLNESS CLINICS

Physicians, Nurses, a Nurse Practitioner, and Mental Health counsellors are available from Monday to Friday in our Health and Wellness clinic, located on the 3rd floor of the University Center building.

In particular, Dr. Tin Jasinovic dedicates a portion of his clinic time for our student athletes, as able.

Appointments can be arranged by calling 250 807 9270.

DISABILITY RESOURCE CENTER

The Disability Resource Centre (DRC) facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. General inquiries or students new to the DRC can reach them by calling the receptionist at 250 807 8053 or by emailing drc.questions@ubc.ca.

Student athletes can speak with Derek Como should they have any questions or want to prepare for their first contact with the DRC.

PSYCHOLOGY CLINIC

The UBCO Psychology Clinic serves as a training centre of excellence for graduate students studying clinical psychology at UBC Okanagan. Student clinicians are always supervised and advised by registered clinical psychologists and neuropsychologists during all treatments.

In doing so, we provide evidence-based, high-quality, and well-supervised clinical psychology services to UBC Okanagan faculty, staff, students, and the broader Okanagan community.

Visit the website.

ATHLETIC THERAPY

Athletic Therapy is available to student athletes at UBC's Okanagan Campus. Located in the Gymnasium building (GYM 027, 028), the clinic is open from August to the end of the academic year and beyond. Contact the Head Athletic Therapist – Jeff Thorburn (250 807 8534 or his cell 250 317 4639) for more detailed information.

Appointment bookings can be made online through your ActiveNet Gym membership or at the Gym desk.

MASSAGE

Therapeutic massage therapy may also be offered on-site, typically twice a week, through the Okanagan Valley College of Massage Therapy. Check at the Gym Equipment Desk for times and sign up for complimentary massage therapy.



UBCO HEAT