

2021-2022



CLUB SPORTS MANUAL





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CLUB SPORTS OVERVIEW

The Club Sports program administered by Mason Recreation – Competitive Sports is designed to provide the opportunity for individuals with common interests to participate in a variety of recreational activities. Students are responsible for the formation, organization, and governance of their clubs under the requirements established by George Mason University and Mason Recreation. Club Sports are designed to provide learning experiences for each club's student members through their involvement in club activities, including organizing, administering, scheduling, fundraising, and public relations. Club Sports participants not only enjoy the rewards of athletic competition, but they also gain skills in collaboration, leadership, problem-solving, and financial management. The success of each club depends on the dedicated efforts of its Mason student leaders, faculty/staff advisor, coaches, and the club members.

Our Mission

Mason Recreation inspires an inclusive atmosphere that fosters lifelong well-being for the University's diverse students and community through active experiences, education, and engagement.

Our Vision

We the Patriots unite in an active journey toward well-being.

Values

- Development – We are fully committed to developing our students in the areas of well-being, leadership, and collaboration.
- Diversity – We embrace a university community that is among the most diverse campuses in the United States and appreciate and respect the enriching, team-winning power of that diversity.
- Fun – We take fun seriously! Fun drives an active lifestyle and boosts our creativity and well-being. Fun fits into everything we do at Mason Recreation.
- Inclusion – We welcome students, faculty, staff, and community members of all backgrounds and abilities. Everyone should find a safe, accessible place to stay active and healthy at Mason Recreation.
- Respect – We believe in a community of respect. We respect people as individuals, hear out others' perspectives, and stay true to commitments. We play hard, and we shake hands at the end of the game.



Competitive Sports Staff



Paul Bazzano III – Assistant Director of Competitive Sports, Camps, and Athletic Training
pbazzano@gmu.edu | 703-993-3291



Chris Sato – Coordinator of Competitive Sports, Camps, and Special Events
csato@gmu.edu | 703-993-5656



Carissa Smith – Coordinator of Competitive Sports, Camps, and Special Events
csm50@gmu.edu | 703-993-5818

Competitive Sports Program Assistants

imsports@gmu.edu | 703-993-4681

Julianna Gohman | Rogelio Perez | Shelby Cromity

Mason Recreation employs a staff of professionals and programs assistants to supervise the Club Sports program. The staff is responsible for ensuring that clubs operate in a safe and mature manner benefiting both the club participants and the University community as a whole.

General roles of the staff include but are not limited to:

- Advise clubs on their day-to-day operations.
- Ensure rules and regulations are followed according to Mason Recreation and George Mason University policies and procedures.
- Develop and oversee the budget and distribution of funds to clubs.
- Approve purchases/expenditures and oversee collection of revenue.
- Ensure compliance with safety and risk management procedures.
- Provide oversight for special events/tournaments.
- Advise the Executive Council for Club Sports ensuring that their efforts benefit all Club Sports participants.

Inquiries or concerns should be directed to the professional staff whose offices are located on the 1st floor of the RAC. Typical office hours are 9:00am-5:00pm, Monday through Friday, or by appointment. The success, of a club sport and the program as a whole, is dependent upon open lines of communication between the department, the professional staff, current club officers and prospective members.

Contact Information

Location: Recreation and Athletic Complex (RAC)

Office Hours: Monday-Friday; 9:00am-5:00pm

Email: masoncs@gmu.edu

Office: 703-993-5323

Website: <https://recreation.gmu.edu/club-sports/>

Mailing Address:

Attention: Club Sports

George Mason University – RAC

4400 University Dr, MS 1G6

Fairfax, VA 22030



Important Dates/Deadlines

Fall

Trainings/Meetings/Events		Deadlines	
All-Officer Training	Sunday, August 22, 5:00 PM – 7:00 PM	Fall Facility Request Priority Deadline	Sunday, August 15
First Date of Practices	Monday, August 23	Club Sports Manual Quizzes and Checklist	Sunday, August 22
Rockin' with Rec Tabling	Tuesday, August 31, 5:00 PM – 8:00 PM	Fall Competition Schedule	Sunday, September 5
Presidents Council Meeting	Sunday, October 3	Fall Coaches Deadline	Thursday, September 9
	Sunday, November 7	Safety Officer Registration	Sunday, September 12 (or first practice)
	Sunday, December 5	Spring Facility Request Priority Deadline	Wednesday, December 15
Safety Officer In-House Training (must attend one)	Sunday, August 22, 3:30 PM	Competition Roster Cutoffs	Tuesday, September 7, noon
	Wednesday, August 25, 8:00 PM		Tuesday, September 28, noon
	Thursday, September 9, 6:00 PM		Tuesday, October 12, noon
Coaches Training (must attend one)	Sunday, August 22, 2:00 PM		
	Wednesday, August 25, 7:00 PM		
	Thursday, September 9, 7:00 PM		

Spring

Trainings/Meetings/Events		Deadlines	
Presidents Council Meeting	Sunday, January 23	Spring Competition Schedule	Sunday, January 30
	Sunday, February 27	Spring Coaches Deadline	Sunday, January 30
	Sunday, March 27	Emergency Fund Requests	Sunday, March 27
	Sunday, April 24	Mason360 Group Re-Registration	Sunday, April 11
		Budget Hearing Sign-Up and Proposal Submission	Sunday, April 11
		Budget Hearings	Monday April, 18 - Friday, April 29
		Practice Requests	Sunday, April 24
		Equipment Inventory	Sunday, April 24
		Patriot Points Submissions	Sunday, April 24
		Spending Deadline	Wednesday, June 1



Current Clubs

Co-Recreational:

Badminton	Quidditch
Brazilian Jiu-Jitsu	Running
Crew	Ski and Snowboard
Equestrian	Swimming
Fencing	Taekwondo
Field Hockey	Tennis
Log Rolling	Trap and Skeet
Powerlifting	Underwater Hockey

Men's:

Baseball
Football
Ice Hockey
Lacrosse
Rugby
Soccer
Ultimate
Volleyball

Women's:

Basketball
Ice Hockey
Lacrosse
Rugby
Soccer
Softball
Ultimate
Volleyball



GENERAL POLICY AND PROCEDURE

Eligibility and Participation

Participation in Club Sports is open to all George Mason University full-time students, part-time students, faculty, and staff *with* an active Mason Recreation membership. Eligibility for competition is based on the regulations set by each club's governing body (if applicable). All club officers, representatives, and members are required to abide by the policies, procedures and rules of the Commonwealth of Virginia, George Mason University and Mason Recreation.

Membership Requirements

- Full-Time Students – no membership fee required
 - Undergraduate (12 or more credit hours)
 - Graduate: (9 or more credit hours)
- Part-Time Students – all part-time students must purchase a Mason Recreation membership
- Faculty and Staff – must purchase a Mason Recreation membership
 - Faculty/staff members may not be eligible to compete for the club due to policies established by the sport's national governing body (NGB).
- ADVANCE Students – must purchase a part-time student Mason Recreation membership

Mason Recreation Membership Information:

<https://recreation.gmu.edu/memberships/>

NOVA ADVANCE Program

Students that are enrolled at Northern Virginia Community College and have been accepted into the ADVANCE program are eligible to participate in Mason Club Sports. Students enrolled in the ADVANCE program must also purchase a Mason Recreation membership and complete all pre-participation requirements. Eligibility for competition is based on the regulations of each club's national governing body (if applicable). Club officers are responsible for ensuring the eligibility of anyone participating through the ADVANCE program.

ADVANCE Program Information:

<https://www2.gmu.edu/admissions-aid/nova-advance>

Participants Under 18 Years of Age

Students under 18 years of age wishing to participate in intramural sports must email the Competitive Sports office to obtain an assumption of risk form before registering. The participant and their parent/legal guardian must sign the assumption of risk form prior to participation in intramural sports.

George Mason University Non-Discrimination Policy

University Policy Number 1201



I. SCOPE

This policy applies to all George Mason University faculty, staff, students, university contractors, and visitors.

II. POLICY STATEMENT

George Mason University is committed to providing equal opportunity and an educational and work environment free from any discrimination on the basis of race, color, religion, national origin, sex, disability, veteran status, sexual orientation, gender identity, gender expression, age, marital status, pregnancy status or genetic information. George Mason University shall adhere to all applicable state and federal equal opportunity/affirmative action statutes and regulations.

The University is dedicated to ensuring access, fairness and equity for minorities, women, individuals with disabilities, and veterans (as covered by law) in its educational programs, related activities and employment. George Mason University shall thus maintain a continuing affirmative action program to identify and eliminate discriminatory practices in every phase of university operation.

Any employee who becomes aware of sexual harassment or other potentially discriminatory behavior must contact Compliance, Diversity, and Ethics.

Retaliation against an individual who has raised claims of illegal discrimination or has cooperated with an investigation of such claims is prohibited.

TRANSGENDER INCLUSION GUIDELINES

Mason Recreation encourages athletes to participate in Club Sports activities based on their gender identity in alignment with George Mason University's Non-Discrimination policy. In some cases, national governing bodies under which individual clubs compete may have additional policies impacting gender-based participation. These policies are not under the control of the Club Sports program. Any questions regarding gender-based participation within individual sports should be directed to that club's officers as they will be most familiar with their national governing body's policies. The Competitive Sports office is also available to support Club Sport athletes needing assistance.

Hazing

Hazing within the Club Sports program will not be tolerated and all cases will be taken seriously.

Hazing is a broad term that encompasses a multitude of actions or activities.

The University's Code of Student Conduct states, "The term hazing refers to any actions or activities that do not contribute to the positive development of a person or an organization; which cause mental or physical harm; or which subject individuals to harassment, embarrassment, ridicule, or distress. Examples of situations that are considered hazing include, but are not limited to, tests of endurance, physical abuse, psychological abuse, morally degrading or humiliating activities, forced ingestion of any substance, activities which interfere with academic pursuits, and servitude. Hazing is typically associated with membership selection and



initiation into an organization or holding office within an organization. It is possible for hazing to occur before, during, and after membership selection and initiation.”

Hazing in any form is strictly prohibited. George Mason University will investigate all hazing allegations. Individuals and organizations found in violation of the Mason hazing policy will be sanctioned and turned over to the proper law enforcement agency. If you believe you have been a victim of hazing or know someone who has been a victim, contact the Competitive Sports office.

Individual club members (including members who volunteer to be hazed) and the club itself are subject to sanctions imposed by the Competitive Sports office, Mason Recreation, and the Office of Student Conduct, and are subject to criminal charges under the Code of Virginia (or the laws of any other jurisdiction in which the incident occurs).

Club Email Accounts

Clubs are required to have an email account created for their organization. This account will be used to communicate with club officers and share documents with the Competitive Sports office.

It is extremely important that club officers check and respond to emails in a timely fashion. Potential club members will also use this email address to request information on your organization.

Clubs should make sure that the club sports administrative account masoncs@gmu.edu has been set as your recovery account in the event of a misplaced or forgotten password. This will help ensure your club account stays active through periods of transition.

ID Policy

Participants, coaches, and volunteers in the Club Sports program are required to provide a valid George Mason University or government issued ID when utilizing George Mason University facilities.

Pre-Participation Requirements

The Club Sports program requires a series of documents, trainings, and forms for all new and returning members on an annual basis. There is a great amount of risk associated with participation in any physical activity, and these requirements are in place to help ensure the safety of the participant and streamline the administrative procedures for the Club Sports program.

Each club member is required to complete the following before he/she will be recognized as an official member of a club:

1. Club Sports Participant Quiz – Prompted on IMLeagues when attempting to join team
2. Assumption of Risk Form – Prompted on IMLeagues when attempting to join team
3. Club Sports Participation Form – IMLeagues Form
4. Athlete Concussion Acknowledgement Form- IMLeagues Form
5. Consent for Sharing Information (FERPA and Medical) – IMLeagues Form



6. Club Sports Behavior Accountability Form – IMLeagues Form
7. Club Sports Emergency Contact Information – IMLeagues Form
 - a. Clubs may host “tryouts” by having ALL participants complete the above items. The tryout period for an individual ends after three weeks, after which the remaining paperwork must be completed.
8. Physical Form – Forms and Documents section of Club Sports webpage
 - a. Valid for 365 days
 - b. Must be reviewed and approved by the Athletic Training Staff
 - c. Submit Physical Submission form on IMLeagues after submitting through Dynamic Forms
 - d. See [Paperwork Deadlines](#) for submission timeline
9. Baseline (ImpACT) testing (Mandatory for high-risk clubs only – [List](#))
 - a. Required before any involvement in club activities that present a risk for concussion (this may include competitions, practices, or tryouts).
 - b. Only required once during enrollment at GMU
 - c. Open to members of clubs not classified as high-risk free of charge by emailing the athletic trainer
 - d. Submit ImpACT Completion form on IMLeagues after taking the assessment
 - e. See [Paperwork Deadlines](#) for submission timeline

Assumption of Risk Form

All participants are required to have a current assumption of risk form on file prior to any participation in club activities. This document informs the participants of the potential dangers associated with participation.

Health Insurance and Physical Requirement

Mason Recreation does not provide medical/health insurance for our club sport athletes. All participants in the Club Sports program are required to maintain medical insurance throughout the duration of their Club Sports participation.

Physicals are valid for a period of 365 days. Physicals must be turned in through Dynamic Forms to the athletic trainer prior to participation. Incomplete physicals may be returned and deemed invalid.

Intramural Sports Participation

Club Sports participants are encouraged to participate in the Mason Recreation Intramural Sports program; however, intramural team rosters may be limited in the number of Club Sports members permitted. Once rostered on IMLeagues, participants retain Club Sports status until the end of the academic year, regardless of the sport’s active season. Consult the Intramural Sports rules documents for sport specific restrictions.

Organizations joining the Club Sports program whose activity relates to a current intramural sport will have restrictions on Intramural Sports participation. Club officers are responsible for



informing all club members of the intramural participation policy. If an intramural team is found to have too many club participants, the team will forfeit all games in which they were in violation of the policy.

Mail and Packages

Each club has a mailbox in the RAC office suite. Clubs should have all items like payments, NGB documents, industry publications, and packages sent to following address:

Mailing Address:

(Insert Club Name)

George Mason University - RAC

4400 University Drive, MS 1G6

Fairfax, VA 22030

Any payments received by mail will be deposited by your club sport administrator. If your club needs to mail something, please schedule a time to meet with your club sport administrator to determine the best method. All fees will be applied to the club account.

Roster Verification

Many clubs are required to submit roster verifications to their national governing body (NGB) each semester or prior to participation in tournaments or regional and national events. Club officers should plan accordingly and provide at minimum two weeks to have this completed. Items that need to be sent to the registrar may take longer to be completed.

Please contact your club sport administrator if you anticipate the need for roster verification.

Starting a New Club

The acceptance of new club requests falls under the jurisdiction of the ECCS. Anyone wishing to start a new club should follow the [“New Club Checklist” and submit the online application](#) to the ECCS. The ECCS will schedule a meeting with the individual(s) making the request. Following the in-person meeting, the ECCS will vote to accept or deny the request to join the Club Sports program. Clubs may only apply once per semester to start a new club.

Individuals wishing to form a new club within the Club Sports program are required to adhere to the recognition timeline listed below. All clubs new to the program will have provisional status for one year. Provisional clubs will not receive funding from the department and are expected to operate through club dues and fundraising initiatives. Practice allocations will be provided based on availability. Clubs may move from provisional status to active status after one year, pending all required meetings are attended, essential paperwork is submitted by the designated deadlines, and its members demonstrate commitment to ensuring the success of the club.

Application Deadline: April 1 for potential admittance the following fall

Criteria for Consideration



- Evidence that there is sufficient student interest in the activity.
- Evidence of responsible student leadership (ex. ability to meet deadlines, strong communication skills, etc.).
- A need for recognition, specifically through Mason Recreation Club Sports, to participate/compete in regional events and leagues
- Availability of appropriate facilities (on or near campus) for practices and, if applicable, competitions
- Potential impact (ex. facility use, equipment, personnel, etc.) of the club on existing Mason Recreation programs and facilities
- The ability of the club to financially support its activities (ex., availability of adequate revenue sources)
- Where deemed appropriate by Mason Recreation, the existence of a recognized governing body for the sport that has widely accepted and used sport rules (i.e., everyone knows the rules and the same rules are used in all competitions) designed to minimize participant risk
- The degree of potential risk associated with club activities and the ability of club members to manage that risk in an acceptable manner
- The degree to which the club's activities reflect the mission and goals of Mason Recreation and George Mason University

The above criteria provide a general guide for decision making regarding the recognition of a new club sport. However, the list is not exhaustive, and Mason Recreation reserves the right to consider other relevant factors and to deny recognition to any club if the club's activities present an unacceptable risk to students or recognition is not otherwise in the best interest of Mason Recreation and/or the University. Additionally, Mason Recreation reserves the right to not accept clubs into the Club Sports program depending on available resources (facility space and funding).



LEADERSHIP OPPORTUNITIES AND ORGANIZATIONAL PROCEDURES

Executive Council for Club Sports (ECCS)

The Executive Council is comprised of up to seven students who are current members of active, University recognized Club Sports. Executive Council members are selected to serve one-year terms but may be chosen to serve one additional year (total term = two years). New members are voted upon at a spring Presidents Council meeting

The Executive Council will advise the Competitive Sports professional staff on matters pertaining to the administration of the program. Applicants must be a member of a current club sport organization, maintain a minimum 2.0 cumulative GPA, and have been an officer within their club for a minimum of two full semesters. In an effort to diversify the Council, no more than one member from any club sport can serve on the Council in a given term should a sufficient applicant pool exist at elections.

Responsibilities

- Recognition of new clubs and membership within the Club Sports program
- Hear and make recommendations on club disciplinary issues
- Review and make recommendations regarding Club Sport policies and procedures
- Oversight of the budget allocation process
- Assist in the marketing and promotion of the Club Sports program
- Assist in the development of Club Sports service projects and fundraising opportunities
- Coordination of the end-of-year banquet
- Assist clubs that may be struggling or need guidance
- Any and all matters deemed appropriate

Current Officers

- | | |
|-------------------|----------------|
| • Justin Graziani | Volleyball – M |
| • Joseph Hacherl | Logrolling |
| • Alyssa Lyon | Equestrian |
| • De’Elia Paul | Football |
| • Nathan Ritter | Crew |

Officers will serve an annual term from May 1st to April 30th.

Contact Email: gmueccs@gmail.com



Presidents Council

The Club Sports Presidents Council is comprised of officers or appointed members from each active and University recognized club sport. Each active and recognized club is eligible to be represented by one voting member on the Council. Council members will always have the opportunity to present issues or state concerns to the Executive Council for Club Sports (ECCS). Council meetings are held on a monthly basis, typically the first Sunday of each month throughout the academic year.

Council meetings provide the opportunity to share information regarding department policies, procedures, events, etc. The council is also responsible for electing new officers to the ECCS.

Meeting Requirements

Each club is required to have one member of their executive board (president, vice president, or treasurer) present at each Presidents Council meeting, unless they have been granted prior written approval from the Competitive Sports professional staff. Attendance will be taken at each meeting.

Officers

To be a recognized club sport through Mason Recreation, the student organization must be established, maintained, and developed by volunteer student leaders. Leadership opportunities are available for club members through various officer positions. Club officers and contributing members are responsible for writing, editing, and upholding their constitution and bylaws. Other responsibilities include determining membership requirements and dues structure, establishing a consensus surrounding level and amount of activity, managing club budgets and fundraising. At minimum, clubs must identify the positions of a President, Vice President, Treasurer, and two Safety Officers.

Club Sports officers in executive positions must have a cumulative 2.0 GPA or above and be in good standing with their academic departments.

Service as a Club Sports officer offers many opportunities for the building of transferable skills that are valuable when seeking employment after graduation or applying for advanced educational opportunities. Skills gained can include communication, problem solving, ability to work on a team, leadership, and conflict management. Officers serve as leaders within high-functioning organizations and hone these skills through activities such as supervising club membership, managing complex budgets, resolving conflicts, coordinating with vendors and other external organizations, and organizing and executing events.

President:

- Serve as the liaison between the club and the Competitive Sports professional staff
- Inform club officers and members of the program's policies, procedures and resources including the manual
- Utilize the club constitution to structure the club's activity and elections; preside over club meetings



- Attend all Club Sports required trainings and meetings or appoint a representative
- Responsible for meeting all administrative requirements and working with the vice president and secretary to adhere to the program's deadlines
- Work with the treasurer to maintain a knowledge of the club's finances and submit the budget request report annually
- Work with other officers on the maintenance and timely replacement of club owned equipment and inventories items and their locations annually

Vice President:

- Assist the president in meeting Club Sports administrative requirements and deadlines
- Preside in the absence of the president
- Inform club officers and members of the program's policies, procedures and resources including the manual
- Have a comprehensive knowledge of the manual and attend club meetings to support the president in his/her responsibilities

Treasurer:

- Oversee all financial actions and maintain club financial records
- Follow the program's policies regarding the use of purchasing cards, purchase orders, check requests and donations
- Complete the budget request form (annually)
- Track of expenses and revenue

Safety Officers (2):

- Be familiar with the promotion of safe club activity and the identification of risk
- Responsible for enacting the communication action plan in case of an emergency and enforce the department's inclement weather policies (lightning, thunder, tornado etc.)
- Maintain a current American Red Cross CPR/AED for Professional Rescuers and Health Care Professionals and first aid certification – these certified members can provide care during on-campus or travel emergencies
- Document all club accidents/incidents and submit to the Competitive Sports office

Additional Leadership Positions

Some clubs choose to utilize additional officer positions or committees to manage different aspects of the club's operations. Examples of areas that could be overseen by an internal committee or supplementary officer include promotions, recruitment, social media, alumni relations, fundraising, travel, competition coordination, and equipment management.

Elections

Frequency of officer elections is dependent on each club's constitution. However, it is highly recommended that elections take place annually and near the middle of the spring semester. At minimum, clubs should elect a president, vice president, and treasurer and designate safety officers. The election should be announced well in advance and allow for all qualified applicants.



For spring elections, new officer information will be collected through the re-registration process. New officer appointments that occur outside of this time should be reported to the Competitive Sports office immediately. It is recommended that each club have provisions in the constitution for replacement of officers who are unable to serve due to personal situations, school requirements, or other circumstances that may arise during their term.

Club Re-Registration

Each spring, all Club Sports must submit for re-registration through Mason360. This process involves an online application that gathers general information like new club officers, club constitution, and club mission. Clubs do not need to complete the online training and quizzes offered through Student Involvement. Clubs that do not re-register will be inactive in the following year.

Constitutions

Clubs are required to have an updated constitution on file with the Competitive Sports office (through Mason360). This document contains club specific policies, procedures, and bylaws specific to each organization. Any changes to the constitution must be submitted to the Competitive Sports office for final ratification prior to implementation.

It is highly recommended that club officers set aside time each semester to review their constitution with their entire executive board. Important documents should be maintained digitally for each club.



ADVISORS AND COACHES

Faculty/Staff Advisors

A good advisor can be a valuable asset to a club sport by providing mature judgment and advice based on experience and insight into George Mason University and Mason Recreation policies and procedures. Ideally, the advisor can help bridge the gap from year to year club operations without usurping the authority of the student leadership. The primary goal of club sports is student development; therefore, the advisor should encourage and allow students to make their own decisions with the guidance of the advisor.

Role of the Advisor

1. Each club sport must have at least one active advisor selected from the current faculty or staff of the University. If a club is unable to find a suitable advisor, the Competitive Sports office may act as the club's advisor.
2. The advisor should be genuinely interested in the club/activity and play an active role in the development and operation of the club sport's administrative management.
3. The advisor will provide guidance in the development of leadership and responsibility of club sports members.
4. The advisor will provide guidance to the club sport by ensuring that all club activities are within George Mason University and Mason Recreation guidelines. The advisor should not take a formal leadership role or make decisions on behalf of the club.
5. The advisor should be knowledgeable of the club sport's affairs but should not dominate decision making or administrative management.

Coaches and Instructors

Mason Recreation acknowledges that club sports often benefit from the assistance and direction of coaches and instructors. While we realize that most coaches are volunteers, their participation in the University sponsored club requires that they uphold our standards, policies, and regulations.

The Club Sports program does not require club coaches in most cases. Knowledgeable coaches are appreciated to help clubs compete and learn sport skills. Each club sport coach must complete a background check, coaches packet and required training before they begin practicing, instructing, or coaching. Coaches should remember that all clubs exist to support student growth and leadership.

Coaches should also understand their role on the team as sport experts and mentors of students, and that they have no voting privileges within the club whatsoever. Those selected as coaches must act in a supervisory role and abide by all Mason Recreation, University Life and University guidelines. These include, but are not limited to, sexual harassment, hazing and alcohol policies.



Please contact the Competitive Sports office if any questions, concerns, or issues arise. All coaches must complete the steps listed below before they can begin any work with the club:

Clubs may utilize students, alumni or members of the community as paid or volunteer coaches/instructors by submitting the appropriate forms to the Competitive Sports office. There is a different set of forms for PAID and VOLUNTEER coaches.

Volunteer Coaches:

1. Submit an application to the club and attach any certifications/resume.
2. The club shall review the application and share it with the Competitive Sports professional staff.
3. Upon approval for hire, the candidate MUST sign the Volunteer MOU form and submit it to the club.
4. The candidate MUST then complete a background check which will be administered by Mason HR with costs covered by the club (valid for three years).
5. Volunteer coaches MUST complete the following trainings/paperwork on an annual basis prior to beginning work with the club:
 - Volunteer MOU
 - Coach Agreement
 - Concussion training
 - Membership Parking Information – Decal Request Form
 - Volunteer coaches will receive a complimentary parking pass and Mason Recreation membership. The cost of the parking pass will be charged directly to the club.
 - Memberships shall be deactivated once the coach is no longer working with the club.
 - Coaches training

Paid Coaches:

1. Submit an application to the club and attach any certifications/resume.
2. The club shall review the application and share it with the Competitive Sports professional staff.
3. The candidate MUST then complete a background check which will be administered by Mason HR with costs covered by the club (valid for 3 years).
4. Determine a rate of pay. This must be an hourly rate for which the coach will be paid for their time. Tracking, reporting and approval of hours worked is the responsibility of the club. Failure to submit timesheet hours will result in a \$20 fee to the club.
5. Submit a Worker Request Form to HR
6. All coaches MUST complete the following trainings/paperwork on an annual basis prior to beginning work with the club:
 - Coach Agreement
 - Concussion training
 - Membership Parking Information – Decal Request Form



- Paid coaches will receive a discounted rate for a pass, which they must pay for. A letter will be issued by the Competitive Sports office. The letter will be taken to parking services to make payment and receive the pass.
- Coaches will receive a complimentary Mason Recreation membership. Memberships shall be deactivated once the coach is no longer working with the club.
- Coaches training
- Attend Title IX and Sexual Harassment Training

After all appropriate forms are submitted to the Competitive Sports office, the club will be notified once the coach has been cleared to begin working. Coaches who begin working prior to approval from the Competitive Sports office will be terminated immediately.

Coaches/instructors may be terminated at any time for cause or no cause by either the club or Mason Recreation. Payment may be amended based on consultation between the club and the Competitive Sports professional staff in the case of dismissal or resignation. It is expected that coaches and instructors teach to the diverse levels of the participants of the club. Novice participants should not be expected to perform skills or drills beyond their level of experience and knowledge.

Consensual Relationships

In accordance with University Policy Number 1204, Mason prohibits employees with a professional power relationship over a student from engaging in any sexual or romantic relationships with the student. Due to the effect of undermining the atmosphere of trust on which the educational process depends, these relationships are prohibited regardless of who initiates the relationship and whether both the employee and student consent to the relationship.

In the context of Club Sports, a prohibited consensual relationship could exist between a student and a coach (volunteer or paid), faculty advisor, or any other employee that may have a professional power relationship over a student (i.e. a relationship in which the employee may have authority to exercise decision-making authority regarding the student).

Any violation of this policy should be reported to Competitive Sports professional staff.

University Policy Number:

<https://universitypolicy.gmu.edu/policies/consensual-relationships/>



CONDUCT, CLUB STATUS, AND DISCIPLINARY PROCEDURE

Standard of Conduct

Club Sports play a significant role within the George Mason University community and as a result serve as representatives of the University in all their functions both on- and off-campus. Accordingly, Clubs Sports organizations and individuals are held to a high standard of conduct. Club officers should ensure that their clubs' membership adheres to policies and procedures set forth by the Club Sports program through this manual, Mason Recreation, University Life, and the University. Individuals should always conduct themselves in a matter that does not detract from the image of the University.

Clubs or club members that fail to adhere to the appropriate standard of conduct will face sanctions determined by the Competitive Sports staff and/or ECCS. Severe cases of misconduct and violations of the University's Code of Student Conduct will be referred to the Office of Student Conduct.

Code of Student Conduct:

<https://studentconduct.gmu.edu/university-policies/code-of-student-conduct/>

Alcohol and Drug Use

Consumption of alcohol or illegal drugs is strictly forbidden during Club Sports practices, games, matches, and/or tournaments or during travel to and from a contest. Infractions of this policy will not be tolerated. It is the responsibility of the club to enforce these guidelines during activities.

Sanctions

Sanctions are applied when a club or club member violates University policies, department expectations or program requirements. Depending on the situation (incident, behavior, or violation), the club members, president, or entire club will receive notice that an investigation is being conducted. In some cases, communication could be conducted over email or in-person.

Before taking action, the following information will be considered:

- The club's honesty and cooperation, or lack thereof, with the department; attitude of the club member(s)
- Whether the member(s) take responsibility for their actions; past disciplinary record of the member(s)/club
- The severity of the damage, injury or harm
- Potential risk/liability for the University

Possible sanctions include:



- Warnings, fines, program work project
- Loss of Patriot Points
- Loss of funding, practice privileges, travel privileges, ability to host events
- Expulsion of the member(s) from the club or other department programs
- Probationary status or suspension of the club

Club Status

In addition to adhering to the Club Sports program's policies and procedures, it is required that each club maintain either a minimum of 10 active members or 1.5X the number of players needed to field a team in their sport, whichever is higher, on their annual roster. For example, a Curling Club would be required to maintain a minimum active roster of 10 participants as that number is larger than 1.5X the team requirement in the sport ($10 > 4 * 1.5$).

Club activity occurs primarily during the fall and spring semesters, although some clubs practice during the summer and winter sessions. Individual club seasons can vary based on the sport and the governing body. Clubs that are only active during one semester are still required to attend training and meet administrative deadlines during their off-season semester to maintain recognition within the Club Sports program.

Active

Active clubs are in good standing with the Club Sports program and Mason Recreation. Active clubs adhere to all program guidelines. These clubs maintain the required roster minimums, with no more than 25% consisting of faculty and staff.

Provisional

Provisional clubs are those within their first year of membership with the Club Sports program. Clubs may only remain in provisional status for one year, during which they must demonstrate the ability to sustain as a club and follow the policies set forth in this manual. After the provisional year, clubs will advance into the white tier. Clubs that do not meet satisfactory standards will be removed from the Club Sports program.

Probation

Clubs are placed on probation when officers or members violate program or department policies, procedures, and guidelines and/or fail to meet program requirements and expectations. Clubs may be placed on probation for reasons including, but not limited to: missing required training sessions, repeatedly missing program deadlines, non-compliance with safety and risk management practices, failure to adhere to policies and procedures outlined in the Club Sports manual, Club Sports standard of conduct, and/or University code of conduct. The Competitive Sports staff and/or ECCS determines the length of probation and sanctions to impose based on the severity of the violation.



Suspension

Suspension can be a result of a major violation or repeated smaller violations to the policies and procedures identified in the Club Sports manual, Club Sports standard of conduct, and/or University code of conduct. The club will no longer be recognized by Mason Recreation or the University. Suspension can also be a result of inadequate improvements made during a club's probationary period. All club activity (including practices, events, socials, community service, meetings, travel, budget utilization and use of facilities) is suspended. Suspensions can last up to three years at the discretion of the ECCS and Competitive Sports professional staff. If the club wishes to return, they must re-apply to the Club Sports program.

Clubs that are suspended at the time of budget proposals for the upcoming academic year are ineligible to apply for funding. Clubs may request one-time emergency funding following the completion of their probationary status.

Infractions

Infractions of the Club Sports manual, Club Sports standard of conduct, and/or University code of conduct are divided into three categories. This division is intended to aid clubs in understanding the consequences of various actions deemed detrimental to the Club Sports program. The following list is neither exhaustive nor exact – rather it provides general guidelines, and appropriate actions will be determined in unique situations.

A club's record of infractions will be provided to ECCS during the budget allocation process and will be considered during deliberations.

Level	Description	Examples
Administrative	Managed by Competitive Sports professional staff and have negative Patriot Points implications. Numerous administrative infractions or failure to redress an administrative infraction can escalate to higher levels of discipline.	Missed deadlines for: <ul style="list-style-type: none">• Travel itineraries• Weekly reports• Competition schedules• Re-registration• Receipts/reimbursement• Other Club Sports deadlines
Minor	Minor infractions are those negatively impacting the Club Sports program but not directly captured in the Patriot Points system. The accumulation of 3 minor infractions equates to a	Facilities: <ul style="list-style-type: none">• Failure to respect facility use policies• Failure to cancel a reservation within appropriate timeframe Financial: <ul style="list-style-type: none">• Unapproved reimbursement Social Media:



	major infraction and will trigger a hearing with ECCS.	<ul style="list-style-type: none"> • Misrepresentation or misuse of social media <p>Safety:</p> <ul style="list-style-type: none"> • Member participating without appropriate waiver/physical/baseline • Ineligible participant • No safety officer present • Not completing an accident report • Traveling without an approved itinerary
Major	Major infractions are those that could result in probation or suspension and will be heard by ECCS. Escalation outside of Club Sports and Mason Recreation may be necessary.	<ul style="list-style-type: none"> • Hazing • Drug/Alcohol policy violation • Diversity/Inclusion policy violation • Misuse or mishandling of Club/University funds – including trademarks, licensing, and contracts • Destruction, theft, or unauthorized use of University property • Misconduct that damages the reputation of the program/University

Case Resolution Process

The conduct process for Club Sports is initiated when a major incident is referred to the Competitive Sports office. Anyone can refer an alleged incident of behavioral misconduct. Upon receipt of a referral, the Competitive Sports office will make a determination of whether or not the alleged incident is within its scope of operation. For those incidents falling under the scope of the Competitive Sports office, the student(s) will receive an email notification from Competitive Sports professional staff providing information on the case resolution process. The Competitive sports office reserves the right to investigate any incidents reported to the office. Cases involving violation of the Code of Student Conduct or sexual misconduct will also be submitted to the Office of Student Conduct.

A complete guide to the ECCS case resolution process can be found on the ECCS page of the Club Sports website: <https://recreation.gmu.edu/club-sports/eccs/>



PATRIOT POINTS SYSTEM

The Club Sports Patriot Points system is designed to aid in the administration and distribution of resources to a diverse Club Sports program. This system is also intended to guide Club Sports in understanding the steps they can take to improve their organizations and meet programmatic requirements. The system is divided into two parts, tier designation and points accumulation.

Tiers

A club's current year tier designation is determined by benchmarks met in the previous academic year. Clubs will be automatically placed in the highest tier for which they qualify unless they request to be placed in a lower tier.

Category	Gold	Green	White
Safety Officers	3+	2	2
Community Service Events	2+	1	0
Fundraising Requirement	125%+	75% - 124.99%	30% - 74.99%
Number of Competitions	5+	3-4	<3
Missed Presidents Council	<2	2	3
Spectator Events	2+	1	0
Alumni Engagement	Alumni Event	Alumni Network	N/A

- **Safety Officers**
 - The number of safety officers for the club that have completed all three aspects of the training process.
- **Community Service Events**
 - Community service is defined as volunteer work performed by a club for the benefit of the community or its institutions.
 - A club performing its sport with the primary outcome being the promotion of the sport does not qualify.
 - 1/3 of IMLeagues roster or 8 club members must attend the event for a minimum of 2 hours
 - Mason360 community service approval form must be completed one week in advance of the event, and the completion form must be completed within three days of the event to receive credit
- **Fundraising Requirement**



- Percentage of funds raised relative to the total student fee allocation provided by Mason Recreation.
- Self-generated revenue and donations to the GMU Foundation qualify as fundraising.
- **Number of Competitions**
 - Home or away events in which the club participates.
 - Multiple games within a single event (e.g. two games in a round-robin, four matches in a tournament) count as a single competition.
- **Missed Presidents Council**
 - The number of unexcused absences from Presidents Council meetings.
- **Spectator Events**
 - Three or more club members attend the event of a different club.
 - Cannot be a club of the same sport (e.g. Women's Lacrosse attends Men's Lacrosse game)
 - Attend for the full event or at least two hours for credit.
 - Complete the Mason360 form verifying attendance within 3 days of the event to receive credit – the form will require a group photo upload and the name of a competing club member that can verify your attendance.
- **Alumni Engagement**
 - Alumni Event – an event hosted by the club to engage club alumni and keep them engaged with the club.
 - Must provide documentation showing invitation to the event, attendees, and a summary of the event.
 - Alumni Network – frequent communication with past members of the club through the maintenance of a social network (e.g. Facebook group, monthly newsletter, letter drives, etc.).

Higher tiers have access to a larger percentage of the Club Sports student fee allocation pool. The number of clubs in the Gold tier is limited. If more clubs meet the benchmarks for the Gold tier than there are spots available, the clubs with the most points will be placed in the Gold tier with the rest being placed in the Green tier.

	Gold	Green	White
Maximum Number of Clubs	25% of Clubs in program	Unlimited	Unlimited
Budget Pool Allocated to Tier	50%	35%	15%

Points

Points are used to distinguish between clubs that fall within the same tier during the budget allocation and facility request processes. Points are awarded and recorded as clubs attend



events, submit paperwork, and complete tasks by prescribed deadlines. Conversely, points can be deducted when set deadlines are not met.



Category	Requirement	Positive Points		Negative Points	
Meetings	All-Officer Training	Executive officers in attendance	10	Executive officers missing	-10
	Rockin' with Rec Tabling	Club representative tabling for duration of event	5	Failure to table for duration of event	-5
	Bi-Weekly Meetings	12-11, 10-9, 8-7	20, 10, 0	6 or less	-10
Administrative	Safety Officer Registration	On-time, late	10, 0	Delinquent	-10
	Manual Quizzes	On-time, late	5, 0	Delinquent	-5
	Fall Competition Schedule	On-time, late	5, 0	Delinquent	-5
	Spring Competition Schedule	On-time, late	5, 0	Delinquent	-5
	Equipment Inventory	On-time, late	5, 0	Delinquent	-5
	Group Re-Registration	On-time, late	5, 0	Delinquent	-5
Weekly Reports	Weekly Reports	15-13, 12, 11, 10-4	10, 8, 5	3 or less	-5
Travel/ Competitions	Travel Length	Single-Day, Multi-Day	1, 2		
	Competition Type	Away - Local, Away - Regional, Away - National, Home - Single Game, Home - Round Robin, Home - Tournament /Event	1, 2, 3, 2, 4, 7		
	Receipts/ Reimbursements	On Time, N/A	1, 0	Late	-3
	Travel Itinerary			Late	No points awarded, still required to travel
Bonus Points	NGB/League Affiliation		2		
	Coach/External Advisor	Coach, Advisor, Both	2, 2, 4		
	Membership Bonus	20+, 30+, 40+, 50+, 60+	1, 2, 3, 4, 5		
	Social Media Platforms - Active	1 platform, 2 platforms, 3+ platforms	2, 4, 6		
	Additional Training/Engagement	Per event attended by club	3		
	Promotional Event	Per event attended by club	2		



SAFETY AND RISK MANAGEMENT

Safety Officers

Due to the physical element of sports, all clubs are required to have at least two active Safety Officers. Clubs are required to have at least one Safety Officer at all practices and competitions. These certified members can provide care during practices, events, or travel emergencies.

Safety Officers are required to attend and submit verification of the following before they may be active:

- American Red Cross CPR/AED for Professional Rescuers and Health Care Providers and first aid (bi-annual renewal)
- George Mason Environmental Health and Safety Athletics and Recreation Safety Training (annual renewal)
- Club Sports Safety Officer Training

Club officers should keep a copy of all certifications on file.

CPR/AED/First Aid

Safety Officers should be certified in American Red Cross CPR/AED for Professional Rescuers and Health Care Providers and first aid. Mason Recreation hosts several American Red Cross classes each semester. These classes are free to the club.

Mason Recreation will cover the cost of up to 4 certifications per club, per year. Clubs may use funding in their University accounts to pay for additional certifications.

American Red Cross certifications are valid for two years.

Club Sports may accept equivalent or more advanced safety certifications from other organizations in lieu of American Red Cross Professional Rescuer certification. Safety Officers may inquire as to an existing certification's substitutability with the Competitive Sports office.

Mason Recreation Safety Courses:

<https://recreation.gmu.edu/aquatics/certification-courses/>

First Aid Kit

Each club will be provided a first aid kit at the beginning of the school year. Clubs with multiple teams (i.e. and "A" and "B" team) will receive two first aids kits. Clubs are required to carry these kits with them at all practices and competitions. Clubs should reach out to the athletic trainer if any supplies need restocking throughout the year.



Injury/Accident/Incident Reporting

It is the responsibility of the club executive officers and safety officers to report and document injuries that occur during club practices or events. A club safety officer or executive officer must complete an accident/incident report within 24 hours.

Reports are submitted through Connect2 at this [link](#). The terminology used in this form reflects the fact that the form is used throughout Mason Recreation. For Club Sports, a “member” is anyone affiliated to Mason. The “Employee Completing Report” section should be completed with information from the club officer completing the report.

Club officers are not required to document certain injuries during home games at which there is an athletic trainer assigned. Officers should check with the athletic trainer as to which injuries require additional reporting.

Documents should be complete and only use factual information. It is important to always ask injured individuals if they would like EMS to be called. Should they decline, please make note on the report.

For serious injuries and other emergencies, call 911 and contact your club sport administrator as soon as it is safe to do so.

911 for Medical Emergencies

During a medical emergency, 911 should be called for EMS. For on-campus emergencies, calls placed from a landline or cell phone will be received by county dispatchers and then transferred to University Police. Be prepared to provide information like nature of the injury or illness, victim’s location, identity of the victim, and suspected or known cause of the injury or illness.

Severe Weather

Thunderstorms and Lightning

Clubs must suspend outdoor activities anytime lightning or thunder is detected in the area, and clubs will follow the direction of Mason Rec staff. Should staff not be present, clubs should utilize the 30/30 rule to protect themselves from lightning related injury:

- If 30 seconds or less elapse between the time lightning is seen and the subsequent thunder is heard, lightning is a threat to the area.
- Immediately seek shelter in enclosed building (open-air pavilions are not enclosed buildings). If an enclosed building is not accessible, seek shelter in a hard-topped vehicle.
- Play can be resumed 30 minutes after the most recent lightning or thunder is observed. Each lightning strike or sound of thunder restarts the 30-minute waiting period.



Tornadoes

Signs of an impending tornado are a dark, often greenish sky; large hail; a large, dark, low-lying rotating cloud, and a loud roar. The Mason Alert system will often inform users of tornado warnings. During the threat of a tornado, take shelter in an interior space of a hardened structure, ideally on the lowest floor and in an area with no windows. Use your arms to protect your head and neck until the all clear is given.

Extreme Heat

Extreme heat brings with it the possibility of heat-related illnesses. Clubs should be aware of the heat index and adjust activities to allow for adequate hydration and cooling. Two dangerous heat-related illnesses are heat exhaustion and heat stroke:

- Heat Exhaustion – the body's inability to cope with heat stress
 - Symptoms – faint or dizzy; excessive sweating; cool, pale, clammy skin; nausea or vomiting; rapid, weak pulse; muscle cramps
 - First Aid – have patient lie down in a cool place; loosen or remove excess clothing; apply cool, wet cloths; fan or move patient to air-conditioned place; provide water to patient to consume slowly; seek immediate medical attention if vomiting occurs or conditions worsen
- Heat Stroke – a life-threatening, heat-related condition
 - Symptoms – throbbing headache; no sweating; red, hot, dry skin; nausea or vomiting; rapid strong pulse; may lose consciousness
 - First Aid – **Call 911 for EMS immediately**; move patient to cooler environment; remove excess clothing; RAPIDLY cool patient with ice packs to the arm pits, groin, neck, and stomach; watch for breathing problems; use fans and air conditioners

Weapons Storage and Acknowledgement

Clubs utilizing weapons in their sport are required to exercise special caution when transporting and storing them on-campus. Weapon sports should coordinate with their club sport administrator to review policies and complete any required documentation at the beginning of the year.



ATHLETIC TRAINING

Mason Recreation Athletic Training is dedicated to providing the best quality healthcare to all student athletes. To do this every participant who uses Athletic Training services must understand and agree to follow all recommendations for limiting, postponing, or ending one's participation in their club sport. Athletic Trainers will make every effort to return a participant back to play, but this must be done in a safe and appropriate manner.

The Club Sport participant **DOES NOT** have the right to make their own return to play decision without the consent of the Certified Athletic Trainers coordinating their care. Should a participant ignore or choose to disregard medical orders given by a Certified Athletic Trainer the participant:

- Will be withheld from any competition, play, physical activity, or practice for an undetermined amount of time until the participant's injury has resolved. This withholding period will be determined by the team physician and/or Certified Athletic Trainer.
- At minimum, could be suspended from participating in all club sports events for one week (includes practices, games, tournaments, travel, etc.) regardless of the season or time of year.
- Any other disciplinary action will be at the discretion of Competitive Sports professional staff.

Athletic Training Coverage

Office Hours

Athletic training office hours are typically offered Monday-Friday during the semester for athletes to drop-in and be seen by an athletic trainer. These hours will be posted on the Mason Recreation athletic training schedule. This time may also be used for Impact baseline testing or updating documentation.

Online Schedule: <https://recreation.gmu.edu/club-sports/athletic-training/>

Email Address: jtolson2@gmu.edu

Practices

The head athletic trainer covers the majority of on-campus club practices Monday-Friday on a rotational basis.

Home Competitions

Most Club Sports are required by Risk Management to have an athletic trainer on site for home competitions. The following clubs are exempt from this rule, but may still request coverage:

- | | | |
|-------------|----------------|---------------------|
| • Badminton | • Log Rolling | • Tennis |
| • Crew | • Powerlifting | • Trap and Skeet |
| • Fencing | • Swimming | • Underwater Hockey |



On-campus competition facility requests will automatically trigger a request for an athletic trainer. Clubs with off-campus home competitions must request athletic training coverage from their club sport administrator. There is a limited pool of Club Sports athletic trainers – clubs should request coverage well in advance to ensure their event can be held on their desired date.

Pre-Participation Physicals

All club members are required to have an annual sports physical completed by a qualified medical professional. Physicals are valid for 365 days from the date of completion.

Inova Sports Medicine will offer a few dates/times each semester for club sport participants to have pre-participation physicals completed FREE of charge. Space is limited and is available on a first come, first served basis.

Physicals are also offered through Student Health Services for a small fee, or you may select a qualified medical professional of your choice. Physicals must be documented using the Mason Recreation – Athlete Physical Form.

Download the approved Athlete Physical Form here:

<https://recreation.gmu.edu/club-sports/download-waiver-forms/>

Paperwork Deadlines

Participants wishing to play must have the following items submitted by **3:00pm the Wednesday prior to their event**. These deadlines are in place to ensure the athletic trainer and Competitive Sports staff have time to review all documents and update rosters. Individuals submitting documents after this deadline will not be eligible to participate until the following week.

- Physical (all club members)
- Baseline test (members of high-risk clubs)
- IMLeagues Forms (all club members)

Completed physical forms should be submitted through Dynamic Forms or the RAC Club Sports drop box. After submitting, participants should submit the Physical Submission form on IMLeagues.

In accordance with NCAA recommendations, the following high-risk club sports will have baseline cognitive testing using the Immediate Post-concussion Assessment and Cognitive Testing program (ImPACT):

- | | | |
|-----------------------|---------------------------|---------------------|
| • Baseball | • Football | • Rugby (M/W) |
| • Basketball (W) | • Historical Martial Arts | • Ski and Snowboard |
| • Brazilian Jiu-Jitsu | • Ice Hockey (M/W) | • Soccer (M/W) |
| • Equestrian | • Lacrosse (M/W) | • Softball |
| • Field Hockey | • Quidditch | • Taekwondo |



- A. Members of clubs highlighted in yellow must submit physicals and complete baseline testing following the end of the two-week tryout period or *prior to any club activities involving contact*, whichever occurs first.
- B. Members of all other high-risk clubs must submit physicals and complete baseline testing following the end of the three-week tryout period or *prior to first competition*, whichever occurs first.
- C. Members of non- high-risk clubs must submit physicals following the end of the three-week tryout period or first competition, whichever occurs first.

Concussion Education and Management

Mason Recreation is dedicated and committed to providing excellent healthcare to all club sport participants. Concussions are serious medical conditions that must be managed properly. To keep a patient from further harm or damage after a concussion, it is imperative that the participant communicate all symptoms to the athletic trainer. It is also important for other teammates and coaches to spot abnormal behavior and concussion symptoms and report them to the athletic trainer immediately. Hiding or continuing to play while concussed can prolong recovery time, cause further damage to the brain, or lead to serious harm or death.

What is a concussion?

Concussion is an injury that affects the brain following direct or indirect forces to the head. The disturbance of normal brain function is related to a change in the chemical processes of the brain rather than an injury to the actual structure of the brain. The chemical disturbance does not show up during neuroimaging (X-ray, CT scan, MRI, etc.), which is one of the reasons CT scans, or other neuroimaging studies, are not always completed, or necessary, following concussion.

What to expect after a concussion?

A concussion results in a collection of physical, cognitive, emotional, and sleep symptoms. Symptoms may increase as you participate in activities that require thinking or enter into busy/stimulating environments. Signs and symptoms typically decrease gradually over a period of time but may remain longer in select cases.

How to prevent a concussion?

While there is not any protective equipment available to prevent concussion there are strategies that lower your risk.

The strategies to decrease the chance of concussion include:

- Using proper technique at all times
- Practicing good sportsmanship at all times
- Eating well and drinking plenty of water before, during, and after activity
- Terminating play immediately if you think you have a concussion



- Talking to an athletic trainer or coach/safety officer if you think you or a teammate has a concussion
- Withholding return to play until after you are given clearance by a medical professional

Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Common signs and symptoms include, but are not limited to, the following:

- Loss of consciousness
- Headache
- Dizziness/Drowsiness
- Nausea/Vomiting
- Blurry/Double Vision
- Trouble concentrating
- Ringing in the ears
- Slurred speech
- Fatigue/tiredness
- Difficulty remembering things
- Sensitivity to light
- Sensitivity to loud noises
- Balance problems
- Mood changes
- Convulsions/seizures

Some of these symptoms may appear right away, while others may not be noticed for hours or days after the injury, or until the person resumes their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems. It is important to understand that each concussion is different and must be diagnosed and treated on a case-by-case basis. Once a participant has been diagnosed with a concussion, they will immediately be prohibited from participating in any physical activity. The amount of time an athlete will be prohibited from play is based on the length and duration of concussive symptoms as well as the recommendations of the medical provider managing their care.

What to do immediately after a Possible Concussion?

1. Report it. Don't hide it.
 - Playing through or trying to "tough it out" can often make signs and symptoms worse.
2. Remove from play.
 - Anyone who might have a concussion should stop playing right away and not return to play that day.
3. Monitor for changes.
 - Signs and symptoms may not appear right away and may change over a period of hours or even days.
4. Get checked out.
 - Only a health care professional can tell you if you have a concussion and when it is safe to begin a progressive return to activity.

Home Management Techniques after a Concussion

After the initial 24-hour period, limit over-the-counter medications to 2-3 doses per week. Until your appointment with our concussion specialists, you should avoid activities that could pose risk for head injury. However, prolonging rest and avoiding normal day-to-day activities can lead to



the development of additional symptoms and therefore it is recommended that you **ESTABLISH AND MAINTAIN A REGULATED SCHEDULE**, as soon as possible:

1. Diet
 - Eating breakfast, lunch, and dinner each day is important, even if three meals are not typically eaten.
2. Hydration
 - It is important to stay well hydrated.
3. Sleep
 - Stick to a strict sleep schedule, with a regular bedtime and wake-up time. We recommend obtaining 7-9 hours each night, with limited naps of no more than 30 minutes. It is not advised or necessary to wake up every hour after a concussion.
4. Physical Activity
 - It is beneficial to take walks and/or engage in light non-contact physical activities, following the injury. Once you are seen by the Inova athletic trainer and/or appropriate medical professional, additional recommendations will be discussed.
5. Stress
 - Try to reduce additional stress, nervousness and anxiety by limiting focus on the injury and symptoms. Staying in a dark room or being overly withdrawn should also be avoided.

Return to Play Protocol

- STEP 1: REMOVE** Participants displaying concussion-like symptoms or having sustained a suspected concussion **MUST** be removed from play immediately. Participants may not return to play until they have been evaluated by an athletic trainer or other qualified medical professional.
- STEP 2: REPORT** Schedule a follow-up assessment with an Inova Health System athletic trainer within 24-72 hours. **There is no fee for this follow-up assessment*
- STEP 3: CLEARANCE** Obtain written medical clearance from a qualified health care provider stating you are eligible to return to play. Please use the document provided on the concussion page of the Club Sports website. Completed forms **MUST** be submitted to the Competitive Sports Office at the RAC, faxed to (703) 993-2510 or dropped off in the Club Sports mailbox in the RAC lobby.
- STEP 4: VERIFICATION** Participants may not return to play until you have received a confirmation email from the Competitive Sports Office stating we have received your paperwork and you are cleared to return to play.

Please contact the Athletic Trainer if you have any questions or concerns regarding the return to play or classroom process: jtolson2@gmu.edu



Student Health Services

Mason Recreation has a close working relationship with Student Health Services. Students may contact an after-hours nurse for medical advice by calling the office number:

Location: Student Union 1 – Suite 2300

Office: (703) 993-2831

Fax: (703) 993-4365

Website: <http://shs.gmu.edu>



FINANCES AND PURCHASING

Clubs are NOT permitted to have off-campus checking/savings accounts under the club's name (e.g. club members may not open a business account at Bank of America on behalf of the club). Club members may not store any funds personally on behalf of the club.

Budget Allocation Process

The budget allocation process will take place each year between mid-March and late-April. A minimum of three ECCS members must be present for each budget presentation. Each club will present their budget for the upcoming fiscal year to a group of their peers.

- ECCS members MAY NOT hear presentations from their own club. They are permitted to present or assist in the presentation to the ECCS.
- Each club will have a 15-minute time slot
 - 10 minutes for presentation
 - 5 minutes for questions from the ECCS

After all presentations have been completed, the ECCS will meet as a whole and make a recommendation to the Competitive Sports professional staff based on the presentations heard. Clubs that fail to present or are on suspension are ineligible to receive funding through the allocation process.

Should a club fail to show up for a scheduled time slot, they may be eligible to reschedule at the discretion and convenience of the ECCS.

Account Types

Clubs have (3) different accounts through the University.

- **Student Fee Allocation** – this account reflects the money allocated to the club by ECCS through the annual budget hearing process. Funds remaining in this account are not eligible to carry over to the next fiscal year. Money from this account MAY NOT be used on personal items.
- **Self-Generated Revenue (SGR)** – this account will reflect any revenue received by the club for dues, entry fees, sponsorships, and other revenue generating activities conducted by the club. Funds remaining in this account may carry over to the next fiscal year.
- **GMU Foundation Account** – the GMU Foundation is the non-profit arm of the University. The GMU Foundation is a registered 501c3 organization. Clubs seeking donations will want to use these accounts as donations made here are tax deductible for the donor. Contributions to these accounts must be considered philanthropic gifts – an unconditional donation to an institution for which the donor does not expect to receive any reciprocal benefit. Examples:



Philanthropic Gift	Not a Gift
You partner with Chipotle and a certain percent of the proceeds made from sales that night is donated to your team	You buy shirts for \$10 each and sell them for \$20 to raise money for an upcoming trip to nationals – <i>disqualified by the exchange of shirt</i>
You send an email to the parents of your teammates, include a giving link, and ask them to support your team – must use team’s Mason approved giving link	You host a Facebook fundraiser for your birthday and ask people to donate through Facebook to your team, and then you plan on donating the lump sum to your team’s account – <i>Foundation must be able to attribute each dollar to the specific individual</i>

- This is a great way to raise money for specific goals. Please contact your club sport administrator a minimum of 60-90 days in advance if you wish to conduct a giving campaign.
- The GMU Foundation charges a 6% administrative fee on all donations. This fee is to cover the management of funds, provide for donor documentation, and to assist clubs in the coordination of giving/donation campaigns.
- Clubs must use the Foundation URLs linked to their Mason Recreation webpage to ensure donations are routed to the appropriate organization.

The University W9 forms and state tax exemption forms are available by request from your club sport administrator.

Each fiscal year, clubs have access to 70% of their allocation immediately (barring any sanctions, probation, or suspension). The remaining 30% of the allocation becomes available on a dollar for dollar matching basis tied to the accumulation of self-generated revenue by the club. Fundraising beyond the 30% impacts tier placement.

Viewing Your Budgets

At the start of the fiscal year, a SharePoint Excel sheet is shared to each club containing revenues and expenses maintained by the Competitive Sports office for all three account types. Each expense line includes an account number, transaction date, vendor, description, amount, payment method and any relevant notes. Revenue transactions are generally listed as lump sums.

It is the club’s responsibility to keep a separate updated club budget for their records and cross reference on a regular basis.



Income/Deposits/Dues

Clubs are not permitted to open business accounts on behalf of their organization; therefore, all income (opposing team entry fees, member dues, sponsorships, etc.) must be deposited at the RAC front desk. Club officers are not permitted to personally collect dues on behalf of their club members. Club members should pay their dues in person at the RAC or AFC front desk. Members may make payment by cash, check, or credit card (Visa or MasterCard). All checks should be made payable to “George Mason University” and list the club name in the memo line.

If checks are mailed to the RAC, the Competitive Sports office will send the club a copy of the deposit receipt to their club email account. Mail submission should only be used for entry fees or officiating fees charged to a visiting team/individual.

Fees collected on-site for home events, fundraisers, and any other revenue must be deposited at the RAC front desk on the next business day following the event. Cash boxes may be checked out by contacting your club sport administrator. Credit card payments can be made the day of the event for on-site events at the RAC or AFC front desk.

Revenue-Dues Reports

Club officers may request a revenue-dues report once a month detailing individual revenue transactions by contacting their club sport administrator.

Purchasing – Special Conditions

Tax Exemption

George Mason University is a State Agency and therefore is exempt from paying most Virginia sales taxes. This exemption covers purchases made by the Club Sports program within the state of Virginia for goods/services, food, beverage, or related catering services. The exemption does not apply to lodging, gas, or car rentals. Club officers should inform vendors of their tax-exempt status prior to requesting payment from their club sport administrator.

Food and Beverage

All food and beverage purchases **MUST** be preapproved by your club sport administrator. Clubs may be required to provide a sign-in sheet for events they have requested food and beverage items. Clubs must use their self-generated revenue (SGR) account for all food and beverage purchases.

Delivery and pick-up food services can be purchased from any vendor. Catering services must be purchased from a vendor on the Approved Caters list: <https://shopmason.gmu.edu/approved-caterers-list/>

Team Meals – team meals must be preapproved by your club sport administrator.

- All meals must be included on a single receipt and paid using a credit card
- An itemized receipt will be required for reimbursement
- A sign-in sheet will be required for everyone



- Receipts may not include charges for alcohol

T-Shirts, Screen Printing, and Embroidery

Mason has several contracts with local vendors to provide screen-printing and embroidery services. If your club is planning to purchase t-shirts or have screen printing/embroidery completed, you are required to use a contracted vendor.

Purchases over \$5,000 require two competing bids from vendors on the list.

Clubs MAY NOT purchase any apparel without the design being approved by their club sport administrator.

See the [Club Sports Style Guide](#) for more information

Sublimated Uniforms

Clubs looking to purchase new uniforms should speak with their club sport administrator in advance. Clubs have been granted an exemption for uniforms using the sublimation process. When purchasing sublimated uniforms or apparel, clubs must use a University licensed vendor.

If you would like to use a vendor not listed on approved vendor page, the vendor will need to apply as an “Internal Campus Supplier.” The steps to apply are listed on the licensed vendor webpage. Please share this link with the vendor of your choice. This is not a quick process and may take up to 4-6 weeks.

See the [Club Sports Style Guide](#) for more information

Mason Logo and Fonts

Clubs are required to use “Mason” or “George Mason” when referencing the University and should refrain from using “GMU.”

Clubs may request a copy of their club specific logo from their club sport administrator.

Mason Recreation has two custom fonts that must be used with the logo or when referencing the university and/or club on apparel. Clubs will need to send these to any potential vendors, as these are not commonly used fonts.

- **Refrigerator Heavy** (MASON or GEORGE MASON)
- **Blair ITC Bold** (used to identify the club Ex. CLUB BASEBALL)

All apparel designs must be preapproved by your club sport administrator.

See the [Club Sports Style Guide](#) for more information

Purchasing Methods

Three individuals make the purchases for all Club Sports. Payment requests need to be submitted 10 business days in advance of desired purchase date.



Department Credit Card

The club sport administrators each have a purchase card that may be used to make payment for club related travel, equipment, food/beverage, lodging, apparel, and any other club related needs. Purchases over \$4999 may need additional approval outside of the Competitive Sports office. Clubs seeking to make a purchase with department credit card should email all pertinent purchase information (website, quantity, items, etc.) to their club sport administrator well in advance of the date the purchase is desired to ensure timely delivery.

Purchases involving use of the University or department logo MUST be preapproved by your club sport administrator.

Payment by Invoice

Payment by invoice can be made to pay entry fees, referee associations, and vendors that do not accept credit card.

Steps to Complete Payment:

1. Vendor/payee must provide an itemized invoice.
 - a. Purchases over \$4999 may need additional approval outside of the Competitive Sports office, please plan accordingly.
2. Vendors/payees that have not been paid previously by the University must self-register with the University and submit a VA-W9: <https://fiscal.gmu.edu/purchasing/do-business-with-mason/>
 - a. On the online form, "Mason Contact Information" refers to your club sports administrator.
3. Club officers should email the itemized invoice to their club sport administrator for payment.
4. Checks requests require a net 30 days from the day accounts payable has accepted the documents for disbursement. Club officers are responsible for communicating the payment terms to the individual/vendor.

Reimbursements

Any purchases made by club members in which they are seeking reimbursement MUST be preapproved by your club sport administrator. Reimbursements require extensive documentation and take a significant time to process, so payment with department credit card is preferred as a transaction method. Individual meals or expenses, lodging, rental vehicles, flights, and rail tickets will not be reimbursed. The most common reimbursable expense are gas, tolls, and team meals during travel.

Third Party Processors

Use of third-party processors (Venmo, PayPal, Square) is the least preferred method of payment and should only be used when a merchant will not directly accept credit card. Third party processors cannot be used to make payment to an individual for services.



Equipment

All equipment purchased on behalf of a club becomes property of George Mason University and will become part of the club's official inventory. A formal inventory of all University- purchased equipment will be conducted annually. Clubs will be held responsible for lost and/or damaged equipment. Individual club members and officers can also be held personally responsible for lost and/or damaged equipment.

All awards earned by teams and/or individual sport club participants will become property of the George Mason University and made available to the general club membership immediately upon receipt. Equipment or cash awards cannot be retained by individuals and must be used to support the entire club. All equipment must be inventoried, and all cash awards must be deposited in the club's self-generated revenue account.

Emergency Funds

Club Sports may request emergency funds from the ECCS. This fund has been set aside to assist clubs facing unforeseeable expenses such as those tied to qualification for a national tournament or an unexpected equipment replacement cost. Clubs may only request emergency funds after their other forms of funding have been exhausted.

Clubs must submit the Emergency Fund Request Form on Mason360 and meet with the ECCS to request emergency funds. Emergency funds are intended for unforeseeable expenses, not to cover deficits due to improper planning or poor financial management.



TRAVEL

As representatives of George Mason University, it is expected that all club members conduct themselves in a manner that aligns with the University's core values, the University's Code of Student Conduct, and the Club Sports Standard of Conduct at all times. Any behavior that reflects negatively on the University will be subject to disciplinary action including but not limited to, denial of reimbursements/funds or a travel suspension. Club Sports has implemented the following travel policies to help clubs make safe travel arrangements for competitions off-campus.

All club travel must be approved in advance by the Competitive Sports office. Prior to traveling, clubs must be in good standing with the Competitive Sports office and submit the appropriate paperwork.

Travel Forms

The following section includes a detailed description of travel forms, including their respective due dates and information requests. Failure to complete required forms will result in sanctions.

Competition Schedule

Each semester, clubs are responsible for submitting a competition schedule. This competition schedule should include all anticipated home and away events even if any details of those competitions have not been confirmed. The semesterly competition schedule is submitted through a Mason360 form with a specified template.

Travel Itinerary Form

The travel itinerary form is due through IMLeagues by 8:00am two business days prior to departure for any travel (Exception: home events and local practices). This deadline will typically be Thursdays at 8:00am for clubs traveling over the weekend. The purpose of this form is to detail all important aspects of the trip including:

- Trip leader contact information
- Reason for travel
- Destination address
- Departure date/time
- Arrival date/time
- Mode of transportation
- Drivers (if any)
- Lodging details

Any changes to travel plans prior to departure or while traveling must be reported to the Competitive Sports office by email or phone immediately.



Weekly Report Form

This Mason360 form is used to document results from club competitions and inform the Competitive Sports office of any injuries, problems, or incidents. It also collects photos or videos the club has taken in the past week. This form is due Mondays by midnight and should include information from the previous Monday-Sunday.

Class Absences

Club members who will miss classes due to club travel should discuss the situation with their instructors well in advance of the trip. When requested, the Competitive Sports office can prepare a memo verifying the club's status within the Club Sports program and authenticate the trip. The memo does not excuse a student from academic obligations. The student's instructor chooses whether he/she will permit students to make up any missed work. Students requesting letters should notify their club sport administrator *at least* two weeks in advance to allow ample time for the letter to be drafted and sent to faculty members.

Pre-Travel Check-In

Traveling clubs may organize a meeting time with their club sports administrator to obtain their credit card authorization if staying at a hotel, retrieve any equipment needed, restock first aid kits, and review any relevant policies with Competitive Sports staff prior to traveling.

Hotels/Lodging

Lucid Travel

The Club Sports preferred platform for booking lodging is Lucid Travel. Mason Recreation has a Lucid webpage dedicated to Club Sports booking: <https://gmu.lucidhotels.us/>.

Lucid Booking Instructions:

1. Clubs should research and select the most economical lodging option that fits their travel needs.
2. Clubs must select a room rate with free cancellation that also indicates "Pay at Hotel."
3. Clubs will enter the required information on the booking page and select "Notify my administrator to approve and provide payment arrangements." Make sure the number of rooms and guests per room is correct.
4. After submitting for confirmation, your club administrator will review and finalize the request if appropriate.
5. Club officers must pick-up a credit card authorization form from their club sport administrator to be used when checking into team hotels. This form gives permission for room and tax only to be charged to the p-card. All other charges must be applied to individual members' card.



6. Clubs are required to submit copies of receipts to their club sport administrator within 24 hours of their return to campus. Clubs may request that the hotel email receipts directly to their club sport administrator.

*Clubs members may stay with friends/family if room sharing restrictions are followed. University policy does not allow for the use of home sharing services like Airbnb.

Hotel Procedures

Check-In

- 1) Provide your reservation number and the credit card authorization form at check-in
 - a) Credit card information is not to be shared with anyone and is solely for use by the hotel staff.
 - b) This is confidential information and anyone breaking University policy will be subject to disciplinary action.
- 2) Club Sports will only pay for room fees, taxes, and parking charges.
- 3) A club member's personal credit or debit card must be used for incidentals
 - Males and females may not share hotel rooms
 - Club members must refrain from loud or inappropriate behavior that reflects poorly upon the University and/or negatively impacts the ability of clubs to use the hotel in the future

Check-Out

- 1) Check-out at the front desk and provide any additional information needed by the hotel.
- 2) Obtain an *itemized* receipt for your hotel stay. Ensure that the charges listed are accurate and reconcile any discrepancies.
- 3) Email or drop off receipts to the Competitive Sports office within two business days following the trip.

Drivers

Club teams may drive to their destinations if the destination is no further than 350 miles or six hours in driving time. Traveling members should arrive at/depart from their destination as a team. Overnight stays are highly recommended for all trips involving 6+ total driving hours. Clubs may request to travel to locations outside of this radius by contacting their club sport administrator. Teams who qualify for Nationals will be permitted to travel by car outside of the 350-mile radius, provided they meet with the Competitive Sports professional staff prior to solidifying any plans. Mason Recreation encourages the use of rental vehicles when available because use of personal vehicles carries a higher risk.

Restrictions

George Mason University has the following travel restrictions in place to help ensure the safety of those traveling.



- No driver shall drive for more than two hours without a break of at least 15 minutes.
- Any trip that is longer than 300 miles, or four hours, must have at least two qualified drivers assigned to drive.
- Clubs may not depart before 5:00am or plan to arrive at their destination or back to campus after midnight.
- Although obtaining meals and lodging are reasonable deviations, the trip must be along the most direct route between designated sites and not involve ad hoc side trips.
- Club must plan to travel in groups and should refrain from departing at different times.
- All passengers are required to wear a seat belt at all times.
- Only approved club members, coaches, or volunteers are permitted to travel with a club. Anyone traveling with the club **MUST** be listed on your travel itinerary and have completed all necessary paperwork.
- Clubs must avoid driving in inclement weather and/or hazardous road conditions.
- Have a detailed map of the destination area, including competition sites. Use of a GPS is advised.
- Have an emergency plan for the competition site and knowledge of hospitals/urgent care facilities in the area.
- Have contact information for the host(s) of the competition and emergency contact information for all traveling members (emergency contact information is collected through IMLeagues).

It is highly recommended that all vehicles have 2 qualified drivers, regardless of distance traveled

Personal Vehicles

Individuals traveling in personal vehicles understand they do so at their own risk. Drivers must be aware that by choosing to drive personal vehicles, they assume responsibility for the safety of those traveling in their vehicle. George Mason University is not liable for any costs as a result of an accident, including injury and property damage. Therefore, both the driver and owner of the vehicle should understand that taking personal vehicles exposes him/her to personal liability as a result of an accident. Drivers are responsible for ensuring they are properly insured at all times.

Accidents

In the event of an accident in a personal vehicle, the driver must:

1. Assist anyone injured and call for an ambulance if needed.
2. While the vehicle is at the accident scene, notify the State Police (911) or, if the accident occurs on-campus, George Mason Police (703-993-2810).
3. Follow the accident reporting procedure for their personal vehicle insurance policy.
4. Notify their club sport administrator of the accident.



Rental Vehicles

When renting a vehicle, clubs should contact their club sport administrator two weeks in advance to help them make reservations for rental vehicles – do not do this on your own. George Mason University has a contract with Enterprise Rent-A-Car which covers Mason students and staff on approved University trips. Under the Mason contract, any student or employee (including coaches who have completed the Volunteer MOU) that has been approved via the MVR and driver training course is covered under the University's insurance policy. Clubs should not purchase additional insurance when using a rental under the Mason contract.

Minimum age for drivers:

- Rentals originating in the state of Virginia = 18 yrs. old
- Rentals originating outside the state of Virginia = 21 yrs. old

George Mason University Reservation Link:

https://legacy.enterprise.com/car_rental/deeplinkmap.do?bid=028&andrefId=GEOMASO

When using rented vehicles, only approved Mason students, registered coaches, and staff may travel in the vehicle.

Motor Vehicle Report (MVR) Request and Release: <https://risk.gmu.edu/forms/>

Due *at least two* weeks prior to departure. Club members who are driving rental vehicles must submit this form to the Office of Risk Management. A new MVR authorization is required by the Office of Risk Management if a driver receives a new license in a different state or separates from and returns to Mason.

Drivers of Enterprise rental vehicles must be approved by the Office of Risk Management following their MVR check. Approved drivers must also register for and attend a mandatory driver education class. This class must be retaken every two years.

Accidents

In the event of an accident in a rental vehicle, the driver must:

1. Assist anyone injured and call for an ambulance if needed.
2. While the vehicle is at the accident scene, notify the State Police (911) or, if the accident occurs on-campus, George Mason Police (703-993-2810).
3. Notify their club sport administrator and the Office of Risk Management. Failure to make a report of a vehicle accident as required by the Vehicle Use Policy and the laws of the Commonwealth will be handled in accordance with the Commonwealth of Virginia Standards of Conduct and Performance.
4. Document the names, addresses, phone numbers, vehicle license numbers and insurance information of all persons and vehicles involved, including this information from any witnesses. Also document the names, phone numbers, and addresses of anyone injured or claiming to be injured. The Driver must provide this information to his or her club sport



administrator immediately upon return, as well as to the Office of Risk Management as soon as possible following the accident.

5. Complete an "Auto Loss Notice" form and forward to the Office of Risk Management as soon as possible. (Available in the insurance information packet of vehicles owned by the Commonwealth, or online from the Office of Risk Management: <https://risk.gmu.edu/vehicle-accidents/>.)
6. Complete an Employers' First Report of Injury Accident form as soon as possible if an injury to an employee (paid coach) occurs (<https://seerm.gmu.edu/report-an-injury-or-illness/>).
7. Do not comment on fault or make any statement to anyone except Driver's immediate supervisor, a representative of the Commonwealth's Division of Risk Management, a law enforcement officer, or the Office of Risk Management.

Return of Vehicles

Clubs are highly encouraged to return vehicles during normal business hours; however, we understand that this is not always possible. When returning vehicles outside of regular business hours, clubs should document the date and time the vehicle was dropped off and take a few photos of the interior and exterior of the vehicle(s) to protect against unwarranted fees.

Charter Buses

Clubs are encouraged to make use of charter services when traveling more than 350 miles. The costs associated with using a charter company should be considered prior to making plans to attend an event. There are no limitations for travel time when using charter services.

Academy Bus

Contract #: GMU1298-16
Contact Name: Dena Ennis
Phone Number: 302-537-4805 x3440
Email: dennis@academybus.com
Website: <https://www.academybus.com/>

LW Transportation

Contract #: GMU-1416-17-02
Contact Name: Beth Forsht
Phone Number: 703-955-7801
Email: beth@lw-transportation.com
Website: <http://lw-transportation.com/>

Air

Clubs needing air transportation are required to contact their club sport administrator well in advance of the proposed trip. Club are required to do the necessary research and email their club sport administrator the flights that fit best with the club's itinerary and are of reasonable cost. Club members are required to travel on the same flights to and from the destination.

Booking Domestic Flights:

1. Clubs research flights for the approved trip and submit information to the Competitive Sports office.



2. Club will schedule a meeting to review purchase and must provide a list of travelers. The following information is needed for each traveler:
 - a. Legal name
 - b. DOB
 - c. Gender
 - d. Any travel out of the country will need passport and expiration date(s)



FACILITIES

Facility Spaces

Mason Recreation oversees multiple facilities that are available for Club Sports use, pending the proper submission of forms and confirmation of reservation. When utilizing the facility spaces, clubs are required to adhere to all facility use guidelines. Mason Recreation's spaces that may be reserved by Club Sports include:

Outdoor Facilities:

RAC Field (turf w/lights), Field 3 (turf w/lights), Field 4 (Bermuda w/lights), Field 5 (Bermuda no lights), Field 1 (Bermuda no lights) *this field belongs to athletics and is rarely available*, West Campus Tennis Courts, Outdoor Basketball Courts, West Campus Pavilion

RAC:

Linn Gym, RAC Gym, Squash/Racquetball Courts, Martial Arts Room, Yoga/Pilates Room, Overlook, Classroom

Aquatic and Fitness Center:

Multipurpose Room, Competition Pool, Rec Pool, Hospitality Room, Full Classroom or Half Classroom

Field House:

Courts 1-4, Batting Cage (drop-down), Indoor Track

Only available Sun – Thurs 7:00pm – 11:30pm with approval; day of requests due to inclement weather must be submitted to club sport administrator by 12:00pm

***On rare occasions, a club may be able to reserve an Athletics' field. If this opportunity arises additional preparation may be required to include staffing.**

Facility Use Guidelines

Clubs are expected to treat facility space with care. All spaces must be cleaned and returned to their normal settings following use. Upon completion of outdoor events, trash is to be picked up, bagged, and disposed of in the nearest dumpster. Any damage or maintenance problems with recreation facilities should be reported immediately to the Competitive Sports office.

On-site staff has the authority to handle concerns with unruly participants, coaches and spectators. Alcoholic beverages, smoking and use of tobacco products are not permitted at any Mason Recreation practice or event. Persons under the influence of alcohol or drugs will be asked to leave the facility. Pets (except service animals) are not permitted at any Mason Recreation facility.



Inclement Weather Policy

The Competitive Sports and Facility staffs reserve the right to cancel indoor or outdoor practices and events if weather poses a threat to club participants. However, every effort will be made to provide ample notice. We will notify clubs of any weather-related warnings via email and text message during normal business hours. On-site staff will have final authority in decisions to delay or cancel events in progress.

University Closures

Practices and events during University closures are not permitted. Clubs that are still in season (traveling or competing) can request hold practices during the exam period but member attendance cannot be mandatory.

Practice Times

On-campus practice times will be assigned based on point and tier placement. Clubs request practice times at the end of the spring semester for the following year.

Requests from clubs that are currently suspended or on probation will be filled last. Based on the number of requests and available facility space, clubs may need to be flexible with their dates, times, and location. It is very likely that clubs may need to share spaces.

Clubs utilizing off-campus facilities are responsible for coordinating all quotes and reservations. Please meet with your club sport administrator for guidance.

Practice schedules for most clubs will be consistent throughout a year. Some practice times and spaces may vary mid-semester due to Intramural Sports and availability. It is the club's responsibility to notify the Competitive Sports office of any cancelations, regardless of whether it is a one-time cancelation or for a prolonged period of time. Reserved space that is continually found to be unused will be reallocated.

Once the final practice schedule is set, it becomes a binding contract between the club and Mason Recreation. Failure to notify the Competitive Sports staff when your club is not practicing will result in disciplinary action. If a permanent change to your practice schedule is desired, please contact the club sport administrator.

Event Requests

Requests to host events such as games, tournaments, and seminars require a Game Request Form on Mason360. The form must be filled out completely at least one month prior to the event for tournaments and 10 business days for home games involving 1-3 teams. Prior to submitting a request, clubs should check the Mason Recreation facility schedules to see if their desired venue is already reserved: <https://recreation.gmu.edu/facilities-hours/facility-schedules/>. It is highly recommended clubs begin the process as soon as it knows it wishes to host an event.



In addition to requesting a facility, clubs should begin the process of contacting potential traveling clubs and any necessary officials and/or judges at least one month prior to the event. Clubs should not promote a tournament or special event until facility space has been confirmed.

Off-Campus Home Events

Clubs utilizing off-campus venues for home events are responsible for finding a venue and making arrangements with the Competitive Sports office to secure the facility reservation. Clubs that are required to have athletic trainers at their home events must also make the request for coverage well in advance.

Meeting Rooms and Non-Mason Recreation Reservations – 25Live

Clubs who want to have business/informational meetings may reserve rooms within Mason Recreation facilities by emailing the Competitive Sports office at masoncs@gmu.edu a week in advance.

Clubs wishing to reserve academic classrooms or on-campus spaces not under control of Mason Recreation must submit requests through 25Live. These spaces include kiosks and outdoor areas throughout campus. Club officers must complete the 25Live training module before the start of the fall semester to be granted 25Live access. A club can have two officers with 25Live access each year.

Facility Inspections

In cooperation with the Mason Recreation staff, each club shares responsibility for its own safety at games and practices. A facility inspection should take place before all events. All hazards should be documented and avoided. Practices and games should be canceled if the safety of all participants involved cannot be guaranteed. If any hazards are found, notify staff as soon as possible.

Cancellations

Clubs must notify the Competitive Sports staff of any reservation cancellations in advance by email or phone call. Failure to do so may result in fees and/or loss of privileges.

- Practice Reservation – noon the day of practice
- Competition Reservation – one week advanced notice
- Gameday Inclement Weather Cancellation (Outdoor Facilities) – communicate with club sport administrator as soon as forecasted weather could impact event

Hosting Events

All Club Sports events hosted on- or off- campus must be approved by the Competitive Sports office. Pre-event meetings with Competitive Sports staff are recommended to ensure adherence to policies and aid in the staging of a successful event.



Pre-Event

Facility Reservation

Clubs obtain a facility reservation using the previously outlined procedure.

Event Staff

Athletic trainers are required for all home competitions both on- and off- campus.

Clubs are responsible for booking and arranging payment for any referees, judges, or other officials utilized in their sport.

Registration Fees

Clubs hosting events that require an entry fee from participants can collect advanced payment by check. Checks must be made out to “George Mason University” with the club name written in the memo line. The Competitive Sports office will inform clubs of any advanced payments received.

Event Equipment

Items like chairs, tables, coolers, and cash boxes are available for loan from Competitive Sports. Any desired equipment should be included in the special requests section of the Game Request Form.

Visiting Team Information

In the lead up to the event, clubs should provide visiting teams with information relevant to their time at the event venue. This material can include directions to the facility, parking instructions, facility policies, athletic training/medical services, lodging, and nearby dining options. Providing visiting teams with useful information will help encourage them to return to your event in the future.

The Competitive Sports office has developed a [Visitors Guide](#) to aid in the communication of this information,

Event Operations

Set-Up/Break Down

Club members should be assigned to assist in the set-up and break down of the event. This function may include gathering any equipment from storage areas, fillings water coolers, setting up game equipment, and posting signage. Set-up and breakdown time should be accounted for in the Game Request Form’s arrival and departure times.

On-Site Payments

Fees collected on-site for home events, fundraisers, and any other revenue must be deposited at the RAC front desk on the next business day following the event. Cash boxes may be checked out



by contacting your club sport administrator. Credit card payments can be made the day of the event for on-site events at the RAC front desk.

Policy Enforcement

Club officers and members should assist Mason Recreation staff in informing visitors of and enforcing any facility/programmatic policies. This enforcement can include areas like addressing irresponsible behavior from fans, coaches, or participants; violations of drug and alcohol policies; and removing pets from restricted areas.

Post-Event

Final financial reconciliation should occur directly after the event. On-site collections should be recorded and deposited at the RAC or AFC front desk. Any event registrations that were not paid prior to playing should be invoiced immediately to ensure timely payment. Official receipts should be emailed to anyone who paid by cash or check and may be seeking reimbursement from their university.

It is beneficial to draft a post-event summary. Club officers should list the steps in planning and executing the event, reflect on what went well with the event, and determine what can be improved upon when hosting similar events in the future. This summary is valuable to future club leadership when hosting events.

Equipment Storage

Various options for storing equipment are available to clubs at no cost. Club teams can utilize the storage shed on Field 3, the West Campus Pavilion, and the Club Sport storage areas located in the RAC and AFC.

Clubs are required to maintain an accurate inventory of all items. **Equipment must be kept neat and organized.** Clubs are not permitted to store personal belongings in Mason Recreation facilities. Only equipment purchased with club funding may be stored in recreation facilities/spaces. Equipment purchased with club funds is considered property of the University and must be picked up and returned from storage annually. Specific items, including large ticket items, may take upwards of a few weeks to be delivered, so clubs should plan accordingly.

It is highly recommended that clubs do not allow players to keep uniforms, as it is very difficult to track them down and they often go missing. Clubs will be held accountable for missing equipment and it may be reflected on their annual allocation from the ECCS.

Procedure for Accessing Equipment at the RAC/AFC

Each club may provide a list of up to four club members that are authorized to access equipment in the second-floor club storage area at the RAC and locked storage areas at the AFC. Listed members are to present their ID to RAC facilities staff during the facility's hours, and facilities staff will provide access to the storage area.



Access to the first-floor club storage area must be prearranged through Competitive Sports staff. This process is in place to protect items like uniforms that are stored here and more likely to go missing with less restricted access.

MARKETING AND PROMOTIONS

Club Sports Webpage

The Club Sports webpage (<https://recreation.gmu.edu/club-sports/>) is the main resource for members of the public seeking information on Mason Club Sports.

Clubs should review their individual pages on the club sports website each semester to ensure that all information is correct. It is highly recommended that pictures are updated on a regular basis. Header images should be of high quality and saved at: 723pixels x 264pixels. Please email updated photos to masoncs@gmu.edu.

Mason360

Mason360 is the University's student engagement platform. Mason360 offers a number of features including a mobile app, personalized resource content, events calendar and registration, and chatting. At minimum, clubs are expected to provide updated contact information, officer listings, and constitution on this platform.

The Club Sports program also has a separate Mason360 page containing most internal forms and document utilized by clubs.

Social Media

Club Sports are encouraged to promote themselves via social networking sites such as Facebook, Twitter, Instagram, etc. When creating a group to promote a club and disseminate club information, the official club name must be used as the group name (George Mason Club Baseball). Groups must be left public to those in the George Mason network to allow interested individuals to join the group. Groups that are not made public are in violation of this policy. Any pictures, events, and/or discussions on the group page must uphold the proper image of the club, Mason Recreation, and the University, and must not include inappropriate language, express any negative attitudes towards individuals/staff, or display any inappropriate behavior by club members. Club pages MAY NOT be used to promote parties, socials in which alcohol will be consumed, or anything of that nature. Any information found on group pages are subject to all the policies outlined in this handbook. Group pages must be kept current and up-to-date.



masonclubsports



Photo and Filming Policy

As private spaces, photography and videography at Mason Recreation facilities and fields strictly regulated. Clubs wishing to film or photograph within these areas must request permission to do so: <https://recreation.gmu.edu/about-us/photo-video-request/>.