

Sports Medicine – Pregnant Student-Athlete Participation

Summary

This policy has been developed to establish protection for the pregnant student-athlete and her unborn child. The procedures outlined in this policy will allow the student athlete to make the best decisions concerning her pregnancy and her future as a collegiate athlete.

Purpose

To provide guidance on the process for pregnant student-athletes permissibility to participate in athletic events.

Policy

Any student-athlete at Columbus State University that is pregnant is expected to inform her coach, the athletic director, or the head athletic trainer of their condition as soon as possible. Any decision to begin or continue participation for a pregnant student-athlete (team/individual workouts, weight lifting, competition, or practice) is strictly left upon the CSU Sports Medicine staff and CSU team physician, along with the student athlete's personal obstetrician.

The student-athlete may be able to continue to participate in competitive activity up to the 14th week of pregnancy, depending on the sport in which she is involved. She may continue cardiovascular and weight lifting workouts past that date only as advised by both physicians. The student-athlete must also be cleared post-partum by those same physicians before returning to athletic activity. Each case will be evaluated on an individual and sport basis, and treated as appropriate.

The *NCAA Sports Medicine Handbook* includes the following guidelines:

- The safety to participate in each sport must be dictated by the movements and physical demands required to compete in that sport. Many medical experts recommend that women avoid participating in competitive contact sports after the 14th week of pregnancy. Athletics activities associated with a high risk of falling should be avoided during pregnancy.
- Women who have medical conditions that place their pregnancies at high risk for complications should avoid physical activity until consultation with their obstetrician.
- The student-athlete should be aware of the warning signs to terminate exercise while pregnant: vaginal bleeding, shortness of breath prior to exercise, dizziness, headache, chest pain, calf pain or swelling, pre-term labor, decreased fetal movement, amniotic fluid leakage and muscle weakness.

- The student-athlete should be informed that NCAA rules permit a one-year extension of the five-year period of eligibility for a female student-athlete for reasons of pregnancy.

06/07

BOR Policy

N/A

Last Update

6/2016

Responsible Authority

Joshua Remy