Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Student-Athlete Pregnancy
Revised/Reviewed 7/2011

INTRODUCTION:

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.

POLICIES:

The student-athlete should inform an athletic trainer at the earliest known date of pregnancy - although we cannot require the athlete to inform us if they become pregnant, we trust that they will do what is in their own best interest and that of their unborn child.
The athletic trainer will then notify the appropriate athletic administrator and coach – followed by select physicians and support staff as part of a panel of pregnancy advisors.
A student-athlete MUST first BE CLEARED by her own OB/GYN and by Coastal Carolina University's (CCU) team physician before she may participate in ANY athletic activity; this includes the signing of an informed consent by the two involved physicians, the student-athlete, and a member of the University administrative staff. 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 by those same physicians before returning to athletic activity, post-partum. (*Each case will be evaluated on an individual and sport basis, and treated as appropriate.)

A panel of advisors has been put together in order to provide guidance and support to the student-athlete (to facilitate the application for a sixth year of eligibility, to facilitate the continuation of the academic process, or to offer solicited advice on any decision related to the situation). This panel consists of the University's team physician, senior women's administrator, sport psychologist, academic advisor, assistant athletic trainer, and the individual's coach AND personal OB/GYN.

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.
Institutions are prohibited from reducing or canceling aid to a student-athlete during the scholarship term, whether it affects the student-athlete's ability to participate with their team during that academic year

Exercise in Pregnancy

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.
- Institutions are prohibited from reducing or canceling aid to a student-athlete during the scholarship term, whether it affects the student-athlete's ability to participate with their team during that academic year.
- After delivery or pregnancy termination, medical clearance is required to ensure the student-athlete's safe return to athletics. Care should be taken to individualize return to practice and competition.

*Taken from 2008-2009 NCAA Sports Medicine Handbook

COASTAL CAROLINA UNIVERSITY
DEPARTMENT OF ATHLETICS
PREGNANT ATHLETE INFORMED CONSENT

I, _____, acknowledge that I have sought medical attention and advisement for my pregnancy and school/sport related issues, according to the Coastal Carolina University Athletic Department Pregnancy Policy. I understand that according to the NCAA, I am entitled to continue my athletic and academic careers, and may apply, if I wish for a sixth year of athletic eligibility. I recognize that any treatment or limitation listed below is for the protection of me and my unborn child, and I will adhere to the specific guidelines set forth by my physicians.

OB/GYN Notes/guidelines:_____

_____

_____

_____

_____

CCU Team Physician

Notes/guidelines:_____

_____

_____

_____

_____	_____	_____
(OB/GYN name print)	(OB/GYN signature)	(Date)
_____	_____	_____
(CCU team physician print)	(CCU team physician signature)	(Date)
_____	_____	_____
(Student-athlete print)	(Student-athlete signature)	(Date)
_____	_____	_____
(CCU athletic administration print)	(CCU athletic administration signature)	(Date)