



A student-athlete's pregnancy does not affect her Athletic Grant-In-Aid; however pregnancy does place unique challenges on student-athletes (male/female). The Fayetteville State University Athletics Department has instituted a Student-Athlete Pregnancy Policy for the protection of our student-athlete and her developing child. Pregnancy is treated as a temporary disability.

#### **What to Do if You become Pregnant:**

Pregnant student-athletes are encouraged to be honest about their circumstances and to seek counsel and medical care. As soon as you learn that you are pregnant, you should inform your Coach, Head Athletic Trainer, or Athletic Director, as well as, your personal physician/OBGYN, family or others who are important to you. This notification is necessary so that appropriate medical and emotional support can be made available to you as it relates to your decision. Confidentiality will be maintained by the Coach, Athletic Trainer, and the Athletic Director.

#### **What to Do if Your partner becomes Pregnant:**

If your partner becomes pregnant and you become academically and emotionally distressed, seek counsel and medical care. In the event that your partner's pregnancy may interfere with your education and/or athletic scholarship, you should inform your Coach, Athletic Trainer, or Athletic Director, as well as your family or others who have the best interest of your overall well-being. This notification is necessary so that appropriate academic and emotional support can be made available to you as it relates to your circumstantial involvement. Confidentiality will be maintained by the Coach, Athletic Trainer, and the Athletic Director.

#### **Can You Continue to Train and Compete?**

Assessing the risk of strenuous activity in pregnancy is difficult. The American College of Obstetrics and Gynecology (ACOG) has recommended that following a thorough clinical evaluation, healthy pregnant women should be encouraged to engage in regular, moderate intensity, physical activity. The safety to participate in individual sports should be dictated by the movements and physical demands required to compete in that sport and the previous activity level of the student-athlete. The American college of Sports Medicine discourages heavy weight lifting or similar activities that require heavy straining. High intensity exercise required for

competitions in nearly all sports has not been well studied and may increase fetal risk. Many medical experts recommend that women avoid participating in competitive contact sports after the 12th week of pregnancy, first trimester (NCAA Sports Medicine Handbook 2006-07). Only after counseling and discussion have occurred with a certified physician, and written consent from the physician, in consultation with our ATC, certified head Athletic Trainer, and Athletic Director, determine whether or not you will be permitted to compete. Additionally, your participation must be approved by Fayetteville State University Athletics Department with the recommendation from the FSU Legal Counsel.

### **How will this affect Your Team Standing and Athletic Grant-In-Aid?**

Your Athletic Grant-In-Aid, team membership status, benefits, or responsibilities, or be excluded from team activities for the current year will not be taken away due to pregnancy. Your physician and head Athletic Trainer will determine whether or not you are cleared to return to participation following pregnancy. The NCAA rules permit a one-year extension of the five-year period of eligibility for female student-athletes for reasons of pregnancy (NCAA Division II Manual Bylaw 14.2.2.2).. You may choose not to continue participating on the team without jeopardizing your athletic grant-in-aid for the length of the award period. If you choose not to continue competing, your athletic grant-in-aid will not be renewed following the existing award period.

### **Who Pays for Your Medical Expenses?**

It should be understood that Fayetteville State University is not obligated to cover any medical expenses associated with the student-athlete pregnancy. All medical expenses that are a result of pregnancy are the responsibility of you the student-athlete.

### **Where Can You Receive Confidential Counseling?**

You as the student-athlete must have appropriate prenatal counseling and discussion with the FSU Student Support Services and our ATC, Certified head Athletic Trainer, regarding your medical condition and risk of injury to you as well as to the fetus. The **FSU Center for Personal Development** provides individual counseling as well as a support group for students who become pregnant. Additional support information can be found at:

- Fayetteville State University Center for Personal Development  
Spaulding/Infirmary Building, Room 155  
(910) 672-1222/1203
- AAA Crisis Pregnancy Center  
1337 Ramsey Street  
Fayetteville, NC 28311  
(910) 483-3111
- Planned Parenthood of Central North Carolina, Inc.  
4551 Yadkin Rd.  
Fayetteville, NC 28303  
(910) 323-3774

- Catholic Charities  
General and Family Counseling  
2712 Ft. Bragg Rd.  
Fayetteville, NC 28303  
(910) 424-2020

The Athletics Department at Fayetteville State University does not encourage student-athletes to terminate a pregnancy because of financial or psychological pressure or fear of losing their Athletic Grant-In-Aid. The Athletic Department will continue to increase our educational efforts in this area.