

POLICY # & TITLE: **310.01 Participation by the Student-Athlete with Impairment**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Individual Assessment.** Sports medicine personnel should assess an impaired student-athlete's medical needs and specific limitations on an individualized basis so that needless restrictions will be avoided and medical precautions will be taken to minimize any enhanced risk of harm to the student-athlete or others.

**II. Medical exclusion** should only occur when a mental or physical impairment presents significant risk of harm to the health of the student-athlete or others that cannot be eliminated or minimized by reasonable accommodations.

**III. Medical Release.** Impaired student-athletes who are allowed to participate should be required to sign a document of understanding and a waiver releasing the university from legal liability for injury or death arising out of participation.

POLICY # & TITLE: **310.02 Participation by the Pregnant Student-Athlete**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

- I. Following a complete evaluation**, healthy pregnant women should be encouraged to engage in regular, *moderate* intensity physical activities.
- II. The safety to participate** in each sport must be dictated by the movements and physical demands required to compete in that sport.
- III. Approval** should be obtained from the pregnant student-athlete's personal physician, the team physician, and an appropriate official of the university.
- IV. Participation Level.** Pregnant student-athletes who participate in non-contact endurance sports should consider participating at a non-competitive level.
- V. Documentation** of the student-athlete's medical condition, the potential risks of participation during pregnancy, and a signed informed consent should be included in the student-athlete's medical record.
- VI. Following delivery or termination** of pregnancy, medical clearance is required to resume participation.

POLICY # & TITLE:                   **310.03 Sickle Cell Trait**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Screening**, if done at all, should be:

- A. Conducted on a voluntary basis,
- B. Conducted with informed consent, and
- C. Offered to all student-athletes.

**II. Student-athletes with a positive** sickle cell trait test should be offered genetics counseling as well as explanation of the remote and unclear possible risks associated with physical exertion and altitude.

**III. No unwarranted restrictions** should be placed on student-athletes with sickle cell trait.