

PREGNANCY GUIDELINES

The following guidelines have been developed by the Southeast Missouri State University Sports Medicine Department to establish protection for pregnant student-athletes and their unborn child. The following procedures will be in place for the student-athlete to make the best decision concerning her unborn child and future as a collegiate student-athlete. The main objective is to ensure the health and wellbeing of student-athletes, provide the opportunity to continue to participate in their sport and to assist them in completing their college education.

Southeast Missouri State University ("University") complies with Title IX and will not discriminate on the basis of pregnancy. The University handles pregnancy in the same manner it handles illness or injury.

In the event a student athlete becomes pregnant, the student athlete will be referred to the SEMO Team Physicians. The SEMO Team Physicians and athletic training staff will provide the student athlete with counseling and assist the student athlete with referrals for further counseling and evaluations as pertaining to her pregnancy. The SEMO Team Physicians will be responsible for coordinating and determining the participation status for the student athlete.

The student-athletes' right to privacy is the same for pregnancy as it is for any other personal medical information. The student-athlete should be assured that her medical information will be kept confidential unless she gives permission to release the information.

A panel of advisers exists to provide guidance and support to the student-athlete. This panel consists of the team physician, the senior woman administrator, athletic trainer, OB/GYN, and head coach. The student-athlete has the right to any confidential counseling.

Before she may continue ANY athletic participation, the student-athlete MUST first be cleared by her OB/GYN and by the team physician.

If the student-athlete chooses to continue competition during pregnancy at the University, she can do so with medical approval and will be required to have the appropriate parties complete the informed consent and to sign this document, which includes a waiver releasing the University from any responsibility for complications, which may result from continued play.

Any questions regarding 6th year eligibility should be directed to the Senior Woman Administrator.

Risks Associated with Exercise during Pregnancy

The NCAA Sports Medicine Handbook has outlined the following 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
- Muscle weakness

Additionally, 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 also be avoided during pregnancy (ACOG, NCAA Sports Medicine Handbook, and American Chiropractic Board of Sports Physicians).

After delivery or termination of the pregnancy, the student-athlete will need time for recovery prior to returning to participation. The exact time for recovery will be assessed by the panel of advisors. A follow-up examination by the student-athlete's health care provider is required to be on file prior to clearance to participate in her sport.

Advisory Panel Members

- Athletic Trainer
- Head Coach of Sport
- SEMO Senior Woman Administrator
- SEMO Health Care Administrator
- Student-Athlete's OB/GYN

SOUTHEAST MISSOURI STATE UNIVERSITY
DEPARTMENT OF SPORTS MEDICINE
INFORMED CONSENT AND GENERAL RELEASE

OB/GYN

Notes/Guidelines: _____

Team Physician

Notes/Guidelines: _____

(OB/GYN name print)

(OB/GYN signature)

(Date)

(Team Physician name print)

(Team Physician signature)

(Date)

I, _____, acknowledge that I have received a copy of the Department of Sports Medicine Southeast Missouri State University Pregnancy Guidelines (“Pregnancy Guidelines”) and sought the appropriate medical attention concerning my pregnancy according to the Pregnancy Guidelines. I have read and understand the risks of continuing in athletic participation including but not limited to those set forth in the Pregnancy Guidelines. I also understand that I am to adhere to any advice and/or limitation set forth by my personal OB/GYN and panel of advisors, as set forth above and in my medical record.

In consideration of being permitted to participate in my sport at Southeast Missouri State University (“University”), I, for myself, heirs and personal representatives, release, waive, discharge and covenant not to sue the University and others from all liability on account of any injury to myself, injuries that would culminate in termination of my pregnancy or injuries to my unborn child, whether or not caused by the negligence of the University while I am participating in sporting events and all activities in connection therewith.

I hereby expressly agree that this release and waiver is intended to be as broad and inclusive as permitted by the laws of the State of Missouri and that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I, being of lawful age, for myself, heirs and personal representatives, hereby release and forever discharge the University, their successors and assigns, of and from any and every claim, demand, action or right of action, of whatsoever kind of nature, arising from or by reason of any bodily injury, which may occur as a result of my participation in the sporting events and activities in connection therewith.

I further state that I have carefully read the foregoing General Release, know the contents thereof and have signed this General Release as my own free act.

(Student Athlete name print)

(Student Athlete signature)

(Date)