Policy # - 28
Pregnancy Participation Guidelines

Reference: NCAA Sports Medicine Handbook and American College of Obstetricians and Gynecologists

The University of Tampa has established guidelines to protect our student-athletes who may be pregnant while participating in intercollegiate athletics. It is mandatory for the athlete to notify the Sports Medicine staff, we feel it is in the athlete's and the unborn child's best interest to notify us when a pregnancy may be suspected. Early notification is necessary in order to offer all parties involved the best possible care and protection in a timely fashion. Current guidelines for exercise during pregnancy and the postpartum period from the American College of Obstetricians and Gynecologists indicate that regular, moderate intensity exercise concurrent with established levels have a benefit to both the mother and the fetus. Although potential risks of injury during play are rare a complete evaluation must be completed by the athlete's obstetrician to allow continued participation. Athletes with any of the following conditions will not be allowed to participate:

- Hemodynamically significant heart disease
- Restrictive lung disease
- Incompetent cervix/cerclage
- Multiple gestation at risk for premature labor
- Persistent second and third trimester bleeding
- Placenta previa after 26 weeks of gestation
- Premature labor during current pregnancy
- Ruptured membrane
- Preeclampsia/pregnancy induced hypertension

Competition will not be allowed after the first trimester due to a risk of damage to both the athlete and the fetus, however athletes may continue to exercise with the team or on there own with the following guidelines:

- Athlete will continue to maintain regular scheduled visits with their obstetrician
- Athlete must read and sign the information booklet on physical fitness and the pregnant athlete
- Exercise in the supine position will be avoided due to decreased cardiac output in this position
- Exertion should be moderate and not to exhaustion
- Exertion at high altitudes (over 6,000 feet) should be strictly monitored
- Resumption of full activity in the post-partum period after clearance by the athlete's obstetrician is encouraged as tolerated
- Exercise will be discontinued in lieu of the following conditions
    - Vaginal bleeding
    - Dyspnea prior to exertions
    - Dizziness
    - Headache
    - Chest pain
    - Muscle weakness
    - Calf pain or swelling
    - Preterm labor
    - Decreased fetal movement
    - Amniotic fluid leakage

Due to morphological changes that increase the risk of injury, activities that may result in balance loss or even mild abdominal trauma are strongly discouraged. Travel with the team will also be forbidden after the first trimester due to the potential for significant medical complications.

Authorized by:_____

Implemented by:_____ Date: 6/05

Revised Date: