Missouri Valley College Athletic Department

Participation by the Pregnant Student-Athlete Policy

Any student-athlete at Missouri Valley College that is pregnant must immediately inform their coach, the athletic director, or the head/assistant athletic trainer of their condition. NO ATHLETE is allowed to participate within any sport, without seeking permission from the Missouri Valley College athletic training staff and team physician. Decision to begin or continue participation at Missouri Valley College for a pregnant student-athlete is strictly left upon the athletic training staff and team physician of Missouri Valley College Athletics, along with the student-athletes obstetrician.

- Any woman who wants to exercise during pregnancy should get her doctor's OK first.
- Many medical experts recommend that women avoid participating in competitive contact sports after the 14th week of pregnancy.
  - Athletic activities associated with a high risk of falling should be avoided during pregnancy.
  - The American College of Sports Medicine discourages heavy weight lifting or similar activities that require straining or valsalva.
  - The American College of Obstetrics and Gynecology has recommended that pregnant women avoid supine positions during exercise as much as possible.
- 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.

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