UNIVERSITY OF LOUISIANA-MONROE
DEPARTMENT OF ATHLETICS
JEWELRY POLICY

Please be reminded of the NCAA Sports Medicine Policy of **no visible jewelry for all practices and events**. Visible jewelry is defined as any items that are readily visible in your normal practice or game uniform. **Items that are always visible and therefore must be removed are: earrings, necklaces, watches, wrist beads, finger rings, toe rings, brow rings, belly button rings, nose rings and tongue piercings.**

This policy is for the safety of you, the athlete, and for the safety of your teammates. Four typical injuries can happen while wearing these items.

1. Direct blow to the pierced area resulting in a laceration, severe contusion, or an avulsion injury to you or to your opponent/teammate.

2. Opponent/teammate catches the jewelry and rips it from your body. Usually this results in the jewelry being damaged. If a teammate catches a "ring" of some sort with a finger, etc., the ring will be forcibly ripped from your body resulting in probable damage of the item and guaranteed damage to your body; not to mention the damage to your teammate's finger (it is known as a tendon avulsion and requires surgery to repair).

3. Tooth damage by biting down on such items and breaking a tooth. Most dental plans will not pay for this type of dental repair.

4. Asphyxiation. Should your tongue ring remove itself, you will breathe it into your lungs, it becomes a life-threatening emergency that will require your immediate removal from the game and it's immediate removal from your lungs.

NO VISIBLE JEWELRY OF ANY TYPE WILL BE ALLOWED DURING ANY PRACTICE OR GAME!!
THE JEWELRY WILL BE REMOVED OR YOU WILL BE REMOVED FROM PRACTICE!

The Sports Medicine Staff has been instructed to inform you that you need to remove it and then inform your coach if you do not remove the item. If you refuse, you will be removed from practice and will not return until it is removed. **Covering is not removing!**

Thank you for your cooperation in keeping yourself and your teammates as injury free as possible.

I hereby state by signature that I have read and fully understand the above policy.

_____ _____

Athlete's Signature **Date**