Athletic Year 2006-2007

Women Athletes and Pregnancy
SIU Athletics

Special attention is demanded among athletic competition and pregnancy for safe participation. SIU athletic department and the athletic training staff want women athletes to become aware of the risks associated with pregnancy and competitive athletics.

The American College of Obstetrics and Gynecology (ACOG), the American College of Sports Medicine (ACSM) and the National Collegiate Athletic Association (NCAA) have acknowledged the importance of athletic competition and the increased presence of safety for the pregnant athlete. Although there are many benefits to low intensity exercise for the fetus and the athlete, coordinated efforts between the athlete and the medical staff must remain open to communication for an increased protection of the environment associated with high intensity sport participation.

Therefore, the pregnant athlete and their participation in their respective sport will be dictated by the physical demands of that sport and coordinated communication with the physician. Many medical experts suggest that pregnant women avoid competition after the 14th week of pregnancy due to the potential higher risk of health complications.

This position statement gives SIU women athletes' information on competition and pregnancy. Again, with pregnancy and athletic competition, the SIU athletics department and athletic training staff will follow these guidelines in ensuring safety of the athlete and will reserve the right, under reasonable suspicion, to ask the student athlete to submit to an urine pregnancy test, in accordance to the recommended safety procedures provided by physicians and staff. The student athlete will be removed from SIU competition, posting a positive test, and will refer to the 14th week guidelines and recommendations made with their respective physician.

Printed Name of Athlete _____

SSN/International #_____ Sport(s)_ _____

Athlete Signature_____ Date _____

Signature of Guardian (if minor)_____ Date_____