Texas A&M University  
Department of Athletics  
Pregnancy Policy  
September 1, 2010

Pregnancy places unique challenges on the student-athlete. The Texas A&M University (TAMU) Athletic Department has adopted the following policy:

- To protect the health, confidentiality, and scholarship status of student-athletes who become pregnant;
- To enable pregnant student-athletes to continue to participate in their sport to the fullest extent possible; and
- To provide medical providers, coaches, and administrators with uniform guidelines.

Notification and Confidentiality

No coach or other TAMU Athletic Department staff member shall suggest to any female student-athlete that if she becomes pregnant this will affect in any way her continued participation on an athletic team. A student-athlete who suspects or knows that she is pregnant is strongly encouraged to notify the team physician as soon as possible, in addition to any personal physician from whom she is also receiving medical care or treatment.

Pregnancy testing is available through the team physician, the Beutel Student Health Service, or any other medical provider. Timely medical and obstetrical care is available through numerous private practitioners and organizations in the Bryan-College Station community who provide such care, including the Brazos Valley Prenatal Clinic.

A student-athlete’s right to privacy concerning her pregnancy is the same as it is for any other personal medical information. When a student-athlete determines that she is pregnant, the student-athlete is strongly encouraged to notify the team physician of her pregnancy, and it is the responsibility of that physician to assure that all conditions of this policy are faithfully followed. The team physician will keep such notification in the strictest confidence until such time as there is a medical reason to withhold the student-athlete from competition. Information regarding a student-athlete’s pregnancy will not be shared with other students. Nor will such information be shared with the student-athlete’s coaches, athletic trainers, parents or guardian, or her sexual partner without the student-athlete’s informed written consent.

The TAMU Athletic Department encourages student-athletes who become pregnant to inform their head coach and athletic trainer of this fact, but a student-athlete is not required to do so. A student-athlete who becomes pregnant may also want to inform her sexual partner, family members, and others close to her.

Coaches and TAMU Athletic Department staff should not counsel the student-athlete on pregnancy issues, including parenting, adoption, or terminating a pregnancy. A student-athlete may receive confidential counseling from her personal physician, the TAMU Student Counseling Service, and any of the organizations in the Bryan-College Station community who provide such services.
Continued Participation in Athletic Training and Competition

Pregnancy will be treated like any other temporary health condition that prevents participation in the sport of the student-athlete. The student-athlete’s financial aid will not be affected by pregnancy. The student-athlete may continue to be included in any other student-athlete services during the time of her pregnancy. NCAA Bylaw 14.2.1.3 provides that “a member institution may approve a one-year extension of the five-year period of eligibility for a female student-athlete for reasons of pregnancy.”

A pregnant student-athlete shall be allowed to participate fully in athletic training and/or competition with the prior approval of her personal physician and the team physician. Such participation shall not be permitted if the student-athlete’s personal physician or the team physician certifies that participation is not medically safe.

If the student-athlete chooses to participate/compete during her pregnancy and she is medically cleared to do so, documentation outlining the student-athlete’s medical condition, the potential risks of athletic participation during pregnancy, and the student-athlete’s understanding of these risks is required in the form of a signed consent. A participation plan shall be created and agreed upon by the team physician, the student-athlete’s personal physician, and the student-athlete.

Following delivery or pregnancy termination, as with any other temporary medical condition, medical clearance will be required before the student-athlete may resume practice or competition. Such clearance shall rest with the student-athlete’s personal physician. The TAMU Athletic Department will help the student-athlete return to her sport after pregnancy and during parenting, if the student-athlete desires to do so. The TAMU Athletic Department will also help the pregnant and parenting student-athlete plan for continued academic progress in accordance with the university’s educational mission.

If the student-athlete chooses not to participate and to forego her remaining years of eligibility, her scholarship will not be renewed following the existing award period.

Medical Insurance Coverage

As with any other nonathletic-related medical condition, pregnancy expenses will be the financial responsibility of the student-athlete and/or her family. As a general rule, the TAMU Athletic Department’s medical insurance policy for student-athletes does not cover pregnancy-related care and treatment. However, in the event that an injury arises during the course of a pregnant student-athlete’s approved participation in athletic training or competition, medical insurance coverage may exist.
Texas A&M University
Department of Athletics
Pregnant Athlete Informed Consent

I, ________________________________, acknowledge that I have sought medical attention and advisement for my pregnancy and school/sport related issues, according to the Texas A&M University Athletic Department Pregnancy Policy. I understand that according to the NCAA, I am entitled to continue my athletic and academic careers, and may apply, if I wish, for a sixth year of athletic eligibility.

I recognize that any treatment or limitation listed below is for the protection of myself and my unborn child, and I will adhere to the specific guidelines set forth by my personal physician and the Texas A&M University Team Physician as identified below.

Personal Physician - Notes/Guidelines:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________  

TAMU Team Physician - Notes/Guidelines:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________  

(Student-Athlete – print) (Student-Athlete – signature) (date)

(Personal Physician – print) (Personal Physician – signature) (date)

(TAMU Team Physician – print) (TAMU Team Physician – signature) (date)

(TAMU Athletic Dep’t Admin. – print) (TAMU Athletic Dep’t Admin. – signature) (date)