



# UNIVERSITY OF LOUISIANA AT MONROE SPORTS MEDICINE



## JEWELRY POLICY

Athlete's Name: \_\_\_\_\_ Sport: \_\_\_\_\_ Sex: \_\_\_\_\_

Social Security: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

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, eyebrow rings, belly button rings, nose rings, and tongue piercings. **Any injuries sustained while wearing any jewelry will not be covered through the ULM Sports Medicine Secondary Insurance!**

This policy is for the safety of the student-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 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 probably damage of the item and guaranteed damage to your body; not to mention the damage to your teammate's finger.
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 can breathe it into your lungs. This is a life-threatening emergency that will require immediate removal from the game and 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 Athletic Training 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 until it is removed. **Covering is not removing!**

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

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_