

RECOMMENDED GUIDELINES

PREGNANCY IN SPORT



For the health and safety of pregnant participants or volunteers and the developing embryo, Australian Little Athletics (ALA) has developed the following guidelines with regard to pregnancy. These guidelines will come into force when a girl or woman becomes pregnant or

1. Athletes

- 1.1 A pregnant participant accepts that there are certain risks inherent in participating in some athletic events, due to their explosive and impacting nature and/or the possibility of overheating or suffering trauma as a result of impact or fall.
- 1.2 The SALAA would prefer that a pregnant member did not compete in high level competition and if participating at all, only take part in a manner appropriate to her pregnancy.
- 1.3 SALAA preference is based on what it perceives to be the development of the embryo and possible risks during the pregnancy.
- 1.4 SALAA will request a participant who is pregnant to seek medical opinion and written advice as to her level of involvement in training and competing. Such advice should consider each athletic event as a differing type of activity.
- 1.5 Medical certification, in writing, clearing a member to participate will be required. Such certification should specify the events in which the member may participate.
- 1.6 Medical certification, as referred to above, will be required every four weeks, commencing with the second trimester of the pregnancy.
- 1.7 Any participant who is pregnant, after receiving medical clearance, must make and rely on her own decision (with the written approval of her parents/legal guardians) whether to compete and/or train, and in making that decision, is to take account of the SALAA preference as stated in 1.2 above.
- 1.8 SALAA does not wish to, and will not discriminate against a participant, based on her pregnancy.

2. Volunteers

- 2.1 A pregnant volunteer accepts that there are certain risks inherent in officiating in some roles.
- 2.2 The SALAA would prefer that a pregnant volunteer did not officiate in any role where there maybe any chance of overheating (hyperthermia) or trauma from a blow, impact or fall.
- 2.3 SALAA preference is based on what it perceives to be the development of the embryo and possible risks during the pregnancy.
- 2.4 Any volunteer who is pregnant must make and rely on her own decision whether to undertake a particular role, and in making that decision, is to take account of the SALAA preference as stated in 2.2 above.
- 2.5 SALAA does not wish to, and will not discriminate against a volunteer, based on her pregnancy.