

APPENDIX A:

Pregnancy Risk Assessment for SGBs

Disclaimer: Please note that this form is a template Risk Assessment for SGBs to review and adapt as appropriate. It is the SGB's responsibility to ensure that a Risk Assessment meets their needs.

This form is to help SGBs manage the health and safety of pregnant athletes and new mothers on funded programmes.

The risk assessment should be reviewed regularly to monitor changes and specific health issues.

Athletes who are new or expectant mothers may also wish to complete their own risk assessment if self-employed and share their findings with their SGB to agree on specific measures to maintain their health.

What is a Risk Assessment?

You are not required to be an expert on risk assessment; however, you will need to:

- **Identify** what could cause injury or illness – these are the hazards
- Determine the **likelihood** that the hazard could cause harm or serious injury – this is the risk
- Take **action** to eliminate the hazard, or to control the risk.

These are particularly important when assessing the Athlete's training and/or competition environment. It is your responsibility as the SGB to ensure a duty of care to your Athletes throughout their pregnancy and post-childbirth.

- The risks specified in this document are ones which are reasonably foreseeable. Recommendations from a GP or midwife must feed into this.
- Where uncertainty exists over any risks, then further advice should be sought from the Health and Safety Executive or a qualified medical practitioner within a HCSI.
- It is recommended that you discuss potential risks with the Athlete and any concerns they may have. This open dialogue will encourage early reporting of any issues.
- Please notify UK Sport (pregnancyguidance@uksport.gov.uk) when the Athlete informs you that they are pregnant and confirm that you have completed the Risk Assessment Form.
- A copy should be sent to the Athlete for their records. This should not be shared with UKS.

PREGNANCY RISK ASSESSMENT TEMPLATE

Name of Athlete:		
SGB:		
Sport/Discipline:		
Name of SGB staff member:		
Signature of Athlete:		
Signature of SGB staff member:		
Date of Risk Assessment:		
Is this the first assessment for this pregnancy?	Yes No	Reference*:
Has the Athlete taken part in this assessment?		

* There is a responsibility for SGBs to monitor the Athlete's pregnancy as it progresses, in addition to when the Athlete returns to training and competition post-childbirth.

Risk	Yes	No	Control Measures
Movement and Posture			
Does the Athlete's training and competition involve awkward twisting or stretching?			
Does the Athlete need to stand for long periods, for example, more than two to three hours without a break?			
Does the Athlete need to sit for long periods, for example, more than two to three hours?			
Does the Athlete's training and competition involve restrictions in space? If yes, will these cause more restricted movement as the pregnancy develops?			
Will the Athlete be exposed to any shocks or vibrations?			

Risk	Yes	No	Control Measures
Manual Handling			
Will the Athlete be twisting, stooping, or stretching to lift objects?			
Will the Athlete be lifting, pushing, or pulling heavy loads?			
Will the Athlete be rapidly and repeatedly lifting (regardless of weight)?			
Will the Athlete be lifting objects that are difficult to grasp or awkward to hold?			

Risk	Yes	No	Control Measures
Training and Competition related stress			
Will the Athlete be expected to train and compete for periods of long hours?			
Does the Athlete have flexibility to adapt their IADP?			
Will training and competitions involve very early starts or late finishes?			
Will the Athlete be training or competing alone?			
Have measures been put in place at all training and competition facilities (inc. toilets) to minimise slips, trips and falls?			

Risk	Yes	No	Control Measures
Training and Competition related stress			
Are there any tasks which are known to be particularly stressful?			
Are teammates and ASP supportive towards the pregnant Athlete?			
Is the Athlete aware of what to do if they feel they are being bullied or victimised?			
Has this risk assessment considered any concerns the Athlete has about their own pregnancy?			

Risk	Yes	No	Control Measures
Extremes of cold or heat			
Does training or competition involve exposure to temperatures that are uncomfortably cold (below 16°C) or hot (above 27°C)?			
If clothing is provided against the cold, is it suitable for the pregnant Athlete?			
Is the Athlete exposed to cold draughts even when the average temperature is acceptable?			
Are there arrangements for sufficient breaks and access to hot or cold drinks, and snacks?			

Risk	Yes	No	Control Measures
Training at height			
Does training or competition involve a lot of climbing up and down, including the use of steps or ladders?			
Does training or competition involve lifting, or carrying items up or down, including the use of stairs or ladders?			
Does training or competition involve being at altitude or an environment that replicates this?			

Risk	Yes	No	Control Measures
Training or competition related violence (Violence and the fear of harm to the baby can increase the risk of miscarriage, premature birth, and problems with breastfeeding)			
During training or competition in all combat sports e.g. boxing, taekwondo, judo, what are the specific control measures and equipment in place to protect the Athlete and their baby. Please detail these and the agreement of use, in the Control Measures box			
Is support available should the Athlete be threatened or abused by teammates or ASP?			
Are teammates and ASP aware of the added risks posed by violence to pregnant women?			

Risk	Yes	No	Control Measures
Welfare			
Is there somewhere quiet for pregnant Athletes to rest or lie down?			
Are toilets easily accessible and Athletes given sufficient breaks?			
Is there a clean and private area to express breast milk?			
Is there a safe place for Athletes to store expressed milk?			
What support is in place for the Athlete should they experience pre- or post-natal depression?			

Risk	Yes	No	Control Measures
Covid-related			
Is the Athlete under 28 weeks' gestation?			
Does the Athlete have any underlying health conditions such as heart or lung disease? (Refer to current Government guidance for at-risk conditions)			
Is the Athlete required to wear a face covering, which may impact on breathing?			

Risk	Yes	No	Control Measures
Emergency Evacuation			
In a training and competition environment, are there different evacuation procedures for a pregnant Athlete?			
Does the pregnant Athlete require a PEEP (Personal Emergency Evacuation Plan)?			
Has the Athlete been allocated a buddy for evacuation?			

Risk	Yes	No	Control Measures
Other			
Will the Athlete be exposed to any other risks which have not been highlighted above? Additional risks should be added to the appropriate section or below (within this 'Other' section)			
Comments (include confirmation of any changes adopted or new control measures introduced)			