

APPENDIX K:

Athlete Pregnancy Checklist

Please note that this is an example checklist and should not be deemed exhaustive. The following should act as a guide, recognising that circumstances may vary for each Athlete.

Take a pregnancy test		Check which Government Benefits you are entitled to (including Maternity Allowance after week 26 and Sure Start Maternity Grant)		Start buying the things you'll need for your baby		Make sure you know the signs of labour	
Review your SGB's Pregnancy Guidance/Policy *		Make an appointment to see your midwife or GP (starting your antenatal care)		Feeling hungry? Stick to a healthy diet		Pack your bag ready for the birth	
Notify your SGB about your pregnancy (informally and formally in writing as soon as possible)		Book antenatal classes through the NHS and/or NCT		At least three months prior to the due date, meet with your SGB and performance support staff to discuss your intentions following birth		When in labour, phone the maternity unit before leaving home	
Your pregnancy should remain confidential. Agree with your SGB when it may be appropriate to notify other Athletes and staff		Check eligibility for free milk, fruit and vegetables through Healthy Start		Agree on engagement levels with your SGB, which may involve attending training sessions		Consider engaging with your SGB within three months (timing is athlete-led) of the birth of your baby	

If you wish to take supplements, such as folic acid please refer to APPENDIX E: SUPPLEMENTS		Make sure you've been offered all your screening tests		Want to contribute to your sport in another capacity whilst pregnant? Speak with your SGB about other available roles, e.g. an ambassador role		Discuss and confirm with your SGB your intentions of returning to your sport (within six months post-childbirth)	
Stay active. Consult with a female athlete health specialist and physiologist (including pelvic health physiologist) **		Make an appointment to see a dentist (free dental care)		Consult with your Performance Lifestyle Practitioner about personal development you may wish to undertake during this period		Once your intention is clear, adapt your IADP for return to training and competition with your sport. You may wish to also discuss childcare plans	
Meet with your SGB to design an appropriately adjusted IADP for each stage of the pregnancy		Ask to hear your baby's heartbeat		Stay connected with friends and family throughout your pregnancy and after		Ensure the SGB conducts a risk assessment and 'signs you off' prior to your return to training ***	
Ensure the SGB conducts a risk assessment with you early in your pregnancy and at regular intervals thereafter		Visit the maternity unit you plan to give birth in		Start your birth plan		Consider childcare arrangements and tax-free childcare support available	

* This should state what obligations you and the SGB have, and what support (including APA) is provided

** It is recommended that you contact smarter@eis2win.co.uk femaleathletehealth@sisport.com or another HCSI

*** This should also consider other post-childbirth matters, such as breastfeeding and how the SGB may support you with this