

# PREGNANCY GUIDANCE AND SUPPORT FOR HIGH-PERFORMANCE SPORTS: SUPPORTING AN ATHLETE IN THE EARLY STAGES OF PREGNANCY

This guidance is designed to support athletes who wish to have a child while they are a member of a High-Performance Programme. It also advises Sports Governing Bodies (SGB's) how to support an athlete's pregnancy appropriately at all stages.

## OPEN DIALOGUE



Have a **designated point of contact** – ideally a Performance Lifestyle Practitioner – so that the athlete knows who to inform about their pregnancy.



The athlete should be encouraged to **speak with the SGB's doctor** as early as possible, to discuss the risks of training and/or competing while pregnant.



The athlete and SGB should **review the Athlete Agreement** so that the athlete is aware of their responsibilities and obligations.



## INITIAL CONSIDERATIONS



An athlete's **Individual Athlete Development Plan (IADP)** may need to be adapted and they may require additional support and guidance regarding **nutrition**.

Any **additional support** an athlete may need during their pregnancy based on their individual needs should be considered.



The pregnancy should **remain confidential** unless the athlete provides consent for it to be shared, or a risk has been identified.



The UK Sports Institute operates an Athlete Pregnancy Network WhatsApp group. Athletes should contact

[femaleathlete@uksportsinstitute.co.uk](mailto:femaleathlete@uksportsinstitute.co.uk) for further information.

## TRAINING AND COMPETITION

Once the athlete has informed the SGB they are pregnant and given consent to share this information:



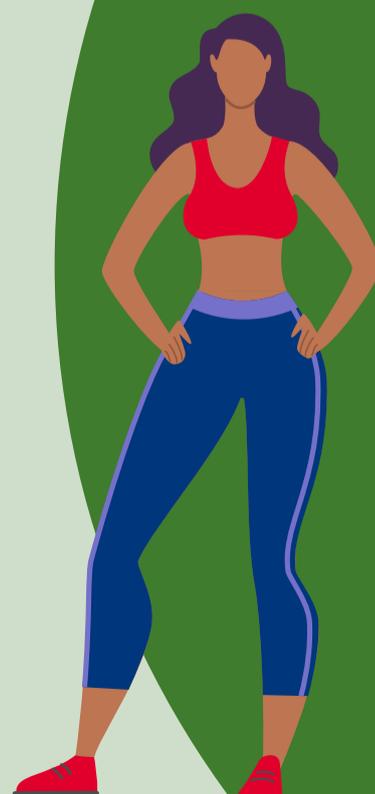
A **meeting should take place** between the athlete and their team to discuss and agree an appropriate IADP for the remainder of the pregnancy, with **regular informal reviews** thereafter.

Time away from training and competition for **care and midwife appointments** should be permitted without question.



It is advisable for the athlete to **seek expert medical advice** from the SGB doctor as well as an Obstetrician, GP, or similar, outside their SGB throughout their pregnancy.

When adapting the athlete's IADP, an **ongoing risk assessment** should be conducted to consider sport-specific and contextual risks. This should be updated throughout the pregnancy.



To read the full guidance document, visit [uksport.gov.uk/resources/pregnancy-guidance](https://uksport.gov.uk/resources/pregnancy-guidance)

