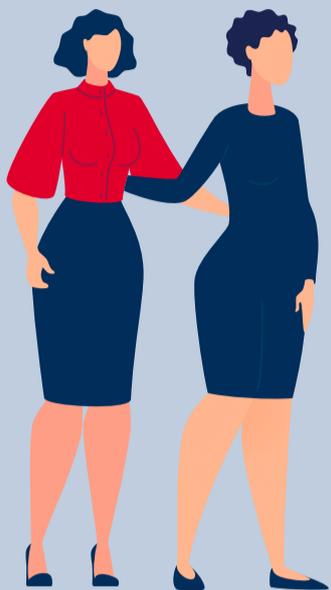


PREGNANCY GUIDANCE AND SUPPORT FOR HIGH-PERFORMANCE SPORTS: SUPPORTING AN ATHLETE DURING PREGNANCY

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.

SUPPORT NETWORK



An athlete should be offered the opportunity to invite a partner, friend, relative or other suitable person to **accompany them to any meetings** relating to their pregnancy.

The athlete's coach/personal coach should **proactively check in** with the athlete during their pregnancy.



The SGB should ensure the athlete **continues to feel engaged** with the programme (if they are no longer training), by considering alternative roles, or attending meetings in person or online.

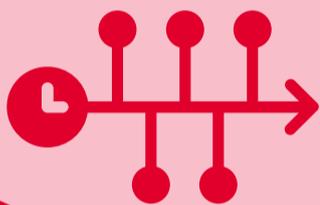


Athletes can cover the cost of **NHS attending antenatal classes** through the NHS or National Childbirth Trust via the UK Sport Personal Development Award (PDA).

NHS

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PLANNING



A proposed **timeline for returning to training and competition** may be put in place prior to the athlete giving birth.

The SGB and the athlete may also choose to discuss the athlete's **plans post-childbirth** including the required **support mechanisms for when the athlete returns**, e.g. childcare arrangements, breastfeeding.



It is recommended that athletes undertake a **pelvic health screen** during their pregnancy, because this may influence their ability and time to return to training.



TRAINING AND COMPETITION



Once a training plan is in place, **regular communication** should be maintained so the athlete's mental and physical health can be supported.



Should there be a concern that participation in training or competition **presents a risk to the athlete or the baby**, this must be addressed.

An athlete should fully understand how their pregnancy may **impact on their qualification for major events**, such as World Championships or the Olympic/ Paralympic Games.



The physical demands on an athlete's body during pregnancy will vary, and each athlete's body will adapt differently. It is, therefore, essential that a **mutually agreed IADP for their return to training and competition** is in place.



To read the full guidance document, visit uksport.gov.uk/resources/pregnancy-guidance

