

# Important Note to All Pregnant Players

## Guidelines for pregnant women playing sport:

- Pregnant women are advised not to commence a new competitive sport during their pregnancy.
- Pregnant players should advise/consult with their Doctor/s while continuing to play sport.
- Pregnant players need to be aware that participation in contact sports carries a risk for the pregnant player and her unborn child.
- If acceptable to her Doctor, players with a high level of fitness and a normal pregnancy may continue to play up to six months into their pregnancy. This is referred to the second trimester period.
- The Centre strongly recommends that pregnant women beyond the six month period consult their Doctor to ensure that playing of sport beyond this period is acceptable. **A Doctor's Certificate confirming participation is required beyond this point and must be submitted to Programs staff.**
- Pregnant sports women should avoid overheating (body core temperature of >38C) especially during the first Trimester (the first three months of pregnancy). In the first three months of pregnancy, the unborn child is susceptible to prolonged increases in the mother's core body temperature.
- If any medical or obstetric complication should occur, the player should cease participation and consult her Doctor.
- If maintaining fitness is the sports player's goal, the participant should consider changing to a lower risk activity (eg: non contact sports like swimming and walking) as the pregnancy advances.
- Pregnant women should not attempt to increase their level of training or exercise at any stage during their pregnancy.
- Pregnant women need to pay special attention to the following:
  - A thorough warm up and cool down,
  - Consumption of adequate fluids before, during and after matches,
  - Regulation of intensity (heart rate) at times of maximum exertion. The heart rate should not exceed 140 beats per minute for more than 15 minutes.

### Key

First Trimester - first three months of pregnancy

Second Trimester - second three months of pregnancy

Contact Sport - a sport in which contact occurs between players but is not an essential part of the game and is usually illegal eg: netball.