

POLICY NAME:	Birralee Gymnastics Pregnancy Policy
DATE OF ISSUE:	October 2018
POLICY COVERAGE	Birralee Gymnastics Inc Committee of Management, staff, volunteers, parents, participants and spectators. All Birralee Gymnastics events and activities including competitions, education courses, workshops, meetings, seminars or any other activities organized by Birralee Gymnastics Inc.
DATE OF REVIEW	Biennial
CONTROLLING BODY	Birralee Gymnastics Inc

1. INTRODUCTION

The purpose of this policy is to provide Birralee Gymnastics statement of position regarding the inclusion of pregnant women in both coaching and participation provided the following protocols are followed.

2. POLICY STATEMENT

Birralee Gymnastics Inc is committed to ensuring that the objectives in this Policy and the supporting strategies are implemented to reflect best practice across all areas of participation. It is important for Birralee Gymnastics Inc to take a leadership role to ensure the safety and good health of our all our members and agree to implement the following Pregnancy Policy.

3. SCOPE

- 3.1 Prospective participants, who are pregnant, should select and consult with medical advisers who have appropriate Specialist expertise, such as Sports Physicians, Obstetricians and General Practitioners who have training in Sports Medicine.
- 3.2 It is recommended that a written clearance be obtained, from an appropriate Medical Practitioner, before inclusion into participation in training or events. This is to ensure that significant counselling has occurred, especially with the pregnant woman then being made aware of the potential risks associated with her activities and her decision to participate.
- 3.3 It should be noted that Sports Medicine Australia recommends that pregnant women avoid sports such as gymnastics and trampolining

Participants should be aware that:

- i. Theoretically, pregnant women may be more vulnerable to falls, because the growing foetus causes a shift in the centre of gravity, which can affect the balance and co-ordination in later months.
- ii. Theoretically, hormonal changes, in preparation for the birth, may also result in ligament and joint laxity, making pregnant women more vulnerable to injuries or falls.
- iii. As the foetus rises higher in the mother's abdomen later in the pregnancy, it is more vulnerable to direct impact injuries.
- iv. When participating as a coach, it is specifically recommended that "spotting" or catching of gymnasts, during training sessions or competition, is avoided, due to the strength/pressure required and the higher risk of contact from the gymnast.
- v. Before making the decision to participate in sport, pregnant women should obtain suitable medical advice, and obtain a clear understanding of the risks, particularly in regard to gymnastics.

- vi. Regularly review the level of participation with the medical adviser.
- vii. Use common sense and do not take risks.
- viii. Take into account the changes in your physical condition.
- ix. Do not increase the intensity of your gymnastic program while you are pregnant and always work at less than 75% of your maximum heart rate.
- x. Watch for warning signs, such as bleeding or abdominal pain, and see a doctor immediately if these occur.
- xi. Birralee Gymnastics Inc may, if necessary, seek independent Medical advice, should a situation arise where there is uncertainty or conflicting advice.

4. REVIEW PROCESS

Recommended changes to this policy may be submitted to Birralee Gymnastics Committee of Management for consideration at any time. Should changes be accepted, the policy will be updated, dated and circulated to all relevant stakeholders via the webpage.

Birralee Gymnastics is committed to ensuring all policies are up-to-date and reflect current times, therefore reviews are undertaken biennial. The next review date is detailed at the beginning of each policy.

5.1 This policy will be reviewed by the Committee of Birralee Gymnastics Inc on a biennial basis

5. POLICY PROMOTION

6.1 This Policy will be made available to all members via the Birralee Gymnastics website at www.birraleegymnastics.com.au

6.2 This policy will be communicated to all staff, committee, technical coaches, coaches, parents and volunteers.

6.3 References to this policy will be included in the information documents that are provided to all officials that represent Birralee Gymnastics Inc