

## APPENDIX 10.20 – SANFL JUNIORS PREGNANCY POLICY

The SANFL Juniors policy on pregnant women is based on the “Pregnant Athlete and the Law Guidelines” produced by the Women and Sport Unit at the Australian Sports Commission (ASC) and Sports Medicine Australia (SMA).

The SANFL Juniors encourages female participants to seek medical consultation prior to participation whilst pregnant.

Under the Equal Opportunity Act (SA) of 1984, using pregnancy as a basis for discrimination is prohibited. This means that any person, including a mother, has the right to participate in her chosen sport.

### SPORTS MEDICINE AUSTRALIA

The SMA has developed guidelines entitled “Participation of the Pregnant Athlete in Contact and Collision Sports.” The guidelines are intended to provide recommendations to the pregnant athlete and sporting organisations on safe participation in contact and collision sports during pregnancy.

A summary of the guidelines follows:

Football is classified as an Unlimited Contact and Collision Sport:

- Contact or collision is frequent and may be quite forcible.
- A high risk of falls or, blows to the abdomen, or contact with a projectile exists.
- In a normal pregnancy, participation can only be recommended during the first trimester.

### RECOMMENDATIONS

- Where appropriate, ensure all members receive a copy of the summary of the statement issued by the SMA so that they can make an informed decision.
- Encourage any member that is pregnant to seek the advice of a medical professional.
- Consult with medical professionals, coach and club trainer and modify training accordingly.
- Provide a safe environment for all footballers.

### INSURANCE AND THE PREGNANT PLAYER

The pregnant player or official is covered by the same personal accident policy that is provided for all registered members of the SANFL Juniors. However, the player or official is not covered if the injury is found to be due to the pregnancy.

No cover is provided for the unborn baby.