

PREGNANCY

Women are increasingly seeking to continue their participation in sports throughout their pregnancy. There are many positive outcomes from continuing physical activity during and after pregnancy. As maternal and foetal responses to exercise can vary with pre-gestational maternal fitness levels, co-existing medical conditions and / or pregnancy complications, all women are encouraged to seek individual medical advice.

These pregnancy guidelines have been developed to provide information and guidance for all those participating in their sport at international level (including players and team officials).

GAMES TIME

CGA is committed to providing a safe and enjoyable environment for all, including those who are pregnant.

Many sports (particularly at international level) are physically demanding and require a high level of agility. Participation in some sports can involve a degree of contact and carries an inherent risk of accident and injury, both to the participant and the unborn child. Accordingly, participation during pregnancy is at the risk of the participant.

Whilst the decision as to whether or not to participate rests solely with the relevant participant:

1. the participant's own health and the health of the unborn child are of paramount importance;
2. CGA strongly recommends that the participant:
 - i. consults with their own appropriately qualified medical practitioner to inform them, on a voluntary basis, of their pregnancy and to obtain individual and specific professional medical advice before participating in their sport (both during and following pregnancy), in particular regarding the risks of such participation;
 - ii. acts in accordance with the medical advice received; and
 - iii. attends regular check-ups with their medical practitioner throughout and following their pregnancy regarding their participation in their sport, adjusting participation accordingly;
3. the participant will be responsible for ensuring she has appropriate insurance cover for participating in their sport during and following pregnancy; and
4. by participating when pregnant, the participant will be deemed to have consented to any risks (including any risk of injury to the participant and/or the unborn child) that may arise from such participation. Aside from liability for death or personal injury resulting from negligence, the participant will also be deemed to have waived any and all claims, causes and rights of action against CGA, national associations, event organisers, players and match officials, whether at law or in equity, of whatever nature and in any jurisdiction or forum, that she may have as a result of such participation.
5. Member sports should:
 - i. use reasonable endeavours to ensure that the playing environment is safe for all participants, including those who are pregnant;

- ii. develop protocols for communicating with players and other persons regarding participating in their sport during pregnancy, including providing players with the opportunity to voluntarily advise of their pregnancy;
 - iii. take reasonable steps to ensure that players are aware of these guidelines and of the possible risks of participating in their sport when pregnant; and
 - iv. respect and support the player's right to make her own informed decisions in relation to her participation or non-participation in their sport when pregnant.
 - v. be aware of relevant anti-discrimination legislation and its application to their sport; and
 - vi. ensure that their insurance (including public liability and player injury insurance) is up- to-date and provides adequate cover.
6. Team Medical Personnel should:
- i. be aware of these guidelines and of the current medical advice in relation to exercise participation during pregnancy;
 - ii. develop protocols for communicating with players regarding their participation in their sport during pregnancy;
 - iii. create an environment where players are comfortable in voluntarily informing them of their pregnancy;
 - iv. take reasonable steps to ensure that players are aware of these guidelines and of the risks of participating in netball when pregnant;
 - v. strongly recommend to pregnant players that they have regular medical check-ups and follow medical advice; and
 - vi. respect and support the player's right to make her own informed decisions on whether or not to participate in their sport when pregnant.

APPLICATION

This CGA Position Statement applies to all members of the Australian Commonwealth Games Team throughout the term of their Team membership. This includes all athletes, employees, contractors and support team personnel.

POSITION STATEMENT REVIEW

CGA reserves the right to amend this Position Statement should circumstances require. Amendments to this Position Statement during the Games period will be approved by the Chief Medical Officer.

If this Position Statement is amended, it will be made available to all Team members immediately.

Adopted 24 June 2022