



Australian Flying Disc Association

Pregnancy Policy

This policy was enacted on 14 October 2004.

This policy was revised on 23 August 2007.

This policy was revised on 4 July 2012

This policy was revised on 16 September 2014

1. Aim & Scope

The aims of this policy are:

- To determine how to deal with issues regarding players who are pregnant

2. Definitions

The Standard Definitions of the AFDA Operational Policy apply.

3. Revision

This policy is to be maintained and reviewed by the AFDA Board.

4. Application

A player who is pregnant, or suspects she is pregnant, shall:

- Seek medical advice prior to engaging in any sporting activity,
- Take sole responsibility for the decision whether or not to participate, in consultation with their medical practitioner,
- In making that decision, take into account the effect of her participation on the enjoyment and athletic fulfilment of other players,
- Decide whether she will inform other participants or administrators that she is, or suspects she is, pregnant,
- Recognise the risks of playing sport while pregnant,
- Accept that insurance held by the AFDA may not cover injuries relating to pregnancy,
- Accept all responsibility for the health of her unborn child and herself while participating.

Staff and volunteers shall:

- Not discriminate against a player because she is pregnant,
- Make pregnant women aware of this policy
- Recognise the player's right to privacy regarding her pregnancy.

Players shall:

- Not discriminate against a player because she is pregnant,

Coaches shall:

- Be aware of the professional medical advice.
- Take reasonable measures to ensure that all players are aware of the issues related to participation in Flying Disc Sports whilst pregnant.
- Recognise the player's right to privacy regarding her pregnancy.

Coaches, trainers and others who give pregnant athletes advice on how to train during pregnancy must be very careful that they are not putting themselves in the position of medical experts. They should not speak outside of their scope of knowledge as they could face legal action for negligent advice. A consultative approach between athlete, coach and medical expert is recommended.

The following documents contains some health and medical information about pregnancy and sport:

- <http://sma.org.au/resources-advice/policies-guidelines/active-women/>
- http://www.ausport.gov.au/supporting/clubs/resource_library/managing_risks/pregnancy_guidelines/