

UK Ultimate Pregnancy Guidance

This guidance will be maintained and reviewed by the UKU Women's Committee and UKU Board.

Introduction

It is recommended that women remain active throughout pregnancy based on their pre-pregnancy activity levels. Women are advised to listen to their bodies and adapt as pregnancy progresses, with the underlying guidance, 'don't bump the bump'.¹ It is advised that any activity that increases the risk of blunt trauma to the uterus is avoided. Whilst Ultimate is non-contact, there is an increased risk of falling, accidental or incidental contact from other players, and being hit by the disc. These risks must be understood by women considering playing or training whilst pregnant.

Aims and Scope

The aims of this guidance are to support all members of UK Ultimate to create safe and inclusive environments for participation, and to help determine how to deal with questions regarding pregnant players.

Application

A player who has confirmed or suspects they are pregnant must :

- Seek suitable and personalised medical advice prior to engaging in any sporting activity.*
- Be informed around and recognise the risks of playing sport while pregnant considering NHS guidelines.
- Take sole responsibility for the decision whether or not to participate based on medical advice, knowledge of the sport and recognition of risks.
- In making that decision take into account the effect of their participation on other players.
- Decide whether to inform other participants, administrators, volunteers or staff (including coaches) that they are pregnant.
- Accept that insurance held by UK Ultimate may not cover injuries relating to pregnancy.
- Accept all responsibility for the health of their unborn child and themselves whilst participating.
- Understand the increased risk of continuing to play as pregnancy progresses referring to personal medical advice and NHS guidelines.

* When seeking medical advice, a player who is pregnant is advised to ensure the medical practitioner understands similarities to sports such as Football or Netball.

¹ Physical Activity for Pregnant Women, 2019

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Staff, volunteers, players and coaches should:

- Be aware of this guidance and make sure it is easily accessible and available to players.
- Respect a player's right to participate and not discriminate on these grounds.
- Recognise the player's right to privacy and confidentiality regarding their pregnancy.
- Always strive to create a safe and inclusive environment where all participants feel comfortable to participate at their own ability level.

Anyone who is not a medical practitioner should not give advice to pregnant athletes on how to train or play during pregnancy nor put themselves in the position of experts. They should not speak outside of their scope of knowledge.

Documents containing information about pregnancy and physical activity

[UK Chief Medical Officers' Physical Activity for Pregnant Women: Infographic, 2019](#)

[UK Chief Medical Officers' Physical Activity Guidelines, 2019](#)

[Exercise in Pregnancy, NHS](#)

[UK Coaching: Coaching Women through Pregnancy part 1](#)

[UK Coaching: Coaching Women through Pregnancy part 2](#)