



## **PREGNANCY POLICY**

### **Background**

1. Basketball Tasmania pregnancy policy has been developed with consideration of the right of a pregnant women to continue to participate in sport during her pregnancy and the right of her inborn child to safe development.
2. Associations must be aware of their potential exposure to either discrimination or personal injury claim.

### **Introduction**

3. This policy places the onus on the individual to make her decision, but outlines the Associations preference that she does not play.
4. Associations are:
  - a. encouraged to adopt their own pregnancy policy for their competition/s. It is important that participants be made aware of any pregnancy policy, which may be adopted.
  - b. to include in Association By Laws, reference to the pregnancy policy and that any participant who becomes pregnant, or becomes aware that she is pregnant, would immediately be subject to that policy.
5. Access to the policy should be made readily available to participants and Association officials should promote the existence of the policy as appropriate. Posters listing the policy could also be placed in the stadiums in which competitions are conducted.

## **General**

6. To ensure safe participation in sport the pregnant athlete should:
  - a. Obtain expert medical advice, understand that advice and where necessary question the advice until they are sure they understand the risks they face in a playing;
  - b. Not take unnecessary risks;
  - c. Take account of their changed physical condition;
  - d. Not attempt to increase the level of training or exercise at any stage during pregnancy so that training can be modified accordingly; and
  - e. Remember that the ultimate decision to participate in sport will always be the women's having regard to all et circumstances.

## **Policy**

7. This policy will come into force when a women becomes pregnant or becomes aware that she is pregnant.
8. For the health and safety of pregnant players and the developing embryo and in the best interest of sportsmanship given the physical nature of the game of basketball, Basketball Tasmania has developed the following policy.
9. Basketball is a physical contact sport and one, which requires a high level of exertion in competition and training.
10. Each player accepts that there are certain risks inherent in playing the sport of basketball especially at the level and intensity of Basketball Tasmania competitive matches and training.
  - Basketball Tasmania would prefer that a pregnant player did not compete in matches and if such player trained, then trained in a manner appropriate to her pregnancy.
  - Basketball Tasmania preference is based on what it perceives to be the development of the embryo and possible risks during pregnancy.
  - Basketball Tasmania does not wish to and will not discriminate against a player based an her pregnancy.
  - Basketball Tasmania would request a player who is pregnant to seek medical opinion and advice as to her level involvement in playing and training.
  - Any player who is pregnant must make and rely on her own decision whether to play and to train and in making that decision, is to take account of the Basketball Tasmania preference that she does not play.