



FIVE DOCK LEISURE CENTRE  
PARTICIPATION IN SPORT DURING PREGNANCY -  
PROCEDURE

**Policy Purpose**

This procedure provides an outline of the required processes in participating within The Five Dock Leisure Centre's various sporting activities during pregnancy.

The Five Dock Leisure Centre's main priority is to ensure the health, safety and inclusion of all venue participants where possible. Whilst there are benefits to continuing physical activity during and after pregnancy, responses can differ due to various pre-existing medical conditions and/or complications. It is therefore a requirement by Five Dock Leisure Centre that all participants wishing to commence or continue their involvement in sport during pregnancy, that they first discuss and seek approval from their medical practitioner and provide FDLC with a medical certificate supporting the decision to continue participation for the given listed sport.

**Procedure Scope**

This procedure applies to all players and officials looking to participate in any of Five Dock Leisure Centre's in-house run sporting competitions whilst pregnant.

**Expectations and Recommendations (Players and Officials)**

Prior to commencing or re-commencing sport during or after pregnancy, participants are encouraged to follow below recommendations:

- Ensure that their personal health, and the well-being of their unborn child is the top priority when making the decision in participating in sport.
- Seek approval and advice from a medical practitioner prior to participating in sport whilst pregnant and have a clear understanding of the risks taken when participating in sport.



- Regularly liaise with medical practitioner to review the viability of continuing to participate in sport throughout pregnancy.
- Understand the physiological changes and make responsible decisions surrounding this.
- Understand that the ultimate decision to partake in sport lies with the participant; thus the participant should seek medical advice and be aware of both the positive benefits and the risks associated.
- Advise the Five Dock Leisure Centre Sports Programs team that they will be participating during pregnancy and provide the FDLC team with an approval letter from their medical practitioner.

Email: [sportsprograms@fdlc.com.au](mailto:sportsprograms@fdlc.com.au)

### **Expectations and Recommendations (Team Captains)**

It is expected that Team Captains who may have a pregnant team member participating:

- Respect and support the team member's decision in relation to her participation or non-participation in sport during pregnancy.
- With approval of the pregnant team member, advise the Five Dock Leisure Centre Sports Programs staff that you have a pregnant team member.
- Team captains are recommended to refrain from giving advice to team members on whether or whether not to play during their pregnancy. As mentioned within the Recommendations (Players and Officials) this advice should only be provided by medical experts.

### **Expectations and Recommendations (Match Officials)**

It is expected that Match Officials:

- Apply the appropriate governing rules and Five Dock Leisure Centre By-Laws of the sport equally and fairly to all participants.
- Display a duty-of-care to all participants as outlined in the FDLC Officials Code of Conduct.



## **Procedure**

Whilst there is research suggesting that exercise during pregnancy can be beneficial, there are also certain risks associated with exercising during pregnancy. To ensure the safety of all participants and to mitigate any risks involved with participating in sport during pregnancy, Five Dock Leisure Centre asks all pregnant participants to follow the below procedure:

1. Upon learning of their pregnancy and prior to returning to sport, the participant must first discuss their decision with their medical practitioner to evaluate the benefits and risks associated.
2. The participant, if returning, must seek an approval letter from their medical practitioner and provide this to the Five Dock Leisure Centre Sports Programs Team prior to participating in a match.
3. Once approval is sought, the participant will be required to read the playing pregnant FDLC sports competitions procedure, complete and sign the FDLC Player Registration Form that includes the Player Code of Conduct and return it to the Sports Programs Team.
4. The participant is advised that when making decisions moving forward to consider the health and wellbeing of both themselves and their unborn child. It is advised that the participant seek regular medical advice throughout the season and cease participation as soon as requested by their medical practitioner.



five dock **leisure** centre