



(Approved at the VBRA November 2013 Board Meeting)

## PREGNANCY & BASKETBALL PARTICIPATION GUIDELINES

- These guidelines have been developed to provide associations and clubs with some assistance in dealing with pregnancy and basketball. The WNBL have a more detailed pregnancy and basketball policy. A copy of the policy may be obtained from Basketball Australia upon request.
- The Basketball Australia pregnancy guidelines have been developed following consideration of current medical and legal advice.
- These guidelines outline some of the issues which should be considered by the pregnant player, the association, the coaches and the referees.
  
- The pregnant player should:
  1. Obtain expert medical advice. (Understand the advice and assess the risks)
  2. Discuss the issues and implications of competing with other people in the basketball environment (Coaches, team members, managers).
  3. Use common sense and do not take unnecessary risks.
  4. Take into account their changed physical condition.
  5. Do not attempt to increase the level of training or playing during pregnancy.
  
- \* ***The ultimate decision to play will always be the players***
  
- Associations and Clubs should:
  1. Be aware of the discrimination legislation which applies to them.
  2. Review their rules and regulations in light of the discrimination legislation.
  3. Seek professional advice where there is uncertainty as to appropriate steps.
  4. Provide relevant information for all players in relation to pregnancy and playing.
  5. Develop general policies to minimise the risk of injury.
  6. Consider obtaining appropriate releases and indemnities from players.
  
- Coaches should:
  1. Ensure players are aware of the medical implications of participating.
  2. Develop open communication.
  3. Not pressure the player.
  4. Remember the individual player comes first.
  5. Seek professional advice where necessary.



- Referees should:
1. Apply the rules equitably at all times.
  2. Place the safety and welfare of all players above all else.
  3. Be courteous and respectful.

\* ***IN SUMMARY, IT IS UP TO THE INDIVIDUAL PLAYER TO WEIGH UP THE BENEFITS OF EXERCISING DURING PREGNANCY AGAINST THE PERCEIVED RISK OF INJURY TO HERSELF OR HER UNBORN CHILD.***

For further advice please contact:

Australian Sports Commission – Ph: (02) 6214 1111

Department of Sport and Recreation in your State

The information contained in these guidelines is in the nature of general comment only, and neither purports, nor is intended, to be advice on pregnancy and basketball participation. No responsibility or liability whatsoever can be accepted by Basketball Australia for any loss, damage or injury that may arise from any person acting on any statement or information contained in these guidelines and all such liabilities are expressly disclaimed.