



CAULFIELD GRAMMARIANS FOOTBALL CLUB

PREGNANCY POLICY

The aim of this policy is to set guidelines for the participation of pregnant women in community football at the Caulfield Grammarians Football Club (CGFC), in a manner that does not put the player or unborn child(ren) at risk.

The guidelines are informed by:

- AFL National Female Community Football Guidelines, 2019.
- Sports Medicine Australia Guidelines, Participation of the pregnant athlete in contact and collision sports.

The CGFC recognises the importance of community sport for maintaining good mental health through social and physical means and the provision of an inclusive environment, without discrimination. We respect the right for women who are pregnant to participate in community football and are committed to providing support to assist them to do so with the health and wellbeing of the player and their unborn child(ren) paramount.

To protect the player and unborn child(ren) and to facilitate informed programming of participation, the guidelines below should be followed:

- Should a player be pregnant at the time of registration or become pregnant during the season, the player must immediately advise the Club's Physiotherapist and sectional Vice President or General Manager or Football and also must obtain medical clearance from a Registered Medical Practitioner before the player can participate in training or games. Given that as pregnancy progresses the body goes through significant changes such as increased laxity of joints, change in centre of gravity and increased resting heart rate, medical clearance must be provided each trimester, with ongoing review of exercise participation encouraged. The medical clearance must consider the player's individual circumstances and include any other information that the medical specialist considers important.
- The player should seek specialist medical advice to obtain a clear understanding of the high risks associated with training or playing football including collisions, falls, sudden changes in direction, blows to the abdomen and contact with a projectile (football).
- In case of any injury during training or games, it is advised that a pregnant player seeks immediate follow up with her specialist or emergency services, regardless of perceived severity.
- The Club's Physiotherapist or Head Coach or appropriate point of contact may seek additional information from the player about a player's pregnancy as reasonably required.
- All information provided by a player to the Club's Physiotherapist, Head Coach or appropriate point of contact about a pregnancy must be kept strictly confidential unless the express consent of the player is provided.
- A gradual return to training and playing is encouraged postpartum, as directed by medical specialist advice.

Inclusion and connection of a pregnant player to the playing team and the club is valued. CGFC is committed to providing funding development opportunities for pregnant players which may include

coaching accreditation, mental health training or other as agreed by the Head Coach or appropriate point of contact.

It is recommended that the pregnant player has Emergency Ambulance Victoria cover and Private Health Insurance Cover and understands the conditions and exclusions of any private health insurance policy owned.

Dated: 12 March 2025

Pursuant to Committee Resolution passed on 11 March 2025.

