



---

## **Pregnancy Policy**

---

Pregnancy Policy

March 2025

To be reviewed March 2029

## **Pregnancy Policy**

The aim of this policy is to reduce the risk of injury to the pregnant athlete whilst at training/competing/grading at events organised by Saber Academy. The main risks to the pregnant athlete are:

- Direct trauma to the abdomen
- Joint/back injury due to increased ligament laxity
- Overheating
- Dehydration

This policy encompasses:

- Support and guidance to the pregnant athlete
- Direction for Saber Academy Instructors in assisting the pregnant athlete

Instructors, officials, and athletes associated with Saber Academy are responsible for understanding, implementing and following this policy.

### **THE FOLLOWING GUIDELINES MUST BE IMPLEMENTED AT THE TRAINING/COMPETITION/GRADING AREA:**

The pregnant athlete must:

1. Obtain expert medical advice and a clear understanding of the risks, particularly regarding involvement in martial arts (you may be requested to present a medical certificate indicating your ability to participate), before making the decision about whether to continue to participate
2. Obtain a medical certificate from your doctor stating that "you are able to continue in the sport"
3. Advise your Instructors of your pregnancy
4. Regularly review the training program with your medical adviser
5. Consider your insurance cover to ensure that it is adequate and relevant

Should the pregnant athlete decide to continue in the sport she must at all times:

1. Use common sense and not take unnecessary risks
2. Take into account her changes in physical condition
3. Not increase the intensity of training
4. Always work at less than 75 percent of your maximum heart rate
5. Watch for warning signs, such as bleeding or abdominal pain, and see a doctor immediately if these occur.

**The Instructor must:**

- Support the pregnant athlete who has decided to continue
- Sight the medical certificate from her doctor stating "that she is able to continue in the sport"
- Advise all other assisting Instructors for that session
- Modify the program where necessary to:
  - Avoid unnecessary risks
  - Take into account the changes in her physical condition
  - Have her work at less than 75 percent of maximum heart rate
  - Allow more frequent drinks during class
  - Provide alternatives to activities involving physical contact, falls, or potential abdominal impact
  - Adjust training partners to ensure appropriate skill level and control

**For online training:**

- The pregnant athlete should ensure her training space is free from hazards
- The instructor should provide modified exercises suitable for home practice
- The pregnant athlete should have water readily available and take breaks as needed

Should the Instructor become concerned about the athlete's well-being, the Instructor must raise this concern with the athlete with the view as to whether participation continues. The Instructor must avoid giving advice where not qualified to give.

All contracted instructors and affiliated clubs must comply with this policy when working with pregnant athletes under the Saber Academy banner.