



BASKETBALL
AUSTRALIA

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PREGNANCY POLICY

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Contact details	Head of Integrity/Head of Game Development
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	23 August 2009		First version (Pregnancy Guidelines)
1.0	December 2024	Dr Peter Harcourt	First version

Acronyms	Full form
BA	Basketball Australia

Disclaimer

The information contained in this publication is of general nature only and is not intended to be relied upon as, nor to be a substitute for, specific professional advice. No responsibility for the loss occasioned to any person acting on or refraining from action as a result of any material in this publication can be accepted.

1. Purpose

These guidelines have been developed to provide associations and clubs with some assistance in dealing with pregnancy and basketball. The WNBL has a more detailed pregnancy and basketball policy, as part of its rules and a copy 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.

2. Scope and limitations

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.

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.

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.

3. Pregnancy Guidelines

3.1 The Player

The pregnant player should:

- obtain expert medical advice to understand the advice and assess the risks.
- discuss the issues and implications of competing with other people in the basketball environment (Coaches, team members, managers).
- use common sense and not take unnecessary risks.
- take into account their changed physical condition and discuss this with their usual medical advisor.
- not attempt to increase the level of training or playing during pregnancy.

The ultimate decision to play will always be the player's.

3.2 Associations and Clubs

Associations and clubs should:

- Be aware of the discrimination legislation which applies to this situation.
- Review their rules and regulations in light of the discrimination legislation.
- Seek professional advice where there is uncertainty as to appropriate steps.
- Provide relevant information for all players in relation to pregnancy and playing.
- Develop general policies to minimise the risk of injury.
- Consider obtaining appropriate releases and indemnities from players.

- Ensure there is full documentation of all related actions.

3.3 Coaches

Coaches should:

- Ensure players are aware of the medical implications of participating and should advise the player to discuss these implications with their treating medical professional.
- Develop open communication.
- Not pressure the player.
- Remember the individual player comes first.
- Seek professional advice where necessary.

3.4 Referees

Referees should:

- Apply the rules equitably at all times.
- Place the safety and welfare of all players above all else.
- Be courteous and respectful.

Associated policies/resources

BA Member Protection Policy