

[Skip to content](#)

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

 Open search panel



Search

Search the Insight Hub...



Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- [About](#)  
[Mō Mātou](#)
-  [0](#)  
[Saved](#)

 [0 Saved](#)

 EN ▾


- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >



# Updated Pregnancy guidance from UK Sport

Theme:  
Participation

 Updated Pregnancy guidance from UK Sport

Co-authored by UK Sport

## UK Sport Pregnancy Guidance

UK Sport has developed pregnancy guidance to ensure support is provided for athletes who wish to have a child whilst a member of a high-performance funded programme.

We recognise that raising a family and being an elite athlete should not be mutually exclusive. Having a child dramatically changes your life, and for many parents can give a new meaning too.

Therefore we have a responsibility as a distributor of public funding to ensure that SGBs - a term used to describe both National Governing Bodies (NGBs) and Home Country Governing Bodies (HCGBs) - owe athletes a duty of care and it is important that their wellbeing and performance are managed effectively during pregnancy and post-childbirth. To support this we have created two separate guidance documents, for both SGBs and athletes.

The aim of this guidance is to advise how to best support an athlete's pregnancy fairly and appropriately, providing recommendations to support an athlete during their pregnancy, and for when they return to training and competition post-childbirth. Pregnancy and post-childbirth can be physically and mentally challenging for a mother and it's essential that resources and guidance are available to the SGB and the athlete to best support them and their partner.

Our pregnancy guidance has been developed in consultation with both athletes and sports, alongside research undertaken by Loughborough University into athletes' experiences of pregnancy. We will continue to review and update our guidance, so should you have any feedback contact [pregnancyguidance@uksport.gov.uk](mailto:pregnancyguidance@uksport.gov.uk).

View the guidance here:

<https://www.uksport.gov.uk/res...>



Save this Insight



Print this Insight







Download Insight assets  
For use in your own documents

### Was this Insight helpful?




Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)

-  Copy this page's URL


 Save this Insight

 Print this Insight

 Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

## Download Insight assets


- [Updated Pregnancy guidance from UK Sport.pdf](#)
- [UK Sport.jpg\\_100KB.JPG](#)

### Was this Insight useful?



## Similar Insights (56)


[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)

 Save insight

Participation

### 2022 IWG: Christine Young - Integrity in HP Youth Sport


[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)

 Save insight

Participation

### 2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton


[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)

 Save insight

Participation

### 2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

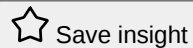
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)

 Save insight

Participation

### 2022 IWG: Kirsten Spencer - Sport as a social development tool

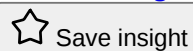
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

## 2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

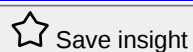


Participation

## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

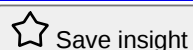


Participation

## Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)

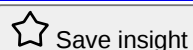


Participation

## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

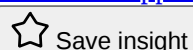


Participation

## Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

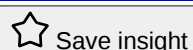


Participation

## Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)




Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)

 Save insight


 Participation

Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)


 Save insight

Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand


[Why Aussie women's sport needs to talk about fertility](#)

 Save insight

Participation

## Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)


 Save insight

Participation

## She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport


[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)

 Save insight

Participation

## Sport for Sustainable Development: Designing Effective Policies and Programmes


[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight

Participation

## The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport


[Huge uptick in girls and women playing football in New Zealand](#)

 Save insight

Participation

## **Huge uptick in girls and women playing football in New Zealand**


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

## **Rally Report Insights: Body Confidence**


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

## **Rally Report Insights: Mental Health**


[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

## **What type of uniforms do women want to wear when they referee or umpire sport?**


[Women & Padel: Start of a love story](#)

 Save insight

Participation

## **Women & Padel: Start of a love story**

[Empowering young women to lead their experiences - Journeys Central Otago](#)


 Save insight

Participation

## **Empowering young women to lead their experiences - Journeys Central Otago**

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way](#)


 Save insight

Participation

## **Creating safe environments for young women to be active their way**

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)


 Save insight

Participation

## Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

 Save insight


 Yeah! Girls Move

Participation

## Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)


 Save insight

Participation

## For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)


 Save insight

Participation

## Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)


 Save insight

Participation

## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)


 Save insight

Participation

## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

[Removing Period Poverty As a Barrier to Participation](#)

 Save insight




Participation

## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME


[Te Awamutu AFC starts 2024 off strong with growing demand](#)

 Save insight

Participation

## Te Awamutu AFC starts 2024 off strong with growing demand


[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)

 Save insight

Participation

## Pacific Women's Leadership Programme Impact - Sela Vaenuku


[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)

 Save insight

Participation

## IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective


["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)

 Save insight

Participation

## "Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes


[Nutrition For Female Athletes](#)

 Save insight

Participation

## Nutrition For Female Athletes


[Coaching through a Gender Lens Infographic](#)

 Save insight

Participation

## Coaching through a Gender Lens Infographic

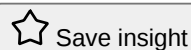
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)

 Save insight

Participation

## **Angel City Equity House Podcast: Myth Busters presented by Gatorade**

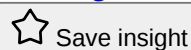
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

## **2022 IWG: Emily Davidson - She Loves Golf Presentation**

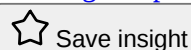
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

## **Hikurangi Golf Club president Felice Croft encouraging more women into the sport**

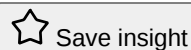
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

## **Running and periods: The myths about exercise and your menstrual cycle, debunked**

[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

## **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

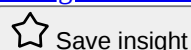
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

## **IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel**

[Young Women Profile - September 2021](#)



Participation

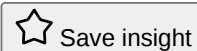
## **Young Women Profile - September 2021**

[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

## **IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls** [New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

## **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

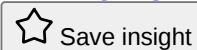
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

## **IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill**

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

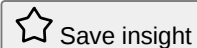


Participation

## **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



 Participation

Participation

## **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



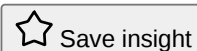
 Participation

Participation

## **Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana irving - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)

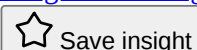


 Women & Girls Facility Guide

Participation

## **Aktive Women & Girls Facility Guide**

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)

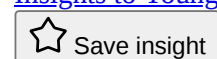


## Participation

### Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

[Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"](#)

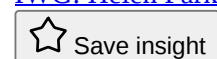


## Participation

### Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

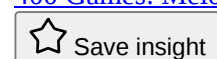
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



## Participation

### IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)

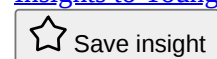


## Participation

### 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)



## Participation




### Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

## Our Partners

-  Sport NZ Sport NZ
-  Auckland Unlimited Auckland Unlimited
-  Spark Sport Spark Sport

[Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)

-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

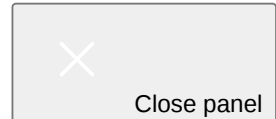
## Subscribe to our newsletter


Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

## Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:\*

Email:\*

### Preferences

Select those that apply to you to help us customise your Insight Hub experience.

#### Insight Themes

- All
- Leadership
- Social Change
- Active Lives
- High Performance
- Visibility and Voice

#### Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

Subscribe now >