



Pregnancy Guidelines

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BAFA is committed to ensuring a safe and enjoyable environment for everyone who takes part in American Football at all levels, including those who are pregnant.

There are many positive outcomes from continuing physical activity during and after pregnancy. BAFA supports moderate, low intensity exercise during pregnancy.

However, American Football (both Contact and Flag) is a physically demanding sport, which is played at a high intensity. Accordingly, if you play any format of American Football whilst you are pregnant, the risk and consequences of injury to both you and your unborn child may increase considerably.

Therefore, it is strongly recommended that pregnant players do not take part in any format of American Football (both Contact and Flag) or any contact training.

Officials should follow the BAFRA policy on [Officiating during pregnancy](#).

Coaches and other participants should stay well away from any area where there is risk of physical contact.

Seek medical advice from your GP

It may be possible to safely continue to train and take part in adapted non-contact drills/activities while pregnant. Based on the current medical guidance, BAFA recommends that all American Football players consult with their GP as soon as pregnancy is confirmed to discuss the risks of participation in American Football activities and get confirmation that they are fit to participate.

The primary responsibility for the health and wellbeing of each participant lies with the individual. In agreeing to participate, players must take the risk of injury to themselves and to others seriously.

Returning to play after childbirth

Players should not return to American Football until at least 2 weeks after childbirth. However, individual circumstances may vary considerably, and you should therefore obtain specific medical advice about when you should return.

Your responsibilities

- If you decide to continue taking part in American Football activities whilst pregnant, you should remember that you do so on a voluntary basis and entirely at your own risk. You will be responsible for any injury that you (as a pregnant player) or your unborn child may suffer whilst playing in any formats of American Football.
- You should accept that there may not be medical facilities available at a training venue or your club's grounds to treat any injury related specifically to your pregnancy, even if you have advised your club or the venue in advance.
- If you choose to continue taking part in American Football formats whilst pregnant, you will be deemed to have unconditionally waived all claims that you may have against your club, all other players, or BAFA as a result of any injury suffered by you or your baby whilst playing.
- If you take part without being signed off as fit to participate by a qualified medical professional (with written confirmation), you will not be covered by BAFA's personal accident insurance.

Sources and further information

- [BAFRA Policy on Officiating during pregnancy](#)
- [World Rugby – Pregnancy and Rugby Guidelines](#)
- [Scottish Rugby – Pregnancy and Rugby](#)
- [World Netball – Pregnancy Guidelines](#)
- [NetballHer – Active Pregnancy 101](#)
- [England Hockey – Pregnancy Policy](#)
- [Department of Health and Social care – Physical Activity guidelines: pregnancy and after childbirth](#)