



## **Pregnancy Policy**

Hawkinge Hurricanes RC aim to provide an all-inclusive, all ability environment. This policy is in place to support our existing athletes who become pregnant. We aren't expecting you to hang up your running shoes but we strive to put health and welfare of our athletes at the heart of everything we do.

- Only existing runners can be supported within the club setting (it's not a good idea to take up running or continue if you are new to running)
- Make sure you drink more fluid whilst running whilst pregnant
- Make sure you are eating enough. Please bring a snack for post session refuelling.
- You will be asked to reduce your training load – this may include reducing mileage and/or intensity
- You may be asked to join a different ability group
- You must make club coach and Leader aware
- You can only train with club when there is good natural light (no winter night sessions)
- Written or telephone consent **MUST** be gained from your midwife or Doctor
- Hawkinge Hurricanes Running Club cannot be held accountable for any accidents caused whilst training within the club setting
- A fact sheet on running whilst pregnant can accessed on request.

Hawkinge Hurricanes Running Clubs decision is final