



AIS

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EVIDENCE USED TO INFORM THE DEVELOPMENT OF POLICY AND PRACTICE RECOMMENDATIONS TO SUPPORT ELITE ATHLETES FROM PRECONCEPTION THROUGH PARENTHOOD

Preconception & Pregnancy Evidence Sources:

Recommendation	Reference to source of evidence used to inform recommendations
1. Develop pregnancy policies which detail the rights of pregnant athletes, the support and protections available, and guidance for the care and management of athletes during preconception and pregnancy	AIS, 2023 Davenport et al., 2023b Davenport et al., 2024 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c
2. Actively support the education of their athletes and staff on topics related to menstrual health, fertility, breast health and pregnancy using evidence-based sources	Bø et al., 2016a Bø et al., 2018 Brown et al., 2023 Davenport et al., 2023b Davenport et al., 2024 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b UK Sport, 2023a UK Sport, 2023b
3. Encourage and support athletes by increasing visibility and awareness of elite athletes and their experiences of preconception, pregnancy and motherhood	Davenport et al., 2023b Davenport et al., 2024 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b
4. Promote open communication and collaboration between relevant organisational staff and professionals working directly with athletes considering/planning for pregnancy and pregnant athletes	Bø et al., 2016a Bø et al., 2018 Davenport et al., 2024 Hayman et al., 2023a Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c UK Sport, 2023a UK Sport, 2023b
5. Provide clear pathways for confidential disclosure of pregnancy in an appropriate timeframe	AIS, 2023 Titova et al., 2025a Titova et al., 2025b UK Sport, 2023a UK Sport, 2023b
6. Develop and regularly review personalised pregnancy plans collaboratively with relevant organisational staff and professionals working directly with athletes considering/ planning for pregnancy and during pregnancy	AIS, 2023 Bø et al., 2016a Bø et al., 2016b Bø et al., 2018

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7. Provide additional flexibility to athletes who require modifications to their role, training, sporting commitments and/or clothing during preconception and/or pregnancy	Brown et al., 2023 Davenport et al., 2023b Hayman et al., 2023b Mottola et al., 2019 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c UK Sport, 2023a UK Sport, 2023b
8. Facilitate continued engagement with athletes who are no longer able to continue their normal training during preconception and/or pregnancy	Bø et al., 2016a Bø et al., 2016b Bø et al., 2018 Brown et al., 2023 Hayman et al., 2023a Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c UK Sport, 2023a UK Sport, 2023b
9. Ensure ongoing access to suitable facilities, equipment, services, relevant organisational staff and professionals working directly with athletes considering/planning for pregnancy and during pregnancy	Davenport et al., 2023b Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c UK Sport, 2023a UK Sport, 2023b
10. Provide clear contractual protections of existing funding and financial support for athletes who need to take time away from the sport during preconception and/or pregnancy	Titova et al., 2025a Titova et al., 2025b Titova et al., 2025c AIS, 2023 Davenport et al., 2023b Davenport et al., 2024 Sport Canada, 2022 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b UK Sport, 2023a UK Sport, 2023b
11. Protect the existing categorisation, ranking and/or qualification for athletes who need to take time away from the sport during preconception and/or pregnancy	AIS, 2023 Davenport et al., 2024 Sport Canada, 2022 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b
12. Encourage and facilitate future research involving athletes during their preconception and pregnancy journeys	Davenport et al., 2023b Davenport et al., 2024 Titova et al., 2024 Titova et al., 2025a Titova et al., 2025b

Postpartum & Parenthood Evidence Sources:

Recommendation	Reference to source of evidence used to inform recommendations
1. Appoint an organisational staff member as the primary point of contact to support postpartum and parenting athletes	Brown et al., 2023 Davenport et al., 2022 Tighe et al., 2023 UK Sport, 2023a UK Sport, 2023b
2. Clearly define the expectations, roles, and responsibilities for engagement between postpartum and parenting athletes and relevant organisational staff	Davenport et al., 2023b UK Sport, 2023a UK Sport, 2023b
3. Establish and implement an evidence-informed RTS Framework to guide postpartum and parenting athletes, relevant organisational staff and professionals working directly with postpartum and parenting athletes before and during their return to the training and/or the competition environment	Bø et al., 2017 Brown et al., 2023 Christopher et al., 2024 Davenport et al., 2022 Davenport et al., 2023a Davenport et al., 2023b Davenport et al., 2023c Davenport et al., 2025a Davenport et al., 2025b Davenport et al., 2025c Deering et al., 2024 DeVivo et al., 2022 Diggles et al., 2023 Donnelly et al., 2022 Irani et al., 2024 Tighe et al., 2023
4. Create a supportive, inclusive, and accommodating environment for postpartum and parenting athletes, designated carers, and children	Darroach et al., 2019 Darroach et al., 2023 Davenport et al., 2022 Davenport et al., 2023b Davenport et al., 2023c Davenport et al., 2024 Davenport et al., 2025b Giles et al., 2016 Heron et al., 2023 Irani et al., 2024 McHugh & Davenport 2025 O'Leary et al., 2024 Suárez et al., 2022 Tighe et al., 2023 Titova et al., 2025b
5. Update or introduce policy clauses that promote financial and contract stability and security for postpartum and parenting athletes	Darroach et al., 2019 Darroach et al., 2023 Davenport et al., 2022 Davenport et al., 2023a Davenport et al., 2023b Davenport et al., 2025b Heron et al., 2023 McHugh & Davenport 2025 Sport Canada, 2022 Suárez et al., 2022 Tighe et al., 2023 Titova et al., 2025b

Recommendation		Reference to source of evidence used to inform recommendations
6.	Actively promote postpartum and parenting athletes to raise awareness, normalise participation and reduce stereotypes	Davenport et al., 2023a Davenport et al., 2023c McHugh & Davenport 2025 O'Leary et al., 2024 Tighe et al., 2023
7.	Facilitate and support education and training for athletes, relevant organisational staff and professionals working directly with postpartum and parenting athletes on the biopsychosocial factors pertinent to postpartum and parenting athletes	Christopher et al., 2024 Davenport et al., 2023a Davenport et al., 2023b DeVivo et al., 2022 Giles et al., 2016 Matejka & Born 2022 McHugh & Davenport 2025 O'Leary et al., 2024 Santos-Rocha et al., 2024 Tighe et al., 2023