

Ultimate Pregnancy Waiver

What is Ultimate

Ultimate is a team sport that involves passing a disc or Frisbee up a field to an opposing team's end zone. It is played at recreational levels as well as quite competitive levels. The sport is played year round, outdoors on grassed fields in the spring, summer and fall and indoors during the winter on gym floors or artificial turf.

Physical activities involved in Ultimate include fast running and sprinting, rapid direction changes jumping and lunging. While defined as a non-contact sport collisions can occur with other players and falls while running are also common. While every effort is taken to ensure field conditions are optimal uneven surfaces, divots and other similar obstacles are present.

Sports and Pregnancy

What does the literature say?

Essentially all of the literature available on the subject encourages physical activity during pregnancy, especially, but not exclusively when someone was physically active prior to becoming pregnant. Benefits such as: strengthening muscles necessary for labor and delivery, improved posture, increased energy, elevated mood, decreased risk of developing gestational diabetes, reduced risk of unhealthy weight gain, improved oxygen and energy to the fetus.

However the literature also discusses changes that occur during pregnancy that can increase the maternal and fetal risk with certain activities. An altered centre of gravity can affect balance, increased ligamentous laxity due to maternal hormones can increase the risk of ligamentous and joint injuries. Of course the risk of falls and collisions as a source of potential injury to the mother and the fetus/placenta. Other concerns regarding hyperthermia, blood flow redistribution and fetal stress are also discussed in the literature.

Activities to Avoid

Despite all the benefits of exercise during pregnancy the literature almost universally indicates that certain types of activities should be undertaken with caution or avoided altogether. Most studies and literature suggest avoiding activities that: have a risk of loss of balance/falling, potential for bumping or collisions with other players, sudden movements or quick changes in direction, bouncing movements, sprinting.

In the course of an average Ultimate game all of the above activities mentioned on the first page of this waiver can and normally do occur.

To ensure that the player/patient in question has been informed regarding and understands the potential risks and precautions discussed above, please discuss this with your patient and complete this document.
Thank you for your time and consideration in this matter.

I have discussed the information brought forward in this document, and explained them with: _____ **(players/patient name)**

Please check one of the following statements:

- _____ My patient may participate in Ultimate with no restrictions.
_____ My patient may participate in Ultimate up until the following date:
_____, 2009
_____ My patient may not participate in Ultimate.

Physician's signature: _____

Physician's name (printed): _____

Date: _____

Sources for the all the information cited:

- 1) Position Statement on Exercise and Pregnancy Discussion Paper 2008 - Canadian Academy Of Sports Medicine (CASM): www.casm-acms.org/documents/EPositionPaperPregnancy.pdf
- 2) Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS): www.caaws.ca/e/health/article.cfm?id=1863
- 3) Women's Health Matters: www.womenshealthmatters.ca/centres/pregnancy/preconception/healthy.html
- 4) Joint SOGC/CSEP Clinical Practice Guideline - approved by the Executive and Council of the Society of Obstetricians and Gynaecologists of Canada: www.d.umn.edu/~nacsm/joint_sogc_csep_guidelines.pdf
- 5) The University of Michigan Health System: www.med.umich.edu/obgyn/smartmoms/exercise/index.htm
- 6) Medicine Online: www.medicinonline.com/articles/p/2/Pregnancy-and-Sports.html
- 7) Safe Sport (UK): www.safesport.co.uk/SafeExerciseDuringPregnancy.html
- 8) For Parents by Parents: www.forparentsbyparents.com/pregnancy_exercise_sport.html