

## Useful resources for Sports Medicine Professionals supporting female athletes

Type	Relevant references
American Governmental guidance	<a href="https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period">https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period</a>
Canadian Governmental guidance	<a href="https://bjsm.bmj.com/content/52/21/1339">https://bjsm.bmj.com/content/52/21/1339</a>
UK Governmental guidance	<a href="#">Chief Medical Officers Physical Activity Guidelines, UK (Pregnancy)</a> <a href="#">Chief Medical Officers Physical Activity Guidelines, UK (Postpartum)</a>
Australian Government guidance	<a href="#">Female Performance and Health Initiative (Open access online e-learning modules)</a>  <a href="#">Female Performance and Health Initiative (Resources)</a> <a href="#">Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 1-exercise in women planning pregnancy and those who are pregnant.</a> <a href="#">Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 2-the effect of exercise on the fetus, labour and birth.</a>
International Olympic Committee series on the female athlete	<a href="#">Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC Expert Group Meeting, Lausanne. Part 3-exercise in the postpartum period.</a> <a href="#">Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC expert group meeting, Lausanne. Part 4—Recommendations for future research</a>
UK Sport Policy	<a href="#">Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women.</a> <a href="#">UK Sport Pregnancy Guidance and Support for UK funded athletes</a>

The British Association of Sports and Exercise Sciences (BASES) expert statement	<a href="#">A Bump in the Road? The BASES Expert Statement on Pregnant and Postnatal Athletes.</a>
Recent guidance for physical activity during pregnancy	<a href="#">Physical activity during pregnancy: Essential steps for maternal and fetal health</a>
JWHPT Special Edition Clinical Commentary on application of a biopsychosocial approach to female management	<a href="#">Beyond the musculoskeletal system – considering whole-systems readiness for running postpartum</a>
Clinical guidelines on return-to-running postpartum	<a href="#">Returning to running postnatal - guidelines for medical, health and fitness professionals managing this population</a>
BJSM e-edition: Female athlete health	<a href="https://bjsm.bmj.com/pages/bj-sm-e-edition-female-athlete-health/">https://bjsm.bmj.com/pages/bj-sm-e-edition-female-athlete-health/</a>
BJSM Blog	<a href="https://blogs.bmj.com/bj-sm/2019/05/20/ready-steady-go-ensuring-postnatal-women-are-run-ready/">https://blogs.bmj.com/bj-sm/2019/05/20/ready-steady-go-ensuring-postnatal-women-are-run-ready/</a>
JOSPT Editorial	<a href="#">From Childbirth to the Starting Blocks: Are We Providing the Best Care to Our Postpartum Athletes?</a>
Active Pregnancy Foundation	<a href="#">Professional resources</a>