



Statement on Rowing and Pregnancy

Guidelines from the ARA Medical Sub-Committee on rowing and pregnancy.

Continue with exercise which has been previously well tolerated, reducing the intensity and duration so that it remains comfortable.

The exercise should be stopped if there is pain.

Coxes and lightweight rowers should never attempt to make weight while pregnant.

Exercise generally, and rowing in particular, does not predispose to miscarriage in the first trimester (3 months).

Some rowers, particularly lightweights, stop having periods when training hard. It is still possible to become pregnant and not know it.

After 12 weeks the uterus (womb) rises out of the protection of the pelvis and is then vulnerable to trauma (a direct blow). This is possible in many sports and there is also a small risk in rowing if the oar is caught in the water and the blade handle driven hard into the stomach (catching a crab). There are no reports of such an injury resulting in any damage to a pregnant woman.

Extra care must be taken while weight training due to the apparent increase in back pain during pregnancy.

Medical Sub-committee