

## Pre and Post Natal Policy



### **Congratulations on your pregnancy!**

Keeping active during pregnancy has huge benefits to not only yourself, but to the baby too. Among many reasons, it can help you maintain a healthy weight, maintain cardiovascular fitness, help with an active labour and improve your mental wellness. Pelvic floor exercises throughout pregnancy and after the birth can also reduce the risk of incontinence. Exercise is encouraged during pregnancy and the Royal College of Obstetricians and Gynaecologists (RCOG) have their own guide which we advise that you have a read through. With any form of exercise there are risks, and there is more to consider during pregnancy to ensure that you stay safe.

### **Our advice at HYPE Fitness for exercising during pregnancy are as follows:**

1. As soon as you find out that you are expecting, please inform us. This information will be kept confidential and we will add notes to your membership account. This is private and only shared with the rest of the team so that all instructors and staff can give you any support you need.
2. We advise that as a precaution you stop classes until you have seen your doctor or midwife and have been given the go ahead to continue exercising. Please inform the doctor/midwife of which classes you would like to attend and they can decide whether it is safe for you to participate or maybe switch to a different type of class that we offer. Ideally we would like to have a written note from your doctor/midwife so that we can store this information on your account for our insurance purposes, but if you can only get verbal confirmation of their advice then we shall ask you to sign a waiver to confirm.
3. As soon as you have been given the all clear, you can resume classes. Most of our instructors are happy to have pregnant members attend so please do have a chat with them beforehand and they can include any modifications or adaptations you may need.
4. Things to remember during classes:
  - Keep well hydrated and do not overheat. Keep near to the door so you can step into the reception area easily for a rest if needed, and please stay in sight of the instructor.
  - Ensure that your emergency contact details are up to date with our reception team.
  - Avoid twisting of the abdomen and lying on your back for extended periods of time from the second trimester onwards.
  - Try to keep movements smaller and more controlled. Avoid deep plie squats in the third trimester.
  - If at any time you feel unwell during exercise, you must stop immediately. One of our team can ensure that you get home safely and we advise that you see your doctor or midwife for further advice.
  - If your health changes, please inform us immediately.
  - Bear in mind that the aim of exercise in pregnancy is to maintain your health and fitness levels, not to improve or reach your peak. You should only continue what your body is already accustomed to and not start a new regime which could be a shock to your body during pregnancy.
  - The RCOG have advised that most types of exercise are safe during pregnancy, but to avoid any types of exercise that involve a risk of falling or losing your balance. Therefore, classes such as Boogie Bounce (on trampolines) or any of our aerial/pole classes may not be suitable. We also offer specific classes such as antenatal aerial yoga and other pregnancy classes, so please ask us for more details.
  - If you feel you need more personalised support, please do speak to us about some of the private small/group sessions we can run with you.

## **Our advice at HYPE Fitness for post-natal exercise:**

Straight after the birth, make sure that you perform your pelvic floor exercises regularly. You could aim to do them with another task to help you remember e.g. every time you're standing up making a cup of tea.

You can start light activity straight after the birth provided you've not been told otherwise by a health professional and if you feel ready. This could be going for small walks with the baby etc. but avoid anything high impact such as jogging straight away. Having a baby can be an overwhelming time and keeping active after having the baby can help reduce your stress levels, help with the 'baby blues' and can help mummies feel less isolated as you're getting out of the house and socialising with other people. Take it slowly at your own pace, and whenever you are ready for it.

- Avoid wide movements and high impact exercises for several months postpartum, especially if you are breastfeeding as the pregnancy hormone Relaxin may still be in your system and can increase the risk of injury.
- Abdominal re-alignment can take up to 6 weeks postpartum, so avoid intense abdominal exercises or twisting actions until the muscles are re-aligned and overall strength has increased otherwise this could lead to a permanent separation.
- Keep well hydrated especially if you are breastfeeding.
- Consider wearing support garments if you feel you need to do so.
- Take your time and don't be disheartened if you feel tired. This is normal!
- Stop any activity and check with a health professional if you have any continued or changes in lochia (bleeding), extreme fatigue, or pain.

If you had a vaginal delivery, please wait until at least 6 weeks postpartum before returning to regular classes at HYPE Fitness. This could be slightly longer if for example you had stitches so please check with a health professional first if you are unsure. Ideally wait until you've had your postnatal check-up at the 6-8 week mark.

If you had a caesarean section, then please wait at least 12-13 weeks postpartum to ensure that you have had enough time to heal. We will require approval from your doctor or midwife first before you can come back to regular classes.

Have a chat with us if you're unsure of which classes to start with. We offer Mummy&Baby classes at our studio's which is designed to help postnatal mummies with focussed exercises, there's no need for childcare as you bring your little one down with you plus it's a great way to meet other mums and socialise. These tend to be a good starting point before going into other classes, but some of our mums have found it to be an integral part of their routines that they have been coming back with their little ones up to two years later!

**[www.hype-fitness.com](http://www.hype-fitness.com)**

***The advice in this guide aims to help you to make the best decisions about your activity levels. It is not meant to replace advice from a member of your healthcare team about your own situation. Some of the recommendations here may not apply to you; this could be because of an illness you have, your general health or both of these. If you think the care you get does not match what we describe here, discuss this with your doctor, midwife, or another member of your healthcare team.***

## HYPE Fitness Pre/Post-Natal Fitness Class Health History Form and Waiver

Name: \_\_\_\_\_ Date: \_\_\_\_\_

(For Mummy&Baby Classes) Baby's Name: \_\_\_\_\_

Emergency Contact (name and phone number): \_\_\_\_\_

**Complete the information below as it applies to you. If you are pregnant or less than 8 weeks postpartum, please talk with your doctor or midwife about the fitness class you are enrolled in. Please provide a note from your doctor/midwife to HYPE Fitness BEFORE beginning your exercise class.**

**PREGNANT**  (Doctor/midwife's note is required to participate.)

How many weeks? \_\_\_\_\_ Due Date \_\_\_\_\_

GP's name and surgery \_\_\_\_\_ Phone \_\_\_\_\_

Where do you plan to deliver? \_\_\_\_\_

Did you exercise regularly before you became pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what did you do? \_\_\_\_\_

**POST PARTUM**  (Doctor/midwife's note is required if you are less than 8 weeks post partum)

How many weeks? \_\_\_\_\_ Type of delivery? Vaginal \_\_\_\_\_ C-section \_\_\_\_\_

Any complications with your pregnancy or delivery? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please explain. \_\_\_\_\_

Did you exercise while you were pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what did you do? \_\_\_\_\_

### WAIVER, RELEASE AND INDEMNITY AGREEMENT

1. I understand that participation in any exercise program, while pregnant or immediately following a pregnancy, may increase the risk of injury to myself and, if applicable, to my unborn child. I represent to HYPE Fitness Limited that I have consulted with my doctor or midwife regarding my participation. My doctor or midwife has informed me of the risks that I may encounter and has given me permission to participate in pre/post-natal exercise. I understand that I would not be accepted into classes if participation was against my doctor or midwife's orders. If I have chosen not to obtain a physician's consent prior to beginning this fitness program, I hereby agree that I am doing so solely at my own risk.

2. I understand that the level of my participation in the exercise program and which exercises to perform must be determined by me after consultation with my doctor or midwife, and that HYPE Fitness Limited and their instructors are not responsible for the intensity of my participation.

3. I understand that the instructor is not a physician, nurse, or emergency medical technician, and that the instructor and HYPE Fitness Limited, by making the exercise program available, are not undertaking any responsibility regarding my medical condition(s). If my medical condition should change (e.g. pain, bleeding, discharge or cramps), I will discontinue the exercise program and will immediately consult with my doctor or midwife about continuing or resuming participation in this or any exercise program.

4. I hereby personally assume any and all risks associated with participating in this exercise program.

5. I hereby release, indemnify and hold harmless HYPE Fitness Limited, its respective directors, officers, parents, subsidiaries, affiliates, agents and the instructors of the exercise program I have chosen to attend, from any and all claims, demands, personal injuries, costs, or expense, (including legal fees) arising from or relating in any way to my or my child's participation in any classes whilst pregnant or post partum.

6. Should a provision of this agreement or portion thereof be found invalid or void as against public policy by any court of competent jurisdiction, the remainder of this agreement shall nonetheless remain in full force and effect.

7. I acknowledge that I have read and understand this Waiver, Release and Indemnity Agreement and have been given the opportunity to ask any questions and have received and understand all of the information which was provided.

In witness whereof, I have signed this Waiver, Release and Indemnity Agreement.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Witness Signature \_\_\_\_\_ Date \_\_\_\_\_