



Pregnancy in Netball Policy

Oakdale Netball Club is committed to providing a safe and enjoyable environment for all its members, including pregnant athletes. Netball Australia encourages all pregnant athletes to discuss their decision to continue playing during their pregnancy with their medical practitioner.

Guidelines for an Oakdale Pregnant Athlete:

A Pregnant athlete should:

1. Be aware that her own health, and the wellbeing of her unborn child, this is of utmost importance in her decision about whether to continue playing sport.
2. Obtain expert medical advice as to the risks associated with playing sport when pregnant. She should ensure she understands this advice and where necessary questions the advice until she is sure she understands the risks taken in participating in Netball.
3. Have regular antenatal reviews with her doctor, including ongoing review of her exercise participation.
4. Take into account her changed physical condition, use common sense and not take unnecessary risks
5. Remember that the ultimate decision to participate in Netball will always be hers, whilst having regard to all the circumstances

The Club will:

Develop protocols and procedures to communicate with athletes regarding participation in Netball during pregnancy, including:

1. Providing athlete with the opportunity to advise of their pregnancy.
2. Adding pregnancy advice and risk information to registration forms and prominent places where participants may view it (Note: legal advice about the form and wording of documents should be obtained).
3. Being aware of Commonwealth, State and Territory anti-discrimination legislation and its application in Netball and review the rules, regulations and constitution of her/ his team/ club/ association/ member organisation with respect to the relevant anti-discrimination legislation.
4. Seeking professional advice, (including medical and/ or legal,) if a situation arises where it is not clear what steps should be taken in each circumstance.
5. Ensuring that the organisation's insurance (including public liability and athlete injury (insurance) is up to date and that it provides appropriate cover.
6. Promoting adherence to the rules of the game.
7. Creating a playing environment that is reasonably safe for all athletes.

Further details for a club coach and other athletes are available from Netball Australians Pregnancy in Netball Policy.

References : Netball Australia Policy Document: Pregnancy in Netball Policy, effective October 2016.

[Pregnancy-Policy_Updated-2016.pdf \(netball.com.au\)](#)

This policy is ratified by the Committee of the Oakdale Netball Club 31st January 2023.

Last reviewed M Kroschel January 2023

Signed:

Bronwyn Thain

Bronwyn Thain President of Oakdale Netball Club Date: January 2023