



FREMANTLE NETBALL ASSOCIATION INC

PREGNANT PLAYER POLICY

Reviewed Apr 2018

A) INTENT OF POLICY

- i. Women are increasingly seeking to continue participation in sports, such as netball, throughout their pregnancy. There are many positive outcomes from continuing physical activity during and after pregnancy, however as maternal and foetal responses to exercise can vary with pre-gestational maternal fitness levels, coexisting medical conditions and / or pregnancy complications all women are encouraged to seek individual medical advice before participating.
- ii. In Australia, Commonwealth, State and Territory legislation exists in relation to discrimination. This anti-discrimination legislation makes it unlawful to discriminate against a female on the basis of pregnancy.
- iii. There are a number of issues to be considered in relation to pregnant players such as:
 - a. Providing reasonably safe playing environments for all players
 - b. Privacy of pregnant participants
 - c. Responsibility of the pregnant player for inherent and obvious risks

B) THE POLICY

Fremantle Netball Association is committed to providing a safe and enjoyable environment for all its members, including pregnant players. FNA encourages all pregnant players to discuss their decision to continue playing during their pregnancy with their medical practitioner

C) HOW THE POLICY WORKS (Implementation)

1. A pregnant player should:

- i. Be aware of her own health, and the wellbeing of her unborn child, is of utmost importance in her decision about whether to continue to play sport.
- ii. Obtain expert medical advice as to the risks associated with playing sport when pregnant.
- iii. Have regular antenatal reviews with her doctor, including ongoing review of her exercise participation
- iv. Take into account her changed physical condition, use common sense and not take unnecessary risks.
- v. Be aware that the ultimate decision to participate in netball will always be hers, whilst having regard for the circumstances.
- vi. Inform her coach of her pregnancy and any pertinent medical advice as appropriate.

2. The Association should:

- i. Provide players with the opportunity to advise of their pregnancy
- ii. Adding pregnancy risk information to registration forms and in prominent places where participants can view it.
- iii. Be aware of the anti-discrimination legislation and its application in Netball
- iv. Seek professional advice (including medical and/or legal), if a situation arises where it is not clear what steps should be taken in a particular circumstance
- v. Promote adherence to the rules of the game
- vi. Create a playing environment that is reasonably safe for all players.

3. The Club Coach should:

- i. Be aware of the medical advice as above (A Pregnant player should Point ii)
- ii. Take reasonable measures to ensure that all athletes are aware of the issues related to participation in Netball during pregnancy
- iii. Respect and support the player's right to make her decisions in relation to her participation or non-participation in Netball whilst pregnant.
- iv. With the agreement of the player, advise the pertinent team/club association/member organisation officials that you are coaching a pregnant player

4. The Match Officials should:

- i. Apply the rules governing match play equally and fairly to all participants

5. Other Players should:

- i. Respect and support the pregnant player in the same way as they would any other participant.

D) THE POLICY

- i. Fremantle Netball Association will respect and support a pregnant athlete in the same way it would any other participant.
- ii. When the Association is informed that a registered player is pregnant the Administrator will email the player (and the player's club) a copy of the Fremantle netball Association's current Pregnant Player Policy

More information on Netball Australia's Pregnancy in Netball Policy can be found here:

http://netball.com.au/wp-content/uploads/2015/04/Website-SD07-Pregnancy-Policy_Updated-2016.pdf