



NEWTON JAGUARS NETBALL CLUB

NJNC POLICIES AND PROCEDURES

PREGNANCY POLICY

PURPOSE:

Women are increasingly seeking to play netball throughout their pregnancy. There are many positive outcomes from continuing physical activity during and after pregnancy. All women are encouraged to seek individual medical advice before participating

BACKGROUND:

2.1. Information on Pregnancy in Sport may be gained from;

- Australian Sports Commission “Pregnancy in Sport-Guidelines for the Australian Sports industry” 2002. www.ausport.gov.au
- Sports Medicine Australia’s “Exercise in Pregnancy’ fact sheet. www.smaa.org.au

2.2. Legislation exists in Australia in relation to discrimination. This anti-discrimination legislation makes it unlawful to discriminate against a female, on the basis of pregnancy, subject to specific exemptions.

2.3. There are a number of legal issues to be considered in relation to pregnant players, these include,

- Providing reasonably safe playing environments;
- Privacy of the pregnant participant;
- Responsibility of the player for inherent and obvious risks.

POLICY:

The Netball Australia Constitution enables Netball Australia to formulate, approve, issue, adopt, interpret and amend such policies, procedures, rules, by-laws, and regulations as appropriate to better regulate netball; and to promote and secure uniformity in such rules and standards as may be necessary for the management of netball nationally and internationally.

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

NJNC are required to be in compliance with the NETBALL AUST/NSA Policy where applicable and relevant.

NSA POLICY IS ON OUR WEBSITE



NEWTON JAGUARS NETBALL CLUB

PREGNANCY POLICY

GUIDELINES: PLAYER

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

GUIDELINES: CLUB ADMINISTRATION

- Providing participants with the opportunity to advise of their pregnancy.
- 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).
- 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.
- Seeking professional advice, (including medical and/ or legal,) if a situation arises where it is not clear what steps should be taken in a given circumst
- Ensuring that the organisation's insurance (including public liability and player injury insurance) is up to date and that it provides appropriate cover.
- Promoting adherence to the rules of the game.
- Creating an environment that is reasonably safe for all participants.

GUIDELINES: COACH

- Be aware of the professional medical advice (refer to abovementioned references).
- Take reasonable measures to ensure that all participants are aware of the issues related to participation in netball during pregnancy
- Respect and support the participants right to make her own decisions in relation to her participation or non-participation in netball whilst pregnant
- Respect and support the participants right to make her own decisions in relation to her participation or non-participation in netball whilst pregnant

COACHES, TRAINERS AND OTHERS WHO GIVE PREGNANT PARTICIPANT ADVICE ON HOW TO TRAIN DURING THEIR PREGNANCY MUST BE VERY CAREFUL THAT THEY ARE NOT PLACING THEMSELVES IN THE POSITION OF MEDICAL EXPERTS. THEY SHOULD NOT SPEAK OUTSIDE THEIR SCOPE OF KNOWLEDGE AS THEY COULD FACE LEGAL ACTION FOR NEGLIGENT ADVICE. A CONSULTATIVE APPROACH BETWEEN PARTICIPANT, COACH AND MEDICAL EXPERT IS RECOMMENDED.