

WELSH NETBALL ASSOCIATION LIMITED



PREGNANCY GUIDELINES

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Welsh Netball

Participating in netball when pregnant - Guidelines

Women are increasingly seeking to continue their participation in sports, such as netball, throughout their pregnancy. Accordingly, these pregnancy guidelines have been developed by Welsh Netball following the INF guidelines, to provide information and guidance for all those participating in netball at club level up to international level (including, in particular, players, umpires, bench officials and team officials).

Welsh Netball is committed to providing a safe and enjoyable environment for all who participate in netball at club, county, national and international events, including those who are pregnant.

Playing netball has many health benefits, and current research suggests that a moderate amount of exercise during pregnancy can have beneficial effects. However, netball is a physically demanding game which requires a high level of agility. It also involves a degree of contact and carries an inherent risk of accident and injury, both to the participant and the unborn child.

Accordingly, participation in netball during pregnancy is entirely at the risk of the participant herself.

Whilst the decision as to whether or not to participate rests solely with the relevant participant, the following advice is given:

(a) Welsh Netball strongly recommends that the participant:

(i) Consults with their own appropriately qualified medical practitioner to inform them, on a voluntary basis, of their pregnancy and to obtain individual and specific professional medical advice before participating in netball (both during and following pregnancy), in particular regarding the risks of such participation.

(ii) Acts in accordance with the medical advice received.

(iii) Attends regular check-ups with their medical practitioner throughout and following their pregnancy regarding their participation in netball, adjusting participation accordingly.

(b) The participant will be responsible for ensuring she has appropriate insurance cover for participating in netball during and following pregnancy.

(c) By participating when pregnant, the participant will be deemed to have consented to any risks (including any risk of injury to the participant and/or the unborn child) that may arise from such participation. Aside from liability for death or personal injury

resulting from negligence, the participant will also be deemed to have waived any and all claims, causes and rights of action against Welsh Netball, national associations, event organisers, players and match officials, whether at law or in equity, of whatever nature and in any jurisdiction or forum, that she and/or her unborn child may have as a result of such participation.

Leagues and Event Organisers should:

- (a) Use reasonable endeavours to ensure that the playing environment is safe for all participants, including those who are pregnant.
- (b) Develop protocols for communicating with players and other persons regarding participating in netball during pregnancy, including providing players with the opportunity to voluntarily advise of their pregnancy.
- (c) Be aware of relevant anti-discrimination legislation and its application to netball.
- (d) Ensure that their insurance (including public liability and player/umpire injury insurance) is up-to-date and provides adequate cover.

Coaches should:

- (a) Be aware of these guidelines and of the possible risks of participating in netball when pregnant.
- (b) Take reasonable steps to ensure that players are aware of these guidelines and of the possible risks of participating in netball when pregnant.
- (c) Respect and support the player's right to make her own informed decisions in relation to her participation or non-participation in netball when pregnant.

Team Medical Personnel should:

- (a) Be aware of these guidelines and of the current medical advice in relation to exercise participation during pregnancy.
- (b) Develop protocols for communicating with players regarding their participation in netball during pregnancy.
- (c) Create an environment where players are comfortable in voluntarily informing them of their pregnancy.
- (d) Take reasonable steps to ensure that players are aware of these guidelines and of the risks of participating in netball when pregnant.

(e) Strongly recommend to pregnant players that they have regular medical check-ups and follow medical advice.

(f) Respect and support the player's right to make her own informed decisions on whether or not to participate in netball when pregnant.

Umpires at local and international events should:

(a) Be aware of these guidelines, which also apply to them.

(b) Prioritise the safety of all participants during the game.

(c) Apply the rules of netball accurately, consistently and fairly to all participants.

(d) Ensure the game is played under safe conditions.

(e) Stop play at any time in the event of an emergency.