



Waratah Netball Club



Pregnancy Policy

1st May 2019

1. **Aim:**

- 1.1 This policy states Waratah Netball Club's position on pregnant players their participation in netball.

2. **Background**

- 2.1 Waratah Netball Club acknowledges that 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, co-existing medical conditions and/or pregnancy complications, all women are encouraged to seek individual medical advice before participating¹.

3. **Policy**

- 3.1 Netball Australia and Netball NSW have both issued clear policy statements with respect to Pregnancy in Netball. Waratah Netball Club endorses those policies and Club members are to abide with them. Players who are aware they may be pregnant, and coaches and officials of members who may be pregnant, should be familiar with the Netball NSW policy. The Netball NSW policy is a replication of the Netball Australia policy.

- 3.2 The Netball NSW Pregnancy Policy is at <https://nsw.netball.com.au/inside-netball-nsw/library/policies-forms/>

- 3.3 Where a separate policy exists at Association level (eg Newcastle Netball Association), Waratah Netball Club will abide by it except if the policy contradicts the intent of Netball NSW. Unless there are compelling reasons otherwise, the Netball NSW policy will have primacy.

4. **With Effect Date.** This policy is in effect 1st May 2019.

5. **Review Date.** This policy will be reviewed annually.

¹ Netball NSW Policy on Pregnancy para 1.1