



**WALES** NETBALL  
PÊL-RWYD **CYMRU**

# Pregnancy Guidelines

Version/date:	V2/Feb 2023
LGG approved date:	22 November 2022
Next review date:	Nov 2024

Netball players are increasingly seeking to continue their participation in netball throughout their pregnancy. Accordingly, these pregnancy guidelines have been developed by the Wales Netball, following World Netball 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).

Wales 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.

All involved in netball should respect and support the player's right to make their own informed decisions on whether or not to participate in netball when 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.

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

- a) Wales Netball strongly recommend 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.
  
- a) It is advised that the participant has appropriate insurance cover for participating in netball during and following pregnancy.
- b) By participating when pregnant, the participant shall be deemed to have considered and accepted specific risks (including any risk of injury to the participant and/or the unborn child) that may arise from 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 their own informed decisions in relation to their participation or non-participation in netball when pregnant.
- d) Select participants by merit and capability, without discriminating on the basis of pregnancy.

Team Medical Personnel should:

- a) Be aware of these guidelines and of any medical advice disclosed by the participant.
- 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.

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.

## Summary

Everyone has the right to privacy and participants are under no obligation to inform Wales Netball, their club, the coach, umpire, or other participants about their pregnancy. If a participant decides to release information about their pregnancy, this information will be treated sensitively and kept confidential unless the participant gives permission for this information to be released and shared.

However, if having sought medical advice participants decide to continue to play netball, Wales Netball recommend informing a member of Wales Netball, their club, the coach or umpire that they are pregnant so that due consideration can be given to the health and safety of the participant and their unborn child.

Wales Netball recommends that individuals (player, coach, umpire) if pregnant, should only participate with approval from their doctor.