



## PREGNANCY IN NETBALL POLICY

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### Purpose

This Policy outlines Palmerston Netball Association's (PNA's) position on participation in netball by pregnant individuals.

### Policy

- 1 PNA is committed to providing a safe, inclusive and enjoyable sporting environment for all its participants.
- 2 PNA believes that participation in netball during pregnancy is solely the choice of the individual.
- 3 PNA expects all athletes, officials and affiliated clubs to treat pregnant women with dignity and respect, and to remove any unreasonable barriers to participation in netball that disadvantage women due to pregnancy or potential pregnancy.
- 4 PNA strongly urges all athletes and officials who are considering participating in competitive netball games during pregnancy to discuss the benefits and risks with their medical practitioner, to make themselves aware of the facts about pregnancy in sport, and ensure that they make informed decisions about participation.
- 5 If any person feels they are being discriminated against or harassed by another person or organisation bound by this policy, they may seek the options available to them through discussions with a Member Protection Information Officer (MPIO) available through Netball NT and then choose a course of action that they are most comfortable with pursuing. Access to an MPIO can be made through the Netball NT website or contacting the Netball NT Executive Officer.

### References

Netball Australia Member Protection Policy 2017 Section 10

Netball Australia Pregnancy in Netball Policy October 2016

Sports Medicine Australia's Pregnancy Statement, Pregnancy and Exercise Fact Sheet, and Guidelines on the participation of the Pregnant Athlete in contact and collision sports: [www.sma.org.au](http://www.sma.org.au)

### Policy Review Date

October 2025

### Document History

Version	Date	Editor	Summary of Changes
2021.0	1 November 2021	PNA MT	Authorisation