

# MHNC PREGNANCY POLICY

## Established 2011

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

### **Policy Guidelines:**

#### **A pregnant player should:**

- 1) Be aware that her own health, and the well being of her unborn child, is of utmost importance in her decision about whether to continue playing sport.
- 2) Obtain expert medical advice as to the risks associated with playing sport when pregnant. She should ensure she understand this advice and where necessary question the advice until she understands the risks taken in participating in Netball.
- 3) Have regular antenatal review with her doctor, including ongoing review of her exercise participation.
- 4) Take into account her changed physical condition, use common sense and not take unnecessary risks.
- 5) Remember that the ultimate decision to participate in Netball will always be hers, whilst having regard to all the circumstances.
- 6) MHNC will respect and support the player's right to make her own decisions in relation to her participation or non participation in Netball whilst pregnant.
- 7) MHNC coaches and managers will obtain agreement from the player before advising the pertinent team / SSNA and other MHNC officials of the participation of a pregnant player.
- 8) All members of MHNC should support and respect a pregnant athlete in the same way as they would any other participant.