

**NORTHERN FOOTBALL
NETBALL LEAGUE
INCORPORATED**



**SCHEDULE 27:
PREGNANCY GUIDELINES**

**Adopted
December 2016**

NORTHERN FOOTBALL NETBALL LEAGUE INCORPORATED
PREGNANCY GUIDELINES

1. An individual who is pregnant is free to play in the NFNL. However, a pregnant player should:
 - 1.1. Be aware that her own health, and the wellbeing of her unborn child, is of utmost importance in her decision about whether to continue playing sport;
 - 1.2. Obtain expert medical advice as to the risks associated with playing sport when pregnant. She should ensure she understands this advice and where necessary question the advice until she is sure she understands the risks taken in participating in Football or Netball;
 - 1.3. Have regular antenatal reviews with her doctor, including ongoing review of her exercise participation;
 - 1.4. Take into account her changed physical condition, use common sense and not take unnecessary risks;
 - 1.5. Remember that the ultimate decision to participate in Football or Netball will always be hers, whilst having regard to all the circumstances.
2. The Northern Football Netball League disclaims any liability for any injury or complication sustained by a pregnant woman in the course of an Australian Football Match or Netball Match.