

CRANBROOK ARROWS NETBALL CLUB

ILLNESS, INJURY, PREGNANCY AND ABSENCE POLICY

Last Updated: November 2023

Section 1. Pregnancy

After a member becomes pregnant, they may need to temporarily call time on their participation in netball. We respect each player's right to make their own decisions regarding their involvement in netball during pregnancy, in line with guidelines provided by World Netball and England Netball. We encourage members to familiarise themselves with resources such as NetballHer's articles on active pregnancy and pre/post-natal care:

- **World Netball:** [Pregnancy Guidelines](#)
- **England Netball:** [Insurance & Pregnancy](#)
- **NetballHer:**
 - [Active Pregnancy 101](#)
 - [Pre and Post Natal Articles](#)

During the players' break, the committee will need to look to fill the players' spot in their current team to ensure that team continues to have a sufficient number of players. If a player plans to return in the future after a prolonged break, they will be placed on our **Priority List (see Section 3)**. The committee will discuss alternative roles within the club, such as volunteering, assisting in training, or scoring, to maintain the players' connection to the club, if desired.

Section 2. Illness or Injury

Members should promptly inform their captain and committee of illness or injuries affecting their training and game participation. For absences under 6 weeks, the player's spot in the team will be held, and regular monthly subscriptions will continue to apply. Players are encouraged to still attend training sessions during short-term absences to stay updated with team strategies, formations, tactics etc.

For absences likely to exceed 6 weeks, a committee discussion will determine the member's status and their position within their current team. If the absence extends beyond 12 weeks, the committee will need to look to fill the players spot in their current team to ensure that team continues to have a sufficient number of players. These players will be added to our **Priority List (see Section 3)**. The committee will discuss alternative roles within the club, such as volunteering, assisting in training, or scoring, to maintain the players' connection to the club, if desired.

Section 3. Priority List & P Players

The Priority List accommodates club players facing extended absences, and acts as a waiting list for members not currently assigned to a team. This is separate to the general Waiting List that the club operates for people outside of the club. This Priority List allows players to still remain a valued member of the club, members on this list are referred to as P Players. There are two types of P Players:

- **In-Active P Player:** Unable to participate due to illness, injury, or pregnancy (**monthly subs waived**).
- **Active P Player:** Participating in training upon return (**monthly subs apply**).

Active P Players are still invited to train with the club whilst they await re-allocation to a team. The Club will prioritise allocating Active P Players into teams as and when a suitable opening becomes available. Active P Players must still adhere to the clubs Code of Conduct across all aspects, including section 2.11 regarding attendance. In-Active P Players who stay on the Priority List for 18+ months will be invited to discuss their status with the committee to determine their ongoing involvement with the club. The Attendance

Section 4. Closing Statement

All cases will be individually considered, ensuring the player's well-being and all of the teams' continued success. The committee will maintain communication with absent players, maintaining a connection to the Club if desired.