

# WALKING NETBALL



## FAQ'S

### WHAT IS WALKING NETBALL?

Walking Netball is a modified version of netball. Walking Netball is aimed at encouraging participation rather than competition, reducing the physicality of the game so that participants enjoy their involvement and continue playing. Walking Netball is designed to reduce the risk of injury and falls to the players while promoting a safe, non-threatening environment for play, which is achieved through modification to the rules. Walking Netball encourages participants to have a more gradual introduction to physical activity by regaining basic motor skills, and encouraging balance, coordination, and better footwork; however most importantly, Walking Netball provides an opportunity for players to have fun, meet with friends and develop social networks.

### WHO IS WALKING NETBALL FOR?

Everybody! Every Walking Netball program is open to participants 12 years old and over of all abilities and backgrounds.

### WHAT ARE THE BENEFITS OF PLAYING WALKING NETBALL?

Not only does Walking Netball provide a fun, safe environment for physical activity; it has some physical benefits including improved strength, balance, flexibility, and circulation, along with long-term fitness and weight maintenance benefits. Participants will experience improvements to their physical exercise levels, physical health, and physical well-being. Walking Netball is also a fabulous opportunity to develop team spirit and encourages social interaction – it's a great way to make friends or even spend time with old friends on a regular basis.

### AM I TOO OLD TO PARTICIPATE IN THE WALKING NETBALL PROGRAM?

No, you are never too old! Walking Netball has been designed to be played at a slower pace which reduces the risk of injury and allows for players of all ability and skill levels to participate. There are no maximum age restrictions that prohibit players from participating, so it's never too late to start. Please note, participants need to be at least 12 years old to participate.

### HOW LONG DOES A WALKING NETBALL GAME GO FOR?

Each Walking Netball game ranges from 30 to 45 minutes, dependent on the quarter length. The recommended quarter length varies from 6 minutes to 8 minutes. Be sure to factor in time to appropriately warm up and warm down! What equipment do I need to play?

- Your most appropriate sneakers
- Your best workout/sports gear
- A water bottle or sports drinks

## HOW CAN I FIND A WALKING NETBALL FACILITATOR NEAR ME?

To see if there is a Netball Queensland affiliate that is currently facilitating Walking Netball near you, [Click Here to access our Affiliate Finder](#) and follow the steps listed below.

- 1** Once you have clicked on the Affiliate Finder link above, input your postcode into the allocated "Location" section. Ensure that only the location section has been filled out and then click "Search"
- 2** A list of clubs/facilitators near you will appear. To see if they facilitate Walking Netball click "Learn More" on your desired club. Beside "Competitions Supported" you will see what they are currently facilitating. If Walking Netball is not listed, then they do not/are not currently running Walking Netball.
- 3** If their registrations are open, you can select the orange "Register" option and continue through the NetballConnect portal. However, if the "Register" option is grey, the club currently doesn't have any open registrations. If you have questions regarding the program, reach out to the club directly using the provided contact details.

## WHAT NETBALL QUEENSLAND MEMBERSHIP PRODUCT DO I NEED TO PARTICIPATE IN A WALKING NETBALL PROGRAM?

The minimum Netball Queensland membership product required to participate in Walking Netball programs within Netball Queensland's Community is a Social Playing Membership. In Netball Queensland's 2024 Membership Period (January – December), the cost of this membership product is \$37.00.

If you do not hold a Social Playing Membership, you will need to obtain a Social Playing Membership, unless you hold a valid 2024 Netball Queensland Playing Membership (\$112.00 in 2024)

Please note that the Club or Association you are registering to may also charge fees on top of the Netball Queensland Social Playing Membership to participate in the Walking Netball programs they are facilitating, even if you already hold a valid Netball Queensland Social Playing Membership or Playing Membership.

If you require further information regarding Netball Queensland's membership products, please visit: <http://qld.netball.com.au/nqld-membership>

*Please note that the information provided in general in nature and that Clubs and Associations within the Netball Queensland Community may elect to require a different Netball Queensland membership product to participate in the Walking Netball programs they facilitate.*

## DO I NEED MEDICAL CLEARANCE TO BE ABLE TO PARTICIPATE?

No, there are no requirements outlining that you must receive medical clearance from a doctor to participate in the Walking Netball program. However, if you are unsure of your ability or capacity to participate, it is highly recommended that you consult your doctor for clearance before registration.

