



IFNA Training Recommendations for International Umpires

Please Note:

The following document presents training recommendations, provided to IFNA by a fully qualified fitness professional with specific experience of working in netball.

This programme is a guide only. Before starting any new programme you should seek expert guidance and/or medical advice.

IFNA does not take responsibility or accept liability for any incident or injury that occurs as a direct or indirect result of following the attached programme.