



Utilise the Return to Sport Checklist as provided by Sport Aus via this link:  
[SportAus COVID-19 Return to Sport Toolkit](#)

#### Communication

- Prior to returning to training host an information session via video conferencing with your members.
- Use social media and electronic newsletters to inform users of the training protocols and member responsibilities. There are many apps which may also be utilized to send messages/reminders direct to phones.
- Rules should be reinforced at the start of each training session.
- Share the information on protocols that must be followed at venues.
- Have a special information session for leaders in your community such as team managers, coaches, and committee members.
- Advise your members to bring their own equipment (ball, cap) if possible to all sessions.
- Run a session on how to clean the equipment appropriately for those whom do not have their own equipment
- Provide detailed information to coaches of the training protocols under Stage 2  
[https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0026/127943/return-to-play-guide.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0026/127943/return-to-play-guide.pdf).
- Have coaches cooperate and share with each other the types of activities that can be adapted under Stage 2 restrictions.  
[https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0026/127943/return-to-play-guide.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0026/127943/return-to-play-guide.pdf)
- Discuss options for involvement with volunteers who fall into the high risk category.
- Consider having a COVID Safe Coordinator for each training group.
- At all times reinforce the message 'that if you feel unwell stay home'.

## Register Attendance

- Liaise with your training facilities on how a register of attendance will be recorded at their venue.
- Consider different options to record your own register at training such as:
- Use the template provided at the end of the document and have a coach / official complete.
- Avoid having each person complete the form to reduce the risk of touching the same pen or electronic device.
- Use a tablet or phone to record who was in attendance.
- Use an App to register the names of the group and then mark them off as having had attended.
- Communicate to parents and players that a condition of returning to training is that everyone must be registered who attends and highly recommend the downloading of the COVIDSafe App.

## Hygiene Recommendations

- Encourage all Club members to download the COVID Safe app.
- It is essential to ensure ongoing social distancing where possible, strict hand hygiene, and anyone that is unwell stays away from venues and seeks medical attention. Specifically:
  - a. Do not make physical contact with others
  - b. Avoid touching your face
  - c. Avoid touching surfaces in communal areas
  - d. No spitting in or out of the water
  - e. Do not share food, drinks, equipment or towels
  - f. Bring a full water bottle to avoid touching a tap or water fountain handle.
  - g. If you need to sneeze or cough, do so into a tissue (and dispose immediately into an appropriate receptacle) or cough/sneeze into upper sleeve/arm area.
  - h. Arrive as close as possible to when activity begins.
  - i. Launder own training uniform, swimmers and wash personal equipment

## COI Safe Co-ordinator

- The CIO is responsible for:
- Receiving and processing information from relevant authorities via the SSO.
- Liaising with the Club's local pool operator(s) to understand all specific requirements of the facility and ensuring currency of this information.
- Co-ordination of the Communication plan to share relevant information and guidelines with Club members.
- Being aware of the relevant local health authority contact should a member of the Club be diagnosed with COVID-19. It is recommended that as soon as local health authorities are advised they will take control of the situation. The critical role of the Club CIO is to advise authorities as early as possible.

- The CIO should ascertain if there is an attendance register at the facility for groups of the facility.
- Questions to be asked: how many people are permitted in the facility at any one time and for how long?
- How many people are permitted in the actual pool at any one time and for how long?
- Are coaches and/or support staff included or excluded in this maximum number?
- Are there any specific entry and exit requirements from this facility?
- What are the drop off and pick up plans for the facility?
- Are the bathrooms open and able to be used? Ensure this is communicated to members prior to any session.
- Does the pool have hand sanitisers available or do players bring their own?
- Does the facility have a plan should an attendee fall ill whilst on site?
- Determine how often the facility is being cleaned, that is how often high use surfaces are wiped down with disinfectant wipes or soaps, including door handles, light switches etc.
- Are there any specific plans for high risk attendees?

### Training/Competition and Processes & Recommendations

- Graded return to sport to avoid injury.
- Get in, train and get out of the facility, not just the pool.
- Minimise use of training facility either side of training. Do not congregate to socialise with your teammates despite the desire to do so.
- Adjust length and scheduling of training sessions to reduce overlap
- Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used, certain sport activities not permitted during Stage 2 training, no contact including high fives/hand shaking, no socialising or group meals
- Your venue will undoubtedly have increased cleaning requirements so please ensure all your athletes are co-operative and supportive of any requests from venue staff or management.
- It is recommended that all players and coaches have a full shower with soap at home, immediately prior and following any training session at a communal venue.
- Personal equipment is not to be left on surfaces. Personal equipment bags should be arranged to permit physical distancing of participants (>1.5metres).
- Shared participant equipment (balls, safety equipment etc.) should be rotated, washed or wiped with antibacterial wipes or alcohol-based sanitizer prior to and after each use and at each activity break.
- Only Coaches/Officials should contact / move group equipment and training aids (cones, markers, balls etc)
- It is vital to continue to maintain social distancing regulations at all times.
- Training attendance register to be kept.

Do not attend training if you, or a member of your household do not feel well. It is better to be cautious than proceed with training. Communicate this to your coach/Assoc./club.

The WPA Chief Medical Officer strongly encourages all members to have the annual Influenza vaccination.

## Physical Distancing

- Development and implement physical distancing requirements during training activities.
- Maintain base density requirement of 4 square metres per person and physical distancing (>1.5 metres)).
- Protocols and training drills to maintain a distance of at least 1.5 metres
- Avoid participant interactions including team huddles, handshakes and high fives.
- Specific restrictions on contact training drills during Stage 2.
- Limit unnecessary social gatherings (particularly adults)
- Gathering numbers should not exceed government allowances.
- Guidance for travel arrangements (et: physical distancing on public transport, limit car pooling /taxi/Uber use).

## Spectator / Parent Management

- Limit unnecessary social gatherings (particularly adults).
- Defined areas for spectators – maintaining base density requirement of 4 square metres per person and physical distancing (>1.5metres).
- Defined areas to be suitably marked with physical barriers where possible to provide clear boundaries or permitted and non permitted areas. (Barriers must be physical in nature – temporary fence, bollards with rope between them, something that is not easily passed).
- Attendance register must be kept.
- Restrictions to apply:
- Not more than one parent / carer to attend with child / family
- Encourage parent / carer to drop off / pick up outside facility / venue or remain in the car during the activity
- No other spectators should be present
- Gathering numbers should not exceed government allowances.

## Acknowledgement and Disclaimer

Water Polo Australia (WPA) and Water Polo Queensland (WPQ) would like to acknowledge Dr David Hughes, the Australian Institute of Sport (AIS) and Swimming Australia Limited (SAL) from where various elements of this information has been collated to provide to the Water Polo Community.

The guidelines must be considered against the remit as a national / state governing body for the sport of water polo, with a key focus on club/competitive water polo and elite athlete programs. These guidelines have been prepared for associations, clubs, club officials, club coaches, parents and players.

While all care has been taken in the preparation of these guidelines and templates, WPA and WPQ have not and cannot make any representation or warranty that relying on this guide and the templates will ensure the health and safety of participants who attend aquatic facilities or who are involved with club or water polo activities more broadly. Neither WPA or WPQ are liable to users of this guide and the templates for any loss or damage however caused resulting from the use of this guide and templates, nor do they accept any responsibility for the accuracy of the information or your reliance upon it.

## Helpful Resources

[Symptom Checklist](#)

[Coronavirus Public Information](#)

[Resources on Social Distancing](#)

[National Principles on the Resumption of Sport](#)

[AIS Framework for Rebooting Sport in a COVID 19 Environment](#)

[How to Hand wash](#)– World Health Organization

[Keeping your Distance Poster](#) Australian Government

[SportAus COVID–19 Return to Sport Toolkit](#)

[Club Name] Register of attendees

**Location:** \_\_\_\_\_

[illegible]

