



### Communicate

- Graded return to sport to avoid injury
- Before training resumes hold an information session via video conferencing with your players and parents.
- Advise all if they are sick to remain at home and not attend training.
- Liaise with CIO Officer to ensure venue staff have cleaned and sanitized facility.
- Liaise with CIO Officer to ensure your session is compliant with Government legislation
- Identify trigger points for cancelling, postponing or modifying an activity
- an emergency management plan
- Read any information distributed by the SSO, Assoc./Club and Government regarding COVID Safe protocols

### Before Training

- Advise athletes that the Assoc./Club is emphasizing the AIS framework principle of “GET IN, TRAIN, GET OUT” arrive ready to train/play
- Advise athletes to shower at home and have togs on
- Advise athletes to arrive as close as possible to commencement time
- Advise athletes to minimize their use of change rooms, bathrooms and communal areas.
- Parents encouraged to drop children off & not enter the facility (if possible, wait in the car)
- Arrange change over times between groups entering/exiting venue to reduce people passing each other.
- Follow the QLD Government/ WPA/WPQ guidelines as to maximum participants per facility – athletes and spectators.
- Reinforce the rules at the start of each training session.
- Share the information on protocols that must be followed at venues such as social distancing and hygiene.
- Think of how training can be staggered to minimize numbers and reduce contact.
- Separate groups if possible and space permits for social distancing. Some in water and others doing dry land.
- Request athletes to undertake dry land training prior to pool training.
- Think of how training can be staggered to minimize numbers and reduce contact.
- Ensure attendance register is completed
- Familiarise yourself with the Venue COVID-19 protocols.

## During Training

- Run an activity that encourages players to come up with new appropriate ways to celebrate and congratulate each other whilst maintaining social distancing
- Design sessions/drills ensuring social distancing of 1.5m and adequate spacing of not more than 1 person per 4m<sup>2</sup> must apply.
- Only Coaches should contact / move equipment and training aids (cones, balls etc)
- Any participant equipment should be rotated, washed or wiped with antibacterial wipes or alcohol – based sanitizer prior to/after each use & at each activity break.
- Avoid sharing of drink/water bottles, caps, towels, whistles, pens etc.
- Do not leave personal equipment on surfaces and if so arranged them to permit physical distancing of participants (>1.5 metres)
- Advise your players to shower and change at home – arrive ready to train/play.
- Advise players to arrive as close as possible to when activity begins.
- Advise players to not congregate in any communal area, including the car park.
- Types of drills to be used: non-contact only, swimming, throwing, catching, shooting.

## After training

- Encourage pick up of athletes (limit people walking in/out of venues).
- Arrange change over times with groups entering/exiting venue (reduce people passing each other).
- Advise athletes to shower at home afterwards rather at training venue. Leave training immediately once the session has concluded – no socializing at the venue (car park included).
- Minimise use of changerooms, bathrooms and communal areas possible.
- Athletes, coaches and support staff to notify Coach and CIO Officer if any symptoms become visible after training.
- Ensure attendance register is completed.

## Spectator / Parent Management

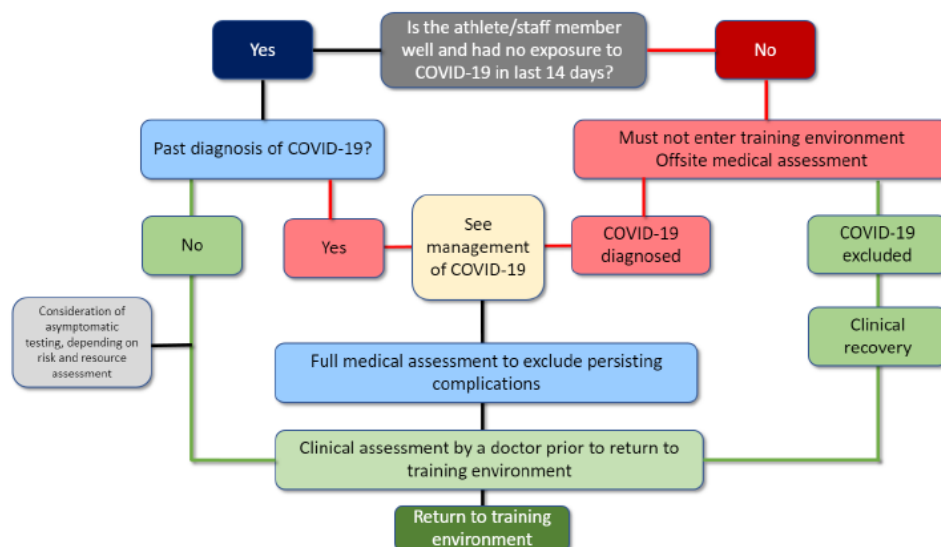
- Limit unnecessary attendance
- Define areas for spectators – maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres)
- Defined areas to be suitably marked with physical barriers where possible to provide clear boundaries or permitted and non-permitted areas.
- Barriers must be physical in nature – temporary fence, bollards with rope between them, something that is not easily passed.
- Attendance register kept.
- Gathering numbers should not exceed government allowances.
- Restrictions to apply
  - Not more than one parent/carer to attend per 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

- Encourage athletes to bring own equipment and sanitiser
- Washing of hands prior to, during and after training and use of hand sanitiser where available.
- Showering before and after training in a home environment.
- Avoid physical greetings (eg: hand shaking, high fives etc).
- Avoid coughing, clearing nose, spitting on any surface in the pool etc.
- Avoid touching of eyes, nose or mouth.
- Launder own uniform and personal equipment
- Avoid sharing of equipment, drink/water bottles, caps, towels, whistles, pens before during and after training
- Do not leave personal equipment on surfaces. Any equipment should be rotated and washed/wiped with antibacterial wipes or alcohol-based sanitizer prior to and after each use and at each activity break.

**‘Get in, train, get out’**

### Assessment of Athletes Prior to Resumption of Formal Training- Adapted from The AIS Framework for Rebooting Sport in a COVID-19 Environment

An athlete member must not join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Sport organisations must be proactive and ensure all athletes have been medically cleared prior to return to the training environment.



**Figure 2:** The recommended process for medical clearance of athletes/staff (Source: Figure 6 from The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment)

**At all times reinforce the message  
‘that if you feel unwell stay home’**

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 Assoc./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.

#### Useful Links and Templates

[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](#)

## Attendance Register – Sport Australia Template

[Club Name] Register of attendees

Activity: \_\_\_\_\_

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Arrival time	Departure time	Full name	Phone	Email address	Club	Role	In the previous 14 days, have you: <ul style="list-style-type: none"><li>• Had any COVID-19 symptoms?</li><li>• Been in contact with any confirmed/suspected COVID-19 case?</li><li>• Travelled internationally?</li></ul>	Downloaded and using COVIDSafe app?

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