



#### Before Training

- It is recommended that the COVID Safe App be downloaded.
- Read the information distributed by the SSO, Assoc./Club and Government regarding COVID Safe protocols.
- Shower and change at home
- Arrive as close as possible to when activity begins.
- Do not congregate in any communal area, including the car park.
- Minimise your use of change rooms, bathrooms and communal areas. Familiarise yourself with the venue COVID protocols.
- Share the information on protocols that must be followed at venues such as social distancing and hygiene.
- 'If you feel unwell stay home'.

#### At training

- Stay within the designated training area.
- Reduce all unnecessary movements around the facility.
- Do not share any personal equipment eg: Water bottles, towels, land training equipment, balls, caps
- Do not make physical contact with others
- Avoid touching your face
- Avoid touching surfaces in communal areas
- No spitting in or out of the water
- Do not share food, drinks, equipment or towels
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- 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.
- Take your own equipment if possible
- Use hand sanitiser when entering and exiting the facility and throughout the session
- Use your own sanitiser if possible

### After training

- Be picked up in the car park (if safe), do not leave the venue in a group.
- Maintain social distancing at all times.
- 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 change rooms, bathrooms and communal areas possible.
- Do not make physical contact with others.
- Avoid touching your face.
- Avoid touching surfaces in communal areas.
- No spitting in or out of the water.
- Do not share food, drinks, equipment or towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- 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.

**‘Get in, train, get out’**

### Hygiene Recommendations

- It is encouraged that all members 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:
- Do not make physical contact with others
- Avoid touching your face
- Avoid touching surfaces in communal areas
- No spitting in or out of the water
- Do not share food, drinks, equipment or towels
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- 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.
- Arrive as close as possible to when activity begins.
- Launder own training uniform, swimmers and wash personal equipment

### Acknowledgement and Disclaimer

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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, Water Polo Australia and its State/Territory Water Polo Associations 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 Water Polo Australia or your State/Territory Water Polo Association 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