

BC plays WATER POLO



**RETURN TO WATER POLO PLAN
BC WATER POLO ASSOCIATION
JULY, 2020**

Contents

Legal Disclaimer..... 2

Role of BCWPA the Provincial Organization..... 2

General Principles of Return to Play..... 3

Gradual Return to Sport In Stages for BC 4

Gradual Return to Sport In Stages – Water Polo Canada 5

Aquatic Training Recommendations..... 7

Dryland Training Recommendations 9

References..... 10

Legal Disclaimer

This document has been prepared by BCWPA – BC Water Polo Association, based on current information available from:

- Province of BC;
- National Lifesaving Society of Canada;
- Water Polo Canada
- ViaSport;
- USA Centre for Disease Control;
- Operational Guidelines for Saanich Recreation Centres;
- BCRPA Return to Sport Guidelines,

and other National and Provincial sport organizations where information was available and comparable to water polo.

The document is a living document and will be updated as the situation evolves.

It remains the responsibility of each organization to assess risks and establish appropriate safety measures within their own facility, within their own municipality. Organizations should at all times strictly adhere to the guidelines set out by their home facilities (indoor and/or outdoor), and react with flexibility to changing protocols as they evolve.

Role of BCWPA

BCWPA has been overseeing water polo activities in the province of BC since 1975. BC Water Polo is committed to the health and safety of all players, their families, and the community. The purpose of this document is to ensure that the return to play of members is done in conditions that follow current best practices for safety as set out by the Province of BC, always in accordance with what stage of opening BC is observing. For this reason, this document will be updated periodically as is necessary.

General Principles of Return to Play

There is no evidence that COVID-19 can be spread to humans through swimming pools (According to the USA Centre for Disease Control). However, it is understood that water polo practices in the wider sense entail more than just aquatic contact. For this reason, the General Principles of Return to Play, must establish some basic general safety measures that apply to social contact in all situations:

Practice Physical Distancing

-Return to sport must adhere to physical distancing in accordance with requirements of provincial, local public health authorities and facility operators

Hygiene

-Return to sport must include general hygiene protocol such as frequent handwashing, cough etiquette, not touching of face, eyes, nose, and other measures that add another layer of protection to physical distancing.

Cleaning of Equipment

-Return to sport must include frequent cleaning of surfaces with disinfectant.

Monitoring of Individual Health

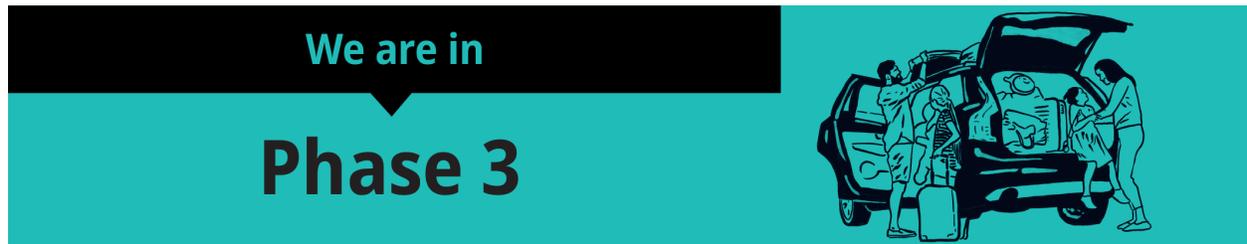
-Return to sport must include daily monitoring of health. Individuals exhibiting even mild symptoms (cough, temperature, runny nose, sore throat), should not return to practice. Individuals who have traveled out of the country in the last 14 days or may have come into contact with someone who had tested positive for Covid-19 – should not return to practice.

Staff and athletes who may be at risk for severe illness from Covid-19, should discuss their specific concerns with their primary care provider prior to returning to sport.

Communication

Return to sport must include regular communication between staff, athletes and parents. Athletes need to be educated and reminded about safety.

Gradual Return to Play Stages



The Province of BC has established a gradual return to normal activity, describing this process in four stages. Sport, including water polo is a part of this bigger picture, and accordingly, we are currently in Phase 3 (as of June 24, 2020) of BC's Restart Plan.

Water Polo Canada advises that based on the ongoing lifting of restrictions across the country at different rates (BC is in Phase 3) Provincial Sport Organizations and Clubs are ***encouraged to work closely with their facility managers and Public Health Officials to determine the maximum number of athletes that can participate in a training session as this varies widely across the country and the 2 meters physical distancing rule is no longer universal.***

It is imperative, therefore that each club work closely with their home facility to determine precise distancing measures. The numbers below are recommendations from BC Water Polo for different swimming pool sizes and adjusted based on different pool configurations to allow for physical distancing:

25m x 25m: 24 athletes or less

25m x 50m: 48 athletes or less

At all times in Phase 3:

All sport related equipment should be sanitized. Athletes can arrive in their training suit in a staggered fashion while respecting physical distancing, and arrive on the pool deck with a towel only. Change rooms should be avoided completely.

Parents need to drop off and pick up only, and not stay as spectators or congregate in any manner before, during or after practices.

Water Polo Canada Return to Sport Guidelines

Water Polo Canada return to sport guidelines specify the following guiding principles in organizing group practices, to contain the spread of the virus:

- Always the same athlete group
- Always the same stakeholders
- Always the same training place

The principle of consistency in place, time, groups, staff and sub-groups applies in order to easily track participants and if need be to pinpoint and quickly track the source of infection.

The diagram gives a quick overview of Water Polo Canada’s multi-step return to sport guidelines.

WATER POLO CANADA

RETURN TO WATER POLO

Summary - Resource Document

GENERAL CONSIDERATIONS

A RETURN TO SPORT MUST STRICTLY ADHERE TO THE POLICIES AND PROCEDURES OUTLINED BY PROVINCIAL AND MUNICIPAL GOVERNMENTS AND PUBLIC HEALTH AGENCIES THAT HAVE BEEN ESTABLISHED TO ENSURE A SAFE ENVIRONMENT FOR ALL. THE AQUATIC SPORTS JOINT WORKING GROUP HAS AGREED ON A NUMBER OF KEY PRINCIPLES THAT WILL FORM THE FOUNDATION OF THE RETURN TO OUR RESPECTIVE SPORTS.

PHYSICAL DISTANCING - MINIMUM 2M	HAND & PERSONAL HYGIENE - WASH W/ WATER & SOAP 20 SEC.	EQUIPMENT CLEANING AFTER EACH TRAINING	INDIVIDUAL HEALTH MONITORING	PLANNING & COMMUNICATION

4-STEP RETURN TO TRAINING GUIDELINES

STEP 1

PHYSICAL DISTANCING APPLIED	LIMITED TRAVEL	OPEN WATER OR PERSONAL SWIMMING POOL	IN-WATER TRAINING (INDIVIDUAL)

STEP 2 - WATER POLO TRAINING GUIDELINES

PHYSICAL DISTANCING APPLIED	LIMITED TRAVEL	OPEN WATER OR TRAINING FACILITY	TRAINING WITH LIMITED MEMBERS
SWIMMING - 2M DISTANCE	OUTSIDE DRY-LAND TRAINING	INDIVIDUAL BALL/ TECHNICAL SKILLS (PASSING/SHOOTING PERMITTED)	NO OPPOSITION WORK, NO SCRIMMAGES

STEP 3 & 4 - RETURN TO WATER POLO GUIDELINES

STEP 3	STEP 4
LIMITED TRAVEL	DOMESTIC TRAVEL PERMITTED
FULL TRAINING & COMPETITION WITHIN PROVINCES	FULL TRAINING & COMPETITION DOMESTICALLY
SMALL GROUP COMPETITION ALLOWED (NO FANS)	LARGE GROUP COMPETITION ALLOWED (W/ FANS)

FULL RETURN TO SPORT DOCUMENT: WWW.WATERPOLO.CA/COVID19RESOURCES

According to Water Polo Canada’s 4-step return to training guidelines, adopted by BCWPA we are in stage 2. Unrestricted training resumes in stage 3.

APPENDIX C: RETURN TO SPORT – WATER POLO TRAINING GUIDELINES

4-STEP RETURN TO TRAINING GUIDELINES				
	Step 1	Step 2	Step 3	Step 4
Canada Public Health	<u>PHYSICAL DISTANCING APPLIED</u>		<u>NO PHYSICAL DISTANCING</u>	
Travel Restrictions	Limited inter-region & inter-province travel only			Domestic travel permitted
Training Location	Personal swimming pool OR Open water	Use of open water & lakes Training within facilities and public pools Must maintain physical distancing.	Training within facilities NO physical distancing	
Training Options	In-water training (solo) if access to own pool only, or open water.	Training with limited members, small sub-groups and distance of 2 meters maintained. Swimming, throwing (passing/shooting) and other technical drills can be completed. No full contact/defending drills, wrestling, scrimmage Equipment must be disinfected incl. balls after each segment *See below for further details	Full training and competition regionally (within provinces) Small group competition allowed (<i>Local teams with no fans</i>)	Full training and competition domestically Large group competition allowed (<i>Normal competition with fans</i>)

STEP 2/STAGE 2 – Supporting Guidelines

GENERAL RECOMMENDATIONS	
Public Health	Public Health guidelines must be followed at all times.
Arrival Procedures	All participants should consider wearing masks outside of the pool during transit to and from the facility while ensuring they wash their hands or use hand sanitizer for 20 seconds upon arrival at the facilities. Work creatively with facility managers to create an entry and exit plan that maintains physical distancing and minimizes transition time. Athletes or staff with symptoms or roommates with symptoms should not be permitted to attend training until cleared by a doctor.
Sanitation Procedures	Participants will wipe down equipment after every use.
Offices or Shared Spaces	Staff will wash hands before entering office and wipe down after its use. No sharing of office supplies. Limit number of people within the office depending on size and respecting 2m distancing.

Aquatic Training Recommendations for Clubs

- Athletes and staff must respect physical distancing during all aspects of training.
- Athletes, coaches, and staff may consider the use of protective masks. Masks should be considered when physical distancing is not always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing.
- Provide facility access with one entry point and a separate exit point. If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least 2 meters.
- Install physical markers on the floor or walls (cones, lines, stickers, wooden structures, etc.) that indicate appropriate two meters spacing distances for athletes, coaches, and staff working on deck or in dryland areas.
- Coaches and staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- Athletes should arrive in their training suit.
- Keep the same group of athletes for each training session. Athletes should only participate in one training group and should not move between multiple training groups.
- Do not perform dry land training at the pool. Any dryland or pre-pool should be performed before entering the facility.
- Do not arrive any earlier than necessary for receiving the training session and entering the pool.
- Spectators/parents to follow facility rules and are expected to adhere to the physical distancing rules.

Hand and Personal Hygiene

- Clean/wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitizer (>60% alcohol). Coaches and athletes are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.

Use of Equipment

-Clean equipment thoroughly with a disinfectant pre and post training session

-Athletes are not to leave equipment or mesh bags at the facility. All equipment needs to be brought home and thoroughly cleaned after each training session.

-Limit the amount of equipment to be brought into the pool throughout the return to sport process. The coach is required to communicate necessary training equipment prior to each session.

-There is no permitted sharing of water bottles. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to a leaving for the facility.

-Coaches are not permitted to use whiteboards so that athletes do not congregate around them. Use other means of communicating the training sessions to the players

-Coaches are not permitted to share hand-held equipment such as clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre and post training session.

Supervision

- The head coach must submit a plan to the club Board of Directors before setting foot in the water with athletes.
- Each club must have a return to play plan – approved by the Board of Directors of the club.
- Once training resumes, the head coach must be required to strictly monitor all established protocols.
- British Columbia Water Polo Association will have a collaborative approach with member clubs to ensure training plans meet basic requirements. In other words, BCWPA is there to help!

Dry Land Training

- The groups must be the same for dryland training as for the pool. No crossover between groups will be allowed to ensure risk control. Groups will therefore be limited in number depending on the capacity of the pool.
- The site must always allow 2 meters from all sides between each individual. If the site is too small to allow a distance of 2 m, the groups must be reduced to comply with this instruction.
- Each group should always remain the same. No crossover between groups will be allowed to ensure risk control.
- The site must always allow 2 meters from all sides between everyone. If the site is too small to allow 2 meters, the groups must be reduced to comply with this instruction.

Training Instructions

- Maintain a daily lists of participants to ensure appropriate public health follow-up can take place if a participant be exposed to COVID-19 during these activities.
- Ensure that there is always a 2 meter distance between each athlete. Arrive early, and mark out an area for each participant with ribbon, rope, etc.
- Be ready for athletes to arrive, supplying hand sanitizer upon arrival (unless they have their own with them).
- Have a stocked first aid kit with proper mask and gloves.

-Ensure the athletes understand the social distancing and to stay within the guidelines. Absolutely no personal contact or sharing of personal equipment, water bottles, etc.

-Instruct athletes who bring their own equipment to sanitize it after use.

-Ensure the coaches are practicing social distancing

-Team equipment (balls, caps and etc.) to be sanitized before and after training. Coach cannot share watch, white board, or any other equipment.

-In case of injury requiring medical attention follow guidelines of First Aid. Wear gloves & mask

Events and Competitions

Events and competition are not authorized at present.

Resources

- Water Polo Canada Return to Sport Guidelines
- Province of BC – Phase 3 – BC’s Restart Plan
- Saanich Recreation – Operational Guidelines for Saanich Recreation Centres
- Municipal Insurance Association of BC – Guidelines for Reopening
- Royal Canadian Lifesaving Society – Guidelines for Reopening
- ViaSport Return to Sport Guidelines
- BCRPA Restarting Guidelines



For more information and updates, please contact BCWPA at

<https://www.bcwp.ca/>