



WE ARE READY!

SAANICH WATER POLO
SCHOOL ASSOCIATION
WATER POLO CLUB

SAANICH COMMONWEALTH PLACE RETURN TO SPORT PLAN

JULY, 2020



BRITISH
COLUMBIA



INTRODUCTION

- Saanich Water Polo School has been operating a safe, popular, well-structured and inclusive water polo program at Saanich Commonwealth Place since 1995 (25 years).
- Saanich Water Polo has a year-around membership of approximately 100 local families and serves many other families through its various successful partnership programs.
- Saanich Water Polo has contributed over a million dollars to the local economy in the form of sports tourism revenue, over the last decade, through its various competitions, and events.
- Saanich Water Polo has a perfect safety track record at Commonwealth Place and beyond, and has current, up to date status with WCB.
- Saanich Water Polo is an internationally acclaimed water polo program with strong ties to prominent US and European Water Polo programs, and is recognized as one of Canada's premier year round water polo clubs.
- Saanich Water Polo is governed by a Board of Directors. The Technical Director of the club is internationally recognized head coach Ferenc Vindisch, who at all times maintains a respectful, cooperative relationship with Commonwealth Place staff and the High Performance Committee.



WHAT WE KNOW ABOUT THE POOL ENVIRONMENT

According to scientific research, chlorinated pools destroy Covid-19 germs, and provide a safe medium for sports activity.

Equipment used in a chlorinated pool, such as floatation devices and water polo balls get disinfected while in use.

If aquatic practices are confined to the pool itself, there is little to no risk of spreading/contracting the Covid virus.

Pools, indoor and outdoor, have opened up to sports all over the world, even in Europe where the situation is very tough.

By minimizing contact in and around the larger physical area of the facility, such as sauna, showers, cashier area and front entrance, we can do a lot to eliminate the risk, by observing restrictions - as per SCP regulations.





WHAT WE KNOW ABOUT CHILDREN AND COVID-19

- We know that children are not the segment of the population most at risk for contracting and spreading Covid-19.
- Children are at risk of developing other medical issues associated with lack of focused social and physical activity.
- In order to raise healthy adults who will ultimately be less at risk of falling ill to Covid-19 among other illnesses, we need to figure out **how** to resume coach-lead physical exercise now, and develop ways to make sure we reduce risk.



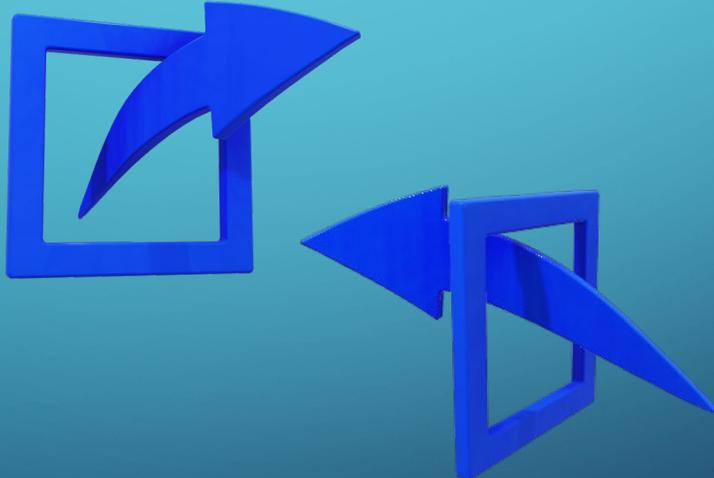
Cooperating with staff and management, Saanich Water Polo coaches are ready to tackle safe return to coached practices at SCP.

INVESTING IN THE PHYSICAL FITNESS OF OUR CHILDREN **NOW** IS AN INVESTMENT IN THEIR HEALTH, AND IN THE FUTURE HEALTH OF OUR ADULT POPULATION!



COMMITTED TO CONSTANT COMMUNICATION

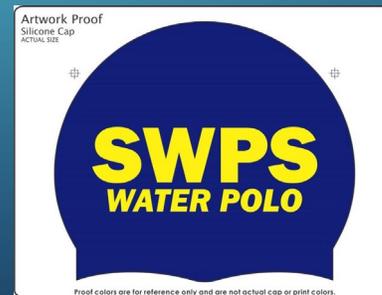
- Saanich Water Polo is committed to constant communication with Saanich and to relaying the most up to date information to parents and our coaches via:
 - Email
 - Updated Power Point Presentations
 - Zoom Meetings





WHAT SAANICH WATER POLO PARENTS WILL BE ASKED TO DO

- Parents will be asked to sign an information bulletin about Covid-19 protocol and an indemnity waiver form.
- Parents will be asked to drop off children at the designated entrance of the facility, let them out of the car, make sure the children enter the building safely, and then drive off.
- Parents will be asked to execute pick up the same way.
- Parents will be asked to make sure their child has washed their hands, and is in “ready to go” mode for practices, in other words, there is no need for change rooms, showers.
- Parents will be asked to provide only four pieces of personal equipment – no sports bags are allowed.
 - Towel
 - Goggles
 - Swim Cap
 - Labeled Water Bottle





WHAT SAANICH WATER POLO COACHES WILL BE ASKED TO DO

- Coaches will be expected to be up to date with Covid protocol at all times; act accordingly, and to remind athletes of spacing and other obligations.
- Coaches will be required to keep a daily log of athletes' attendance.
- Coaches will be required to stay at the end of each practice and clean equipment such as nets, rebounders, ball bin, and any other equipment that may have been touched but has not been in the water.
- Coaches will be required to supervise correct spacing at all times, and make sure that only one athlete uses the designated washroom at any one time.
- Head coach will transport one set of caps, wash, sanitize and dry caps after each use.



SAANICH WATER POLO ATHLETES WILL BE EXPECTED

- To come to practices “ready to go”, and take care of the four pieces of personal equipment: Towel, Goggles, Water Bottle, Swim Cap.
- To be aware of spacing requirements and to observe these to the best of their ability at all times.
- To make sure they comply with the one athlete per washroom at any one time rule – and check in with their coaches.
- To towel off and leave the facility at the designated exit without procrastination at the end of each practice.
- To remain home if they are not feeling well.



GENERAL PRINCIPLES FOR PARENTS, ATHLETES AND COACHES TO ADHERE TO AT ALL TIMES.



1
Stay home if not feeling well.

2
Practice good hygiene: wash hands often, avoid touching your face, cough/sneeze into your elbow.

3
Maintain a distance of 2 meters from each other.

4
Stay informed, follow public health advice, and communicate with coaches regularly.

5
Let head coach know if you or anyone in your family has been traveling or in contact with someone at risk.

6
Be punctual in arriving to and leaving practice. Groups will likely have to be staggered, and timing is important.

We are in

Phase 3

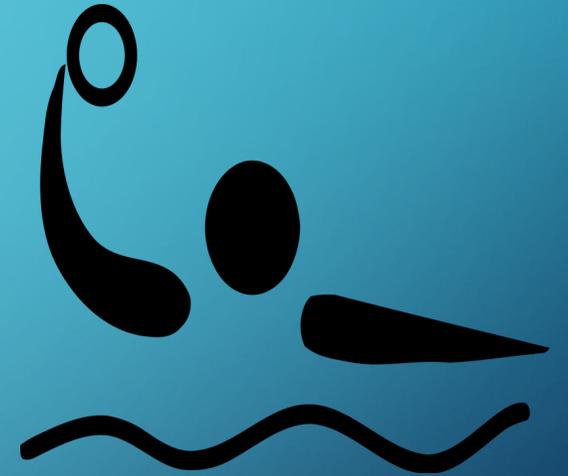




SWPS RESOURCES

In order to arrive at water polo sport-specific guidelines for SWPS at Saanich Commonwealth Place, Saanich Water Polo Board of Directors and Staff have looked to the following resources:

- BCRPA Restarting Guidelines
- Guidelines for Saanich Recreation Centres
- Sport Australia Return to Sport Toolkit
- USA Water Polo Return to Play for Clubs
- Water Polo Canada Second Stage Return to Sport Guidelines
- BC Water Polo COVID -19 Return to Sport Guidelines
- Manitoba Water Polo COVID-19 Return to Sport Guidelines
- ViaSport Return to Sport Guidelines
- Royal Canadian Lifesaving Society Guidelines for Reopening BC's Pools and Waterfronts
- Province of BC, Provincial Health Officer Orders: BC's Restart Plan – Phase 3
- MIA BC – Municipal Insurance Association of BC Think Tank Series: Reopening Government Services in BC



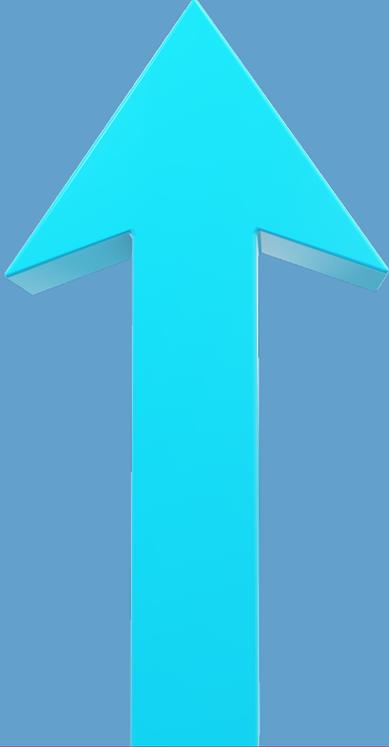


WATER POLO PRACTICES AT COMMONWEALTH PLACE

Water Polo Practices at Commonwealth Place will look different for a while...

- ✓ Practices will be limited to 24 players maximum for 25X25 pool space.
- ✓ A distance of 2 meters will be maintained between players whether we are executing swimming drills, endurance drills or technical drills in the water.
- ✓ There will be no dry land on pool deck or in the bleachers.
- ✓ Practices will concentrate on endurance drills and technical skills training.
- ✓ Practices will have a swimming, throwing, passing, shooting component, but no full contact drills and no full contact scrimmages.
- ✓ Players will be asked to come ready to jump in, so bathing suits must be worn under clothes. Players are asked to shower at home after practices.
- ✓ Depending on groups, numbers, pool allotment: practices may be shorter and may need to be staggered to allow for different age groups and abilities to train.
- ✓ Coaches will not be demonstrating drills in the water, but will remain on deck – and always observe physical distancing. The exception is intervention should there be an emergency.
- ✓ There will be no competition until the Province announces that we are in Stage 4 of BC's Restart Plan.

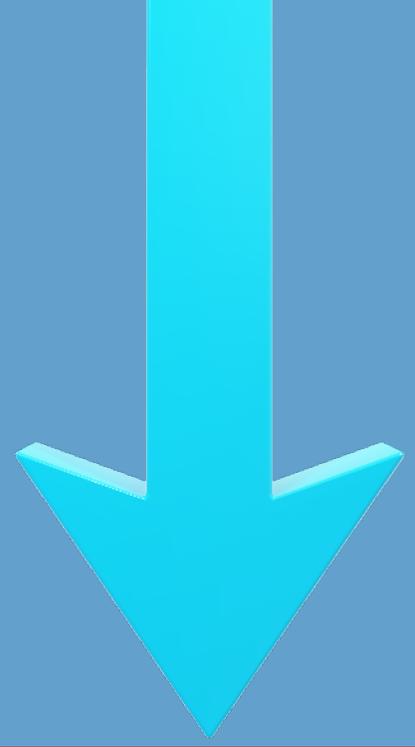
Sample Water Polo Practice Set Up With 24 Players on 25 meters – Half Course at SCP



Maximum twelve players are set up on opposite sides of the pool. Players are 2m distance from each other.

Group A executes swimming drills, and can swim only as far as the red line/zone, so the two groups do not get closer than 2 meters.

Group A rests while Group B executes drills in the same fashion.





THIS IS A DYNAMIC LIVE DOCUMENT REFLECTING UP TO DATE INFORMATION

This Power Point Presentation has been respectfully prepared by Saanich Water Polo School Coaching Staff and Saanich Water Polo School Board of Directors for SWPS Water Polo Club's return to Saanich Commonwealth Place Pool, its home facility of the last 25 years.

This is a "live" document that will be shared by parents, and displayed on the SWPS website for information.

Since the document is a dynamic work in progress, it will reflect and respond to changes, requests from SCP staff.

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