

Return to Water Polo - Training Guidelines – (June 19, 2020)

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 – 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.

Equipment	Equipment must be wiped down at the before and at the end of each training session (balls, nets etc.)
Team Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

AQUATIC TRAINING RECOMMENDATIONS	
Participants in the pool	<p><i>Based on the ongoing lifting of restrictions across the country at different rates please consider the following addition to this section.</i></p> <p><i>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. In order to accomplish this a detailed de-confinement plan should be provided to facilities, and to Public Health Officials if required, to demonstrate how the club or team will comply with the current COVID-19 protocols in place in their city and/or province.</i></p> <p>The following recommendations can be made for swimming pool sizes and adjusted based on different pool configurations to allow for physical distancing.</p> <p>25m x 25m – 12 athletes or less 25m x 30m – 15 athletes or less 25m x 50m – 20 athletes or less</p> <p><i>*Note the recommendations above can be adapted based on the space available within facilities and approval of these adaptations by the given facility.</i></p>
Personal Bins on Pool Deck (optional)	All sport related equipment should be sanitized and left at the pool, athletes can be given their own personal bin or box on the pool deck for sport related equipment such as bathing caps, goggles, WP hats, etc.
Change area &	Athletes can arrive in their training suit and be given a bin on deck to put their clothes, or they can pass through the locker room in a staggered fashion while respecting physical distancing and arrive on the pool deck with a towel only.
Interactions between Team Members	2 m distance maintained at all times. ¹
Warm up	Limit dry land training on the pool deck. Any dryland or pre-pool activities should be performed before entering the facility. Options of completing warm up can be done outdoors in open air or in another location if permitted.
Hydration	Only water personal water bottles on deck, <u>no food allowed.</u>
Toilet	Sanitation measures after use by each person – facility specific rules should apply
Swim training	Can be conducted using every second lane, can be subgroups or rotating groups in the water with swimming/static technical work.
Individual ball or technical skills	2 meters + distance for horizontal drills ¹
Passing & Shooting	Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie ¹

Duels/ opposition - close contact work	Not permitted¹
Close contact situational activities, or scrimmages	
Cool Down	Can be completed in pool respecting 2m distance, it is advised to be complete this at home. ¹
Post Training Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

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