



**MANITOBA
WATER
POLO**

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August 2021

RETURN TO WATER POLO
COVID-19

CONTENTS

Legal Disclaimer	3
Introduction	3
Return to Play – General Guidelines	3
Purpose & Process	4
Water Polo Steps and Stages	5
Water Polo Guidelines	6
Return to Water Polo – training recommendations	12
Return to Dryland – training recommendations	13
Events and Competitions	15
Appendix A	16
Appendix B	17
Appendix C	18
Appendix D	21
Appendix E	22
Resources	23

LEGAL DISCLAIMER

Manitoba Water Polo has prepared this document based on the latest information available to date from a variety of sources, including that of public health officials. The document will be updated periodically as the situation evolves. The purpose of this document is to provide information and advice on best practices. However, it is the responsibility of each organization to assess the risks in its environment and to establish appropriate safety procedures to minimize these risks, while following the advice and instructions of sports organizations and provincial governments. In addition, it is up to each individual to assess personal risks in consultation with health professionals and to determine the outcome of their decisions and actions.

INTRODUCTION

Manitoba Water Polo is committed to the health and safety of our community. We are closely monitoring the developments around COVID-19 and will follow the recommendations of the Government of Manitoba and Water Polo Canada. The purpose of this document is to ensure that the return to play of members is done in conditions allowing to follow the highest safety standards.

Province of Manitoba Resources -

- [Sports Guidelines](#)
- [Risk Assessment and Mitigation Tool for Recreational Activities in Manitoba](#)

RETURN TO PLAY – GENERAL PRINCIPLES

(Source: WPC Return to Water Polo Resource Document)

According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through swimming pools. COVID-19 has a fragile lipid outer membrane and is therefore highly susceptible to elimination by soaps and oxidants, such as chlorine. Proper maintenance and disinfection with Chlorine or Bromine should inactivate the virus (CDC 2020).

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. These principles include:

Physical Distancing: Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene: In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training.

Equipment Cleaning: Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

Individual Health Monitoring: Daily individual health monitoring processes and tracking need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.

Safe Sport Environment: In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communication: A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.

PURPOSE & PROCESS

The purpose of this document is to outline return to water polo guidelines and best practices to date within the province of Manitoba. It should be followed by all clubs who wish to reintroduce activities while also ensuring they are within the parameters of government authorities, public health orders, municipal regulations, and all facilities guidelines. Return to play will require the collective work of all MWPA clubs and members. It is extremely important this is done as safely as possible. There are still many unknowns around the eventual reopening of recreation facilities and pools. This will further require everyone's patience and support as we navigate the ever-changing environment of COVID-19. We will continue to provide updates as they are made available including guidance from Water Polo Canada, and the Manitoba Government.

Return to water polo will be a gradual and phased process. This includes all activities outdoors such as dryland training, indoor training when practice in pools can resume, and eventually competitions. Facilities around the province may be opening at different times and it is important clubs adhere to all local facility and municipality guidelines and abide by all restrictions and limitations in place. All guidelines and protocols should be aligned with one another; first being those of the Federal and Provincial Government, followed by local municipalities and facilities. MWPA will work alongside WPC and continue to update guidelines within this document as they change.

As we get closer to the next phases of getting back to the 'pool', there will be communication with the Manitoba clubs with a series of meetings including the Presidents.

Please feel free to contact the MWPA for further guidance or with any questions you may have.

RETURN TO WATER POLO STEPS AND STAGES

WATER POLO CANADA - 4 Step Return to Training Guidelines (See Appendix C)

** These guidelines are recommendations and may have to be adjusted to align with the Manitoba Government, local municipalities, and individual facility restrictions.

MANITOBA WATER POLO - Stages for Return to Water Polo

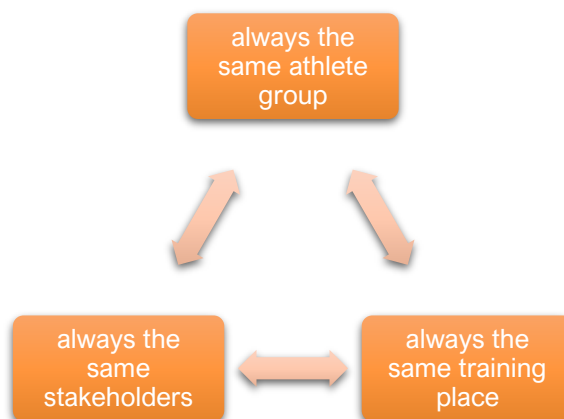
4-STEP RETURN TO TRAINING GUIDELINES				
	Step 1	Step 2	Step 3	Step 4
Canada Public Health	<u>PHYSICAL DISTANCING APPLIED</u>		<u>NO PHYSICAL DISTANCING</u>	
Travel Restrictions	Limited inter-region & inter-province travel only			Domestic travel permitted
Training Location	Personal swimming pool OR Open 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 (indoor and outdoor pools)	<p>Stage 1 Orange (effective August 1, 2021):</p> <p>Cohort training not to exceed 25 athletes. Cohort size of 25 does not include coaches and/or trainers.</p> <p>Swimming, throwing (passing/shooting) and other technical drills can be completed.</p> <p>Full contact/defending drills are allowed but must be kept to a minimum as determined by Club Head Coach.</p> <p>Equipment must be disinfected incl. balls after each segment.</p>	<p>Full training and competition regionally (within provinces)</p> <p>Small group competition allowed (<i>Local teams with no fans</i>)</p>	<p>Full training and competition domestically</p> <p>Large group competition allowed (<i>Normal competition with fans</i>)</p>

		<p>No organized team games, tournaments or competition maybe held at an indoor facility.</p> <p>Cohort 4v4 scrimmages allowed during practice.</p> <p>Players not involved in cohort scrimmage play must socially distance.</p> <p>Refer to Appendix E.</p>		
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Full competition will commence when Covid-19 restrictions are relaxed or in Step 3/Stage 3 of the guidelines.

RETURN TO WATER POLO GUIDELINES

It is important to do everything to reduce the risk of spreading the coronavirus. To do this, stakeholders must be able to create a safe training environment around the athletes, defined as follows:



If the above criteria are not possible, it is recommended to cancel the supervised training. In the event of a Covid-19 outbreak, the goal is always to be able to identify all the PEOPLE and PLACES involved. **This could avoid shutting down the club and facility operations.**

To help organizations relaunch the sport in a gradual and successful manner, Manitoba Water Polo recommends applying the various elements proposed in this document. The

recommendations are based on information available at the time of publication from Water Polo Canada, various multisport organizations, and the Government of Manitoba.

Health Monitoring

- Athletes, coaches, and staff must answer 'NO' to all the following questions prior to attending any training session:
 - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
 - Have I been in contact with or cared for someone with COVID-19?
 - Have I returned from a trip outside the country within the last 2 weeks?
 - Stay home when sick, even with mild symptoms
 - Sample checklist provided – Appendix B. (checklist can be completed verbally between athlete/parent/coach)
- Any athlete or staff member that is required to leave a training session because of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in a subsequent section below.
- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.
 - Common underlying health conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

Returning to Training following a positive COVID-19 test

The decision on when it is appropriate to return to training following a positive COVID-19 test will require medical advice and clearance by the attending physician and in accordance with Provincial guidelines. Recommendations will vary based on a number of factors and may include further testing in some cases. Please seek the advice of your health care practitioner.

Home Isolation Recommendations

If you find yourself ill with symptoms suggestive of COVID-19,

- Remain at home except to get urgent medical care.
- Do not go to work, school, pool, or other public places.
- Cancel non urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face masks when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.
- Stay in a well-ventilated room (open windows) and use your own bathroom if possible.
- Sanitize common use surfaces frequently.
- If close contacts are vulnerable in terms of their health, consider alternative accommodations.
- Avoid sharing household items.
- Maintain excellent hand hygiene.
- Follow any other local health regulations

Physical Distancing

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Always keep a safe distance. **This is critical as COVID-19 can be spread prior to symptom onset.**
- Avoid crowded places.
- Avoid greetings with handshakes, hugging, high fives, etc.
- 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 signage to direct athletes, coaches, and staff to enter one at a time.
 - Provide floor markings to guide athletes, coaches, and staff movements through and out of the facility.

- 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.
- Showers should be mandatory only if a shower is available near the pool deck (without the need to enter the changing room).
 - Athletes should encourage good pool hygiene by showering at home before and after a session
- To maintain physical distancing of 2 meters the number of athletes must be modified depending on the activities programmed in the aquatic facility.
- 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.
- Athletes are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

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.
- Do not share food and drinks.

Use of Equipment

- Clean equipment thoroughly with a disinfectant pre and post training session. Remember that COVID-19 can last between two hours and nine days on surfaces depending on several factors. Simple cleaning measures can inactivate the virus.
- 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.

- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Where bags must be brought in, they should be stored separately, with adequate space between each member's items (re: backpacks left 2 meters apart along pool deck).
- 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.
- In general, pool set-up such as putting in lane lines should be left to the facility to complete. Where this is not possible, specific protocols should be developed and hand washing should occur before and after setting up the equipment.

Safe Sport

- All efforts should be made to ensure that Open and Observable environments are always maintained. Open and observable environments mean making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.
- All training sessions shall respect the principles outlined in the Coaching Association of Canada's Responsible Coaching Movement including the Rule of Two.

Travel and Location

Training should be done locally only or subject to government guidelines. Training is only allowed in places where swimming is permitted and safe and authorized by the Government of Manitoba.

Supervision of Authorized Training

- The head coach must submit a plan to the club Board of Directors before setting foot in the water with athletes.
- Each club must form an assessment group (2 or more individuals) to review and approve the club's return to play plan.
- Once the plan has been accepted, a virtual information session must be organized with all coaches, athletes, parents, and Board of Directors. This briefing will review all procedures and responsibilities before, during and after training.

- Once training resumes, the head coach must be required to strictly monitor all established protocols. Any problems should be reported immediately for further investigation. Ongoing conference calls should be organized once a week.
- Clubs should access a risk management tool when evaluating their RTP plan. (Refer to Resources)
- Manitoba Water Polo will implement a collaborative approach with member clubs to ensure training plans meet basic requirements.
- Manitoba Water Polo could intervene directly with the clubs if the safety rules are not respected.

Board of Direction

The clubs will have to ensure a good management of communications, supervision of personnel, relations with the various partners and to completely review the budgetary forecasts according to sources of income and expenses following the new reality of the pandemic. Nothing should be taken for granted. We will have to adapt to the concept of change, to live with uncertainty and with reality Covid-19.

Emergency Action Plan

- Each coach must know and be trained on the emergency plan of the aquatic facility which will have been adopted by the owner of the facilities according to the new reality.
- In open water, the coaches must set up an emergency action plan themselves
- Athletes must be aware of the emergency action plan.

Display and Communication

- Posting of safety instructions at training locations should be done by the owner of the facility. It is important to understand and respect the display.
- The club's responsibility is to manage information, training, activities, and risk management communications with its members in order to comply with safety instructions, mitigate risks, limit misinformation from other sources and build trust in its members.

Risk Management and Right of Refusal

Everyone should have the right to refuse to report for training or work if they have reasonable grounds to believe that their performance puts them at risk for their health, safety or physical well-being or may have the effect of exposing another person to such a hazard.

Psychological Health Communication and Support

Each club should communicate regularly with its members to keep them informed of the latest developments in public health that may affect them and the various assistance programs available to them.

Return to Water Polo

As of August 1, Manitoba Health Authority are recommending that up to 25 people indoors (not including coaches/instructors/trainers) and 50 people outdoors (not including coaches/instructors/trainers) while keeping social distancing. MWPA return to play guidelines will be fluid based on Provincial restrictions and guidelines set by the Province of Manitoba.

AQUATIC TRAINING RECOMMENDATIONS	
Participants in the pool	<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>Stage 1 Orange (effective August 1, 2021):</p> <p>12 & Older: 7 athletes per lane (25m in length) or 14 athletes per (50m in length)</p> <p>11 & Younger: 5 athletes per lane (25m in length) or 10 athletes per (50m in length) Rationale: 11 and younger athletes are currently not vaccinated</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	<p>2 m distance maintained at all times.</p> <p>Cohort scrimmages allowed during practice.</p>
Warm up	<p>Limit dry land training on the pool deck. Any dryland or pre-pool activities should be performed before entering the facility.</p> <p>Options of completing warm up can be done outdoors in open air or in another location if permitted.</p>
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
Passing & Shooting	Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie
Duels/opposition - close contact work	Stage 1 Orange (effective August 1, 2021):
Close contact situational activities, or scrimmages	<p>Cohort training not to exceed 25 athletes. Cohort size of 25 does not include coaches and/or trainers.</p> <p>Swimming, throwing (passing/shooting) and other technical drills can be completed.</p> <p>Full contact/defending drills are allowed but must be kept to a minimum as determined by Club Head Coach.</p> <p>Equipment must be disinfected incl. balls after each segment.</p> <p>Cohort 4v4 scrimmages allowed during practice.</p> <p>Players not involved in scrimmage play must socially distance.</p> <p>Refer to Appendix E.</p>
Cool Down	Can be completed in pool respecting 2m distance, it is advised to be complete this at home.
Post Training Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

**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.*

Manitoba Water Polo will work closely with pool managers and clubs to ensure that the rules for return to play are followed to the letter, that there is a safe and specific building entry and exit protocol to each pool and that we include lifeguards and pool staff in the calculation of the number of people involved in each training.

Return to Dryland

This section will be dedicated to the return to specific dryland training for Manitoba clubs.

For groups resuming pool 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.

For groups who do not start again in the pool but only dryland training:

- According to the Manitoba Government's instructions on gathering, indoor groups will be limited to 25 indoor athletes and 50 outdoor athletes.
- 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 m, the groups must be reduced to comply with this instruction.

Training Instructions

IMPORTANT: maintain lists of participants for 21 days to ensure appropriate public health follow-up can take place if a participant be exposed to COVID-19 during these activities.

The coach facilitating the practice will ensure the following.

- Ensure there is always a 2-meter distance between each athlete
 - Arrive early
 - 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.
- Ask each athlete the following questions. They must answer no to all questions to participate in the training session.
 - Have you traveled outside the province in the past 14 days?
 - Have you been exposed to someone who has travelled or has COVID Symptoms?
 - Are you currently experiencing COVID symptoms or are you feeling sick or ill?
- 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
- Athletes will be sent a copy of the practice prior to practice date to review and print or save to device. This will avoid gathering.

The guidelines that athletes should follow are:

- Arrive on time to practice. Late arrivals may not be allowed to practice as this may take the attention away from the coach to ensure procedures are followed. Athletes arriving early must stay off playing field until scheduled practice time and procedures are followed.
- Athletes must maintain social distancing as marked on the field.
- Belongings must be placed in the appropriately marked spots.
- They are not to share equipment or water

- Be prepared for practice, come dressed in proper attire as outlined.
- Follow the instructions of the coach.
- Be honest in answering all the COVID questions.
- Be sure to sanitize hands on a regular basis while practicing and equipment after practice

The details of further steps and stages will be developed and communicated in future versions of the document.

Events and Competitions

No competition sanction, regional, provincial, national, and international, will be authorized until further notice by Water Polo Canada. Safety is the top priority for all aspects of return to training and competition.

Competitions (outside of cohorts) to be incorporated into RTP plan during step 3/stage 3 and step 4/stage 4 of WPC RTP plan.

Stage 1 Orange (effective August 1, 2021):

Indoor Cohort training with members (not to exceed 25 athletes). Cohort size of 25 does not include coaches and/or trainers.

Swimming, throwing (passing/shooting) and other technical drills can be completed.

Full contact/defending drills are allowed but must be kept to a minimum as determined by Club Head Coach.

Equipment must be disinfected incl. balls after each segment.

No organized team games, tournaments or competition may be held at an indoor facility.

Cohort 4v4 scrimmages allowed during practice.

Players not involved in scrimmage play must socially distance.

Refer to Appendix E.

APPENDIX A: DAILY LOG FOR ACTIVITY SAMPLE

Club Name:

Coach in Charge:

Date:

Location:

Time:

Type of Activity:

Participant Name (First & Last)	Did the participant answer "NO" to all screening checklist questions? If not, they must be sent home.

APPENDIX B: SCREENING CHECKLIST SAMPLE

If an individual answers **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity have any of the below symptoms:	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath/Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose/Nasal Congestion	YES	NO
	• Feeling Unwell / Fatigued	YES	NO
	• Nausea/Vomiting/Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close unprotected contact (face to face contact within 2metres/6feet) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [Province of Manitoba Assessment Tool](#) to determine if testing is recommended.

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 (indoor and outdoor pools)	<p>Stage 1 Orange (effective August 1, 2021):</p> <p>Cohort training not to exceed 25 athletes. Cohort size of 25 does not include coaches and/or trainers.</p> <p>Swimming, throwing (passing/shooting) and other technical drills can be completed.</p> <p>Full contact/defending drills are allowed but must be kept to a minimum as determined by Club Head Coach.</p> <p>Equipment must be disinfected incl. balls after each segment.</p> <p>No organized team games, tournaments or competition may be held at an indoor facility.</p> <p>Cohort 4v4 scrimmages allowed during practice.</p> <p>Players not involved in scrimmage play must socially distance.</p>	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>)

		Refer to Appendix E.		
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STAGE 1 Orange – Supporting Guidelines

GENERAL RECOMMENDATIONS	
Public Health	Public Health guidelines must be followed at all times.
Arrival Procedures	<p>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.</p> <p>Work creatively with facility managers to create an entry and exit plan that maintains physical distancing and minimizes transition time.</p> <p>Athletes or staff with symptoms or roommates with symptoms <u>should not be</u> permitted to attend training until cleared by a doctor.</p>
Sanitation Procedures	Participants will wipe down equipment after every use.
Offices or Shared Spaces	<p>Staff will wash hands before entering office and wipe down after its use.</p> <p>No sharing of office supplies.</p> <p>Limit number of people within the office depending on size and respecting 2m distancing.</p>
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>The following recommendations can be made for swimming pool sizes and adjusted based on different pool configurations to allow for physical distancing.</p> <p>Stage 1 Orange (effective August 1, 2021):</p> <p>12 & Older: 7 athletes per lane (25m in length) or 14 athletes per lane (50m in length)</p> <p>11 & Younger: 5 athletes per lane (25m in length) or 10 athletes per lane (50m in length) Rationale: 11 and younger athletes are currently not vaccinated</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. Cohort scrimmages allowed during practice.
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
Passing & Shooting	Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie
Duels/ opposition - close contact work	Stage 1 Orange (effective August 1, 2021):
Close contact situational activities, or scrimmages	Cohort training not to exceed 25 athletes. Cohort size of 25 does not include coaches and/or trainers. Swimming, throwing (passing/shooting) and other technical drills can be completed. Full contact/defending drills are allowed but must be kept to a minimum as determined by Club Head Coach. Equipment must be disinfected incl. balls after each segment. Cohort 4v4 scrimmages allowed during practice. Players not involved in scrimmage play must socially distance. Refer to Appendix E.
Cool Down	Can be completed in pool respecting 2m distance, it is advised to be complete this at home.
Post Training Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

**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.*

APPENDIX D: RETURN TO SPORT – WATER POLO TRAINING GUIDELINES INFOGRAPHIC



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

APPENDIX E: CLUB SCRIMMAGING WITHIN COHORTS – RECOMMENDATIONS

Cohort Training - scrimmaging:

- The total number of participants within a cohort must not exceed 25 (indoors) or 50 (outdoors). These cohort numbers do not include coaches, instructors, trainers. Please ensure you also abide by the facility restrictions and guidelines (that number may be less).
- To be used when members do not always keep 2 metres apart. It is still strongly encouraged to maintain 2m distancing when possible.
- Athletes may encounter a common touch surface/object. Ex. Using the same ball to pass in groups or during a shooting drill.
- MWPA recommends that “individuals should limit the number of Cohorts/Mini-Leagues to which they belong. Club members need to decide, based on their demographics and athlete safety, how to mitigate the increasing risk of potential exposure to COVID-19.
- Club Boards need to continually assess the current environment to ensure the safety of your athletes. Some examples would be to limit the scrimmage time, limit the partner work with the same 2 athletes, sub cohort your groups during practice to limit potential exposure.

TRAINING GROUPS	Cohort Training – scrimmaging Baseline recommendations
KEY POINTS	<ul style="list-style-type: none">• 2m distancing is still required out of the pool• 2m distancing is recommended, when possible, in the pool• Shared common touch surfaces are allowed• Max of 25 allowed per cohort (indoors)• Max of 50 allowed per cohort (outdoors)
ACTIVITIES ALLOWED	<ul style="list-style-type: none">• Water polo scrimmaging within cohorts• Club Boards need to continually assess the current environment to ensure the safety of the athletes, coaches, and volunteers.• Activity considerations should include - limiting scrimmage time, limiting partner work with the same 2 athletes, sub cohort your groups during practice to limit potential exposure
ACTIVITIES NOT ALLOWED	<ul style="list-style-type: none">• Scrimmaging with other clubs/teams• Scrimmaging outside of club cohort

RESOURCE LINKS

Water Polo Canada:

- WPC COVID- 19 Resources: <https://waterpolo.ca/covid19resources.aspx>
- WPC COVID- 19 Updates and Advisories:
<https://waterpolo.ca/covid19updatesadvisory.aspx>
- WPC COVID-19 Return to Water Polo Resource Document:
https://www.waterpolo.ca/admin/docs/ReturnWPResource_May%2029_EN.pdf

Province of Manitoba:

- [Sports Guidelines](#)
- [Risk Assessment and Mitigation Tool for Recreational Activities in Manitoba](#)

Miscellaneous:

- Covid-19 Risk Assessment for Sport:
<https://www.manitobawaterpolo.com/covid-19-resources>
- Club Risk Assessment and Mitigation Checklist Tool:
<https://www.manitobawaterpolo.com/covid-19-resources>



Developing **leaders** and
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**MWPA | 145 PACIFIC AVENUE |
WINNIPEG, MANITOBA | R3B 2Z6**