



## Wild Water Polo - COVID-19 Return to Water Polo Guidelines Sept-2020

Prior to any coaches and athletes returning to water polo within Wild Water Polo you must complete the following steps and review and abide by all required Return to Water Polo guidelines laid out within this document including:

1. Screening checklists to be reviewed and confirmed to Coaches prior to **every practice** by each athlete (parent guidance may be required for younger athletes) and assure that if any answer is YES, the play may **NOT** attend practice (Appendix A);
2. All Wild registrants (athletes and coaches) must sign the Water Polo Canada (WPC) COVID-19 Acknowledgment of Risk waiver through SmartWaiver prior to participating in any in-person Return to Water Polo activity <https://waiver.smartwaiver.com/e/rMXxDqrRebL38yY5f76mye/>
  - Any athlete or coach that have not completed the WPC waiver online will not be permitted to join any practice/training session. **NO EXCEPTIONS.** The COVID 19 Response Coordinator will be notified when waiver has been completed.
3. Wild Water Polo has assigned a COVID 19 Club Response Coordinator (as described in Appendix B) working with the assistance of the Head Coach – this will be position will be held by the [president@wildwaterpolo.com](mailto:president@wildwaterpolo.com);
4. Wilds' COVID 19 Club Response Coordinator will be keeping a Contact Tracing logs for all and each activity with the assistance of the training session coach to be kept on file for 2-weeks from the each date of training activity;
  - **Players will need to check-in with coach upon arrival of training and confirm that they are in compliance with the screening checklist (Appendix A) with all responses of NO, provide their name and an active telephone number to be used in case of illness or COVID 19 break-out (preferably the parent cell number).**

## **ACTION PLAN**

Any illness or symptoms shown at the training will follow these steps:

- a) Athlete should immediately report illness to the Coach outdoors or on deck;
- b) The athlete will then be removed from the practice area/pool and isolated from the group;
- c) Athlete will be required to put back on their mask;
- d) The parent(s) will be contacted based on the phone number provided by athlete at check-in (and the registration package) and are required to pick the athlete up **immediately** at a place communicated by the coach;
- e) The coach will then advise the COVID-19 Response Coordinator and complete an incident report explaining steps taken when athlete became symptomatic;
- f) The coach will let Repsol staff know immediately to have the area cleaned and disinfected;
- g) We strongly recommend that the athlete be tested for COVID-19, if a positive result comes back AHS will contact parents and request a tracing log of the athletes past interactions;
- h) AHS will then determine if Wild Water Polo needs to be informed and the steps to take going forward. These may include providing the tracing logs from practices that the athlete has attended, AHS contacting those on the list and/or practice cancellations; and
- i) If AHS determines that any Wild practices must be cancelled for 14 days, members will be informed of next steps; in this case no refunds will be provided for this period as explained in the registration document.

## **RETURN TO WATER POLO GENERAL GUIDELINES**

*(Source - Alberta Government Resources) as provided by AWPA*

### **Participation**

1. Any participant who is sick or symptomatic is **NOT** to participate and must be sent home. If possible, isolate the participant from the group until they are picked up.
  - Symptoms to look for include fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
2. All participants must be an active member with their club and registered in the database.
3. All participants **MUST** have completed the Water Polo Canada COVID-19 Acknowledgement of Risk form through SmartWaiver prior to participation as per the link provided above.
4. Participants must consent and complete a screening checklist, (Appendix A) from the Alberta Government prior to attending. The result of which will be recorded on a daily Contact Tracing Log managed by the COVID Club Response Coordinator and coach.
  - a. This will include names of participants, location, time of activity, type of activity, the log must be stored in a safe, secure location for 2 weeks to allow for contact tracing in the event of an

individual testing positive for COVID-19. After which, they will be disposed of to maintain the confidentiality of participants (shredding of documents, deleting files).

### **Individual Actions & Precautions**

1. Speak to your athletes and explain that we are a community and must care for one another. They need to understand and comply with wearing masks, no physical interaction and social distancing.
2. Proper hand hygiene should be practiced before and after activity. Make hand washing stations and/or hand sanitizer containing at least 60% alcohol available for all participants.
3. Avoid touching your face with unclean hands.
4. Practice safe sneezing and cough etiquette using the crease of the elbow.
5. Mask wearing
  - a. Recommended for:
    - to and from facilities
    - Mandatory while on the pool deck or outdoors waiting for training to begin
    - Mandatory for Coaches while running training
    - non-vigorous activity including stretching
  - b. Not recommended for:
    - during high intensity activities
    - while in the water
6. All participants must come already dressed for the activity.
7. After practice, there are designated change areas, physical distancing and facility regulations must be adhered to.
8. A “no food/snack” policy and ensuring all athletes bring their own water bottles is recommended. Athletes must label personal belongings and equipment.

### **LOCATION - ORGANIZED DRYLAND WITH RESTRICTIONS (not currently at Repsol)**

*(Source: AWWPA, WPC, and Alberta Government Resources)*

### **General Guidelines**

Dryland activities are permitted in open parks and open spaces (e.g. soccer fields and ball diamonds) or approved gyms at Repsol. Some municipalities require booking permits for fields and outdoor spaces. Ensure the area is open to public use prior to arriving and a group does not already occupy the space.

- Our teams and groups are will remain under **40** participants, including the instructor or coach and maintain physical distancing at all times.
- All activities must be monitored by a AWWPA registered coach over the age of 18; additional assistant coaches may be under 18 years.

- To help plan activities, coaches/instructors will ask themselves the following questions to determine the risk of the activities and whether they are allowed to proceed.
  - a. Does the activity violate a public health order?
  - b. Does the activity involve shared surfaces or objects frequently touched by hands?
  - c. Can an activity be modified to increase opportunities for physical distancing?
- Prior to and after activities, athletes should maintain physical distancing when returning to vehicles and homes and only those in the same household should share rides.
- Ensure parents know where to drop off and pick up athletes to allow for appropriate physical distancing.
- Athletes are not to carpool to/from training unless they are from the same household.
- Parents will **NOT** be permitted to spectate during activities to ensure the gathering number is not exceeded. No public spectators are allowed and athletes are not to mingle before or after activities.
- Parents may wait in vehicles in designating parking areas or explore other outdoor areas in the vicinity, but **MAY NOT** remain with the Wild athlete training group.

### **Permitted Training Activities**

- Dryland type activity is permitted.
- Any game or league play is prohibited (e.g. a game of soccer, a game of softball).
- All dryland type activity in outdoor public spaces require physical distancing of at least 2 meters; consider the use of physical barriers to help athletes maintain physical distancing (e.g. cones, hula hoops etc.).
- All activities are not to include the sharing of common equipment or any common touch surface, unless the individuals are from the same household. (e.g. ball, yoga mat, jump rope, dumbbells, resistance bands, and water bottles).
- All participants must bring their own equipment with them to the activity as directed by the coach (such as a mat, stretch cord, water polo ball, water bottle).
- Clean and disinfect all equipment, including water bottles prior to and after use.
- At no time should athletes be in contact with each other (e.g. no high fives, partner exercises, or group celebrations). All activities are to be non-contact in nature.

## POOL TRAINING WITH RESTRICTIONS – Cohort Training Option 2

(Source: AWWPA COVID-19 Resources, WPC, and Alberta Government Resources)

### General Guidelines

- While the Alberta Guidance for Cohorts and the Guidance for Sport, Physical Activity and Recreation - Stage 2 recommend “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.
- Activities allowed: Full practice activities and drills. See Appendix H. Please note: club boards need to continually assess the current environment to ensure the safety of your athletes. Some eg. would be to limit the scrimmage time/ limit the partner work with the same 2 athletes/ subcohort your groups during practice to limit potential exposure.
- Games and scrimmaging between clubs and different cohorts are not allowed at this time.
- Training is permitted in pools within local facilities that have reopened during Stage 3 of the Alberta Government re-launch. Clubs must follow all facility entrance and screening procedures provided by Repsol and shared with members periodically.
  - Outdoor shoes must be removed and all training bags, etc kept social distanced on the deck;
  - Maximum 15 minutes’ arrival prior to training, dressed and ready to train including masks;
  - Maximum 15 minutes after training to change and keep social distanced in change rooms, then exiting on deck by East Pool Emergency doors; and
  - MANDATORY - Masks are to be worn at all times unless in the pool by athletes and coaches.
- All activities must be monitored by a AWWPA registered coach over the age of 18.
- No indoor shoes to be worn
- Mask mandatory at all times unless training (coaches to wear masks while coaching)
- No dryland training allowed on deck.
- Clean and disinfect all used equipment, including water bottles prior to and after use.
- Prior to and after activities, athletes should maintain physical distancing when returning to vehicles and homes and only those in the same household should share rides.
- Ensure parents know where to drop off and pick up athletes to allow for appropriate physical distancing.
- **NO** parents and/or spectators allowed at this time. **NO EXCEPTIONS.** Parents are not permitted to enter the facility with athletes.



**APPENDIX H: Allowable Activities for Option 1 and Option 2 Training Groups**

<b>TRAINING GROUPS</b>	<b>Non Cohort Training (Option 1)</b>	<b>Cohort Training- Approved for September 1st (Option 2)</b>
<b>KEY POINTS</b>	<ul style="list-style-type: none"> <li>- 2m distancing at ALL times</li> <li>- No shared common touch surfaces</li> <li>- 2 athletes allowed per lane</li> </ul>	<ul style="list-style-type: none"> <li>- 2m distancing is still required out of the pool</li> <li>- 2m distancing is recommended when possible in the pool</li> <li>- Shared common touch surfaces are allowed</li> <li>- Max of 50 allowed per cohort</li> </ul>
<b>ACTIVITIES ALLOWED</b>	<ul style="list-style-type: none"> <li>- Lane Swimming</li> <li>- Individual skills</li> <li>- Individual tactical drills</li> <li>- Individual ball drills</li> <li>- Passing on a rebounder</li> <li>- Shooting on an open net</li> </ul>	<ul style="list-style-type: none"> <li>- Lane Swimming</li> <li>- Individual skills</li> <li>- Individual tactical drills</li> <li>- Individual ball drills</li> <li>- Pairs and group passing</li> <li>- Shooting drills</li> <li>- Shooting on a goalie</li> <li>- Non- contact partner drills</li> <li>- Non- contact counter drills</li> <li>- Non- contact half court drills</li> <li>- Non- contact 6 on 5 drills</li> </ul>
<b>ACTIVITIES NOT ALLOWED</b>	<ul style="list-style-type: none"> <li>- Any drill within 2m of another athlete</li> <li>- No passing, or shooting on a goalie</li> </ul>	<ul style="list-style-type: none"> <li>- Full contact drills</li> <li>- Wrestling</li> <li>- Scrimmaging</li> </ul> <p>(To be Approved Nov 9th with cohort training)</p>

**TRAINING GROUPS – 7-Oct-20**

*(Source: Alberta Government Resources and AWPA) –*

This next step is of Cohort training and is constantly evolving with the implementation date is not yet known. The objective is to have this in place for Fall Club starts so that more than 16 athletes (as described above) may return to 8 lanes of water and train together. Implementation will dictate when the clubs may actually open for the season

- The total number of participants within a cohort must not exceed 40 (5 swimmers per lane), including coaches but also abide by the facility restrictions and guidelines.
- Is to be used when members do not always keep 2 meters apart
- Athletes may come in contact with a common touch surface/object. Ex. Using the same ball to pass in groups or during a shooting drill, shooting on goalie.
- No Scrimmaging or Wrestling training.
- Participants can only be a part of ONE cohort for all sports and

## COHORT GUIDELINES FOR WATER POLO – 7-Oct-20

(Resources: Alberta Government, AWPA)

“Cohort is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 3. Cohorts are small groups of people whose members do not always keep 2 meters apart. This is an agreement to maintain physical distancing from everyone else”.

- Cohorts or mini-leagues should remain together during Stage 3 of Re-launch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).
- As stated in the Alberta Guidance for Cohorts, Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort belong.
- Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.
- It is recommended if possible that households with sports, performing, and/or child-care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.
- If coaches are able to maintain physical distancing from the cohort group (athletes and other coaches) at all times, the coaches would not be considered part of the cohort and could coach multiple groups.
- Athletes can be a part of a sports cohort and a household cohort at the same time
- If an individual or team member wishes to change cohorts they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus)



**APPENDIX A: SCREENING CHECKLIST** (Source: Alberta Government)

<https://open.alberta.ca/dataset/covid-19-information-alberta-health-daily-checklist>

If an individual should answer **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.

This may be filled in at each practice, or reviewed by athlete prior to practice and confirmed by each player to the coach or COVID manager upon arrival for each and every practice.

1.	Does the person attending the activity have any new onset (or worsening) of the below symptoms:	Circle or Confirm One	
		Yes	No
	● 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 (commonly known as pink eye)	Yes	No
2.	Has the person attending the activity/facility 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 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill*?	Yes	No
4.	Have you/your child attending the program or activity had close unprotected** contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill*?	Yes	No
5.	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 [AHS Online Assessment Tool](#) to determine if testing is recommended.

*\*\*ill” means someone with COVID-19 symptoms on the list above.*

*\*\* “unprotected” means close contact without appropriate personal protective equipment*

*\*\*\*Fever as defined by AHS as Adults greater than 37.8o C Pediatrics greater than or equal to 38.0 C*

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw198785&lang=end-ca#hw198788>

*\*\*\*\*Muscle/Joint aches that would not be associated with return to sport activities*



## **APPENDIX B: COVID-19 Club Response Coordinator Role and Responsibilities**

The role of a COVID-19 Club Response Coordinator is vital to ensure each club is educated and able to provide a safe return of your athletes to water polo and to quickly respond to any potential cases or outbreaks of COVID-19 within their club.

### **Policies and Procedures**

- Keep up to date on policies and procedures published by:
  - *Alberta Water Polo Association - Return to Water Polo*
  - Water Polo Canada
  - Facilities utilized by the club
  - Municipal and Provincial Governments and Public Health Agencies

### **Facilities**

- Learn and comply with facility usage requirements
- Ensure the facility has:
  - *an Emergency Action Plan that is current and complete for each location.*
  - *A Health & Safety Kit that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available at each location.*
  - *Proper signage is in place so that all risk mitigation measures within the facility are easy to follow.*
- Report to your club board, managers and coaches on any practice restrictions or recommendations from the facility.
- Collaborate and coordinate with facilities in the instance that any new COVID-19 cases arise.

### **Communication**

- Create, implement and maintain contact tracing logs for every club practice or event for all athlete, coaches, volunteers or spectators for your club
  - *Contact tracing logs must:*
    - Be submitted the same day
    - Legible with participant first and last name and at least one method of contact (phone, email, text), date and time of practice
    - Screening Checklist declaration
    - Be accessible for 14 days from date of practice or event
  - *Information on the documents would only be provided to Alberta Health Services if the need for contact tracing due to a potential case of COVID 19 within the group.*
- Be the primary club contact to address all club concerns/issues regarding COVID-19 including:
  - *Receipt of self-reports from participants who develop symptoms or have been exposed to someone who has tested positive for COVID 19.*

- *Notify participants of possible exposure to COVID 19 in the instance that the athlete had attended a group practice.*
- *Cancel practices and advise the participants to stay home and self monitor for symptoms:*
  - *As per Alberta Health Guidelines for Isolation*
- *Determine and notify participants when it is safe to return to practice:*
  - *Original case has tested negative for COVID 19 and does not have symptoms or*
  - *They have not developed any symptoms within 14 days or*
  - *Athletes in close contact have been tested and received a negative COVID 19 result with no symptoms.*
- *Ensure training groups and cohorts (when approved by AWPA) comply with AWPA Return to Water Polo Policy and Procedures*
  - ○ *AWPA will spot check all clubs for compliance*
- *Advise the club board and coaches of any need to modify, restrict, postpone, or cancel club activities due to an evolving COVID-19- related case, outbreak\* or emergency within the club or at the facility.*

Report a club related COVID-19 outbreak\* to the AWPA COVID-19 Response Coordinator.

*\*An outbreak is defined as 2 or more cases of COVID-19 diagnosed within a training group within a 14-day period.*