



Innisfail Hurricanes Water Polo Club
COVID-19 Return to Water Polo Guidelines
Updated August 25, 2020

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Overview:

Everyone is feeling the impact of COVID-19. All sports at all levels are evolving and adapting during these uncertain times. The Innisfail Water Polo Club is excited return to the pool for training. We will be following the direction of Alberta Water Polo Association who is in contact and following Alberta Health guidelines. Alberta Water Polo Association is completing a gradual and phased return to the sport and will be adapting and re-evaluating training throughout the season. These guidelines will be updated as necessary for our club and will include municipal and facility information. Athletes must abide by facility information in order to participate within our club. For further information you are encouraged to review the COVID 19 policies on the Alberta Water Polo Association website. Innisfail Water Polo Club must adhere to activities sanctioned from the Alberta Water Polo Association and Water Polo Canada. Should the club be required to pause or stop due to COVID-19 or a pool shutdown a pro-rated refund will be considered by the board only if that shutdown last for two or more weeks. Note Alberta Water Polo fees and Water Polo Canada fees are non refundable and are included within our fees.

Establishing the Principles of Return to Sport:

(Source: WPC Return to Water Polo Resource Document [LINK](#))

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.

Athlete Minimum Standards:

Returning to water polo will require your patience and support. By working together, the Innisfail Water Polo Club can help to support the safety of our athletes and community. All Parents must understand and complete the following before being allowed to participate in training:

- A) Screening checklist -daily at home within three hours of attending practice
- B) Sign and submit the Water Polo Canada COVID-19 Acknowledgement of Risk waiver through smartwaiver
- C) Any athlete who is sick or symptomatic is not allowed to participate and must not attend the pool, should symptoms develop at the pool the athlete will be isolated from the group until they are picked up.
- D) Athletes and parents must follow all facility guidelines and instruction.

Assumption of Risk:

The Innisfail Water Polo Club as decided to return to sport by implementing a cohort option. By choosing to implement a cohort our club will be allowed to have a higher number of athletes in the pool at one time and greater athlete training which can include passing and drills. The cohort option will allow athletes to be less than two meters apart at all times. Choosing the cohort option has potentially a higher risk of an athlete contracting COVID-19. Families and athletes must understand that they are assuming the risks associated with partaking in the Innisfail Water polo club. Athletes must be prepared for two week quarantine/isolation at any point in the season whether from contacting COVID-19 or as a precaution through contact tracing.

Return to Water Polo Steps and Stages:

ALBERTA WATER POLO - Stages for Return to Water Polo

Stage 1	At home training	On going
Stage 2	Outdoor organized group dryland with restrictions	May 29th, 2020 - Requirements and guidelines listed below
Stage 3 ** WPC Step 2 begins here	Training within facilities and public pools with restrictions	June 12th, 2020- Requirements and guidelines listed below
Stage 4	Competitions with restrictions	Date TBD - Requirements and guidelines will be listed at a later date
Stage 5	Post COVID-19 with no restrictions	Date TBD - Requirements and guidelines will be listed at a later date

We are currently in **Stage 3** of the AWPAs Return to Water Polo guidelines.

RETURN TO WATER POLO GENERAL GUIDELINES

(Source - Alberta Government Resources)

Participation

- 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.
- All participants must be an active member with their club and registered in the database.
- All participants must have completed the Water Polo Canada COVID 19 Acknowledgement of Risk form through smartwaiver prior to participation. (Appendix E)
- Participants must consent and complete a [screening checklist](#), (Appendix B) from the Alberta Government prior to attending. The result of which will be recorded on a daily Contact Tracing Log (Appendix A) which includes 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

Individual Actions & Precautions

- 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.
- Avoid touching your face with unclean hands.
- Practice safe sneezing and cough etiquette using the crease of the elbow.
- Mask wearing (Please review all municipal guidelines regarding mask wearing)
 - Recommended for:
 - to and from facilities
 - while on the pool deck
 - non-vigorous activity
 - NOT recommended:
 - during high intensity activities
 - while in the water
- All participants should come already dressed for the activity.
- If change rooms are available physical distancing and facility regulations must be adhered to.
- A “no food/snack” policy and ensuring all athletes bring their own water bottles is recommended. Athletes should not share any personal items. Ensure athletes label personal belongings and equipment.
- Dryland training is not recommended on the pool deck at this time.

Cohort Training Group:

- The total number of participants within a cohort must not exceed 50, including coaches. Please ensure you also abide by the facility restrictions and guidelines (that number may be less).
- Is to be used when members do not always keep 2 metres apart. It is still strongly encouraged to maintain 2m distancing when possible. Please follow Appendix H below for cohort guidelines.
- 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.
- Participants can only be a part of ONE cohort for all sports and activities.
- Activities allowed: swimming, individual skills and tactical drills, individual ball work, pairs and group passing, shooting drills, shooting on a goalie, non-contact partner drills, non-contact counter drills, non- contact half court drills, non-contact 6 on 5 drills. See Appendix H.
- Full contact drills, wrestling, and scrimmaging are not allowed at this time.

COHORT GUIDELINES FOR WATER POLO

(Resources: Alberta Government) [Additional Cohort Information](#)

“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 2. Cohorts are small groups of people whose members do not always keep 2 metres apart. This is an agreement to maintain physical distancing from everyone else”.

- Cohorts or mini-leagues should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).
- If a club chooses to form a cohort, each athlete in the cohort may not train or participate in another sports cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained.
- 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

These Return to Water Polo Guidelines take a phased approach and continue to follow all AHS guidance documents. With the ever changing environment, AWPA will continue to reassess the current landscape with recommendations from our medical professionals and consider slowly expanding activities allowed within a cohort training group. Our top priority is providing a safe sport environment for all participants and will be monitored in the months ahead. The next scheduled phase for changes and the addition of new activities allowed will be November 9th at the next club meeting. These guidelines will be updated after that meeting if required.

Innisfail Pool-return to pool guidelines:

- Please arrive no more than ten minutes prior to your scheduled pool time
- All athletes must use the proper entrance and exit door to the pool
- All athletes are encouraged to maintain physical distancing and not to congregate within the pool entrance/desk area.
- Parents must maintain 2m physical distance from all athletes at all times.
- Use hand sanitizing stations available.
- Outdoor shoes must be removed at the entrance and brought with the athlete to their locker
- All athletes are asked to arrive dressed in their suit (under clothing)

- Athletes are asked to use a locker to place shoes ect in. Athletes can also bring their bag on deck but must keep it neat and are asked not to bring outdoor shoes onto the deck.
- Once pool time is completed athletes can rinse off in the shower but are asked to have a full shower at home.
- Athletes can use the locker room to get dressed but are asked to vacate it within **ten minutes of there pool session.**
- Athletes are asked to leave the locker that they used open so it can be cleaned by facility staff.
- Athletes are asked not to congregate within the facility when swim time has ended and to exit the facility using the correct door.
- One parent per athlete will be permitted to watch (no siblings who are not involved with the club at this time). The parent spectator **MUST** keep a two meter distance from all athletes and is encouraged to keep a two meter distance from all other parents. Parents who attend will be asked to complete a contact tracing log. Parents are not allowed on deck at this time.
- Athletes and parents are expected to follow direction of the facility staff
- Should masks be required by the facility please follow this direction

APPENDIX A: SCREENING CHECKLIST

(Source: Alberta Government) [LINK](#)

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 new onset (or worsening) of the below symptoms:	CIRCLE 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 metres/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 37.8° C Pediatrics greater than or equal to 38.0° C*

[LINK](#)

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

Acknowledgment of Risk COVID- 19

(Resource: WPC) [LINK](#)

** This document is only a reference and is to be signed electronically through smartwaiver by all participants.



ACKNOWLEDGMENT OF RISK COVID-19

The novel coronavirus, COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is known to spread mainly by contact from person to person. Consequently, local, provincial, and federal governmental authorities recommend various measures and prohibit a variety of behaviors, in order to reduce the spread of the virus.

Water-Polo Canada (hereinafter “WPC”), its Provincial and Territorial Sections (hereinafter “PTS”) and WPC or PTS’s affiliated clubs or leagues (hereinafter “Clubs” or “Leagues”) commit themselves to comply with the requirements and recommendations related to COVID-19 of any applicable local or municipal, provincial and federal Public health authorities and the facilities where they conduct their activities or programs, and to put in place and adopt all necessary measures to that effect. However, Water-Polo Canada, its Provincial and Territorial Sections, Clubs and Leagues cannot guarantee that you (or your child, if registrant is a minor/ or the person you are the tutor or legal guardian of) will not become infected with COVID-19. Further, attending or participating in WPC, Provincial and Territorial Sections, Clubs or Leagues’ activities or programs could increase your risk of contracting COVID-19, despite all preventative measures put in place.

By signing this document,

- 1) I acknowledge the highly contagious nature of COVID-19 and I voluntarily assume the risk that I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) could be exposed or infected by COVID-19 by participating in the Water-Polo Canada, PTS, Clubs or Leagues’ activities or programs. Being exposed or infected by COVID-19 may particularly lead to injuries, diseases, or other illnesses.
- 2) I declare that I (or my child, if the registrant is a minor/ or the person I am the tutor or legal guardian of) am participating voluntarily in the Water-Polo Canada, PTS, Clubs or Leagues’ activities and programs.
- 3) I declare that neither I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) nor anyone in my household, have experienced cold or flu-like symptoms in the last 14 days of my participation in the activities (including fever, cough, sore throat, respiratory illness, difficulty breathing).
- 4) If I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) experience, or if anyone in my household experiences any cold or flu-like symptoms after submitting this declaration, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) will not attend or participate in any of Water-Polo Canada, PTS, Clubs or Leagues’ activities or programs until at least 14 days have passed since those symptoms were last experienced.
- 5) This paragraph applies unless competent governmental authorities lift, from time to time, interprovincial or international travel bans or restrictions including imposing a quarantine period. If interprovincial or international travels are still in effect and a period of quarantine is required by government authorities at the time of the present, I declare that I have not (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of), nor has any member of my household, travelled to or had a lay-over in any country outside Canada, or in outside of my Province or residence, in the past

14 days from the day of my participation. If I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) travel, or if anyone in my household travels, outside my Province of residence after submitting this declaration, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) will not attend or participate in any of Water-Polo Canada, PTS, Clubs or Leagues' activities, programs or services until at least 14 days have passed since the date of return.

6) Given that the COVID-19 symptoms might appear after this document is signed, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) accept and consent that WPC, its PTS or Clubs and Leagues might, at their discretion require that this document be signed more than once.

This document will remain in effect for the Water-Polo Canada, PTS, Clubs or Leagues' activities, programs and services, until the applicable provincial and federal governments' health officials determine that the acknowledgments in this declaration are no longer required.

I HAVE SIGNED THIS DOCUMENT FREELY AND WITH FULL KNOWLEDGE.

Name of registrant (print)

Name of parent/tutor/ legal guardian (print)
(if registrant is minor or cannot legally give consent)

Signature of registrant

Signature of parent/tutor/legal guardian

Place/Date: _____

** This document is only a reference and is to be signed electronically through smartwaiver by all participants.

APPENDIX C: Allowable Activities for Option 2 Training Groups

TRAINING GROUPS	Cohort Training- Approved for September 1st (Option 2)
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 50 allowed per cohort
ACTIVITIES ALLOWED	<ul style="list-style-type: none"> • Lane Swimming • Individual skills • Individual tactical drills • Individual ball drills • Pairs and group passing • Shooting drills • Shooting on a goalie • Non- contact partner drills • Non- contact counter drills • Non- contact half court drills • Non- contact 6 on 5 drills
ACTIVITIES NOT ALLOWED	<ul style="list-style-type: none"> • Full contact drills • Wrestling • Scrimmaging <p>(To be Approved Nov 9th with cohort training)</p>

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RESOURCE LINKS

Alberta Government Relaunch Strategy: <https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Alberta Biz Connect: <https://www.alberta.ca/biz-connect.aspx>

COVID- 19 Information for Albertans: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Outdoor Activities Guidance: <https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

Guidance for Organized Outdoor Sport, Physical Activity, and Recreation
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

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

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2
<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

GUIDANCE FOR SWIMMING POOLS AND WHIRLPOOLS
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-swimming-pools-and-whirlpools.pdf>

Cohorts
<https://www.alberta.ca/restrictions-on-gatherings.aspx>
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

Isolation Requirements
<https://www.alberta.ca/isolation.aspx>

Screening Checklist
<https://www.alberta.ca/assets/documents/covid-19-relaunch-daily-checklist.pdf>

Plan Template
<https://www.alberta.ca/assets/documents/covid-19-general-relaunch-guidance.pdf>