

# UBC Water Polo COVID19 safety plan 2020

## A. Risk Assessment For the Sport

To paraphrase the Water Polo Canada [Return to Water Polo Resource Document](#):

1. 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).
2. 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:
  - a. Physical Distancing
  - b. Hygiene
  - c. Equipment Cleaning
  - d. Individual Health Monitoring
  - e. Safe Sport Environment
  - f. Planning and Communication
3. Per Page 9 of the referenced document, UBC Water Polo will follow “Step 2” of Water Polo Canada’s recommendations, which indicate training of small groups with swimming, passing and technical drills, all while maintaining 2m distance. No contact drills, offence/defence, or scrimmages will be conducted.

## B. COVID specific policies, procedures and training (staff and participants)

### Prior to arriving at the pool

Athletes will be required to provide club leadership with a COVID declaration within 24 hours of each rental session. The declaration responses will be reviewed and verified by club leadership prior to the club providing the attendee list to the UBC Pool Staff.

### At the pool

All athletes will be provided details instructions on the UBC Pool’s guidelines, with club management ensuring that all athletes follow the pool’s protocols for arriving at the pool, social distancing while travelling on deck to the water, storing their belongings, and departing the facility once the rental is complete/

During rental while athletes are in the water

All athletes will be required to maintain a 2m distance from one another while in the water. This will be achieved by staggered entry into the pool. Sport activities will be limited to swimming, passing, shooting, and some basic drills that can be completed with distancing in place.

Then we will have 12 players passing while ensuring social distancing following a pattern outlined below, or similar. We will also conduct shooting drills which we will mandate players remain distanced while waiting in line for their turn. We will not conduct scrimmages and contact drills until social distancing is no longer required.

Passing and shooting are already most easily achieved at a safe distance and our club's leadership will be present to remind players of safety guidelines.

While departing the water and leaving the pool facility

Athletes will depart the water in a fashion set out by the guidelines of the UBC staff. Club management will be on site to ensure that all athletes are obeying the requirements.

#### C. Administrative controls to ensure physical distancing during activity

As mentioned above, club administration will be on site (as club administrators are also athletes) to ensure that all participants are following the club and the pool's guidelines. Athletes out of compliance will be required to leave the pool facility.

#### D. Staff and Participant Screening Measures

We will ask our athletes to complete a self-assessment declaration which will be reviewed by club administration prior to the club providing participant names to the pool staff, this will be done for every booking. If anyone a player was in contact with contracts the virus they will be asked to remain home until they are tested or a 14 day period. If any of our players test positive we will cancel practices until people can be tested, and contact the pool to inform them of the risk.

#### E. Enhanced hygiene measures, PPE as required

Athletes will be mandated to have cleansing showers on the pool deck and encouraged to wear protective masks. Because of our numbers over 10, half the player will use the storage chairs provided while half either store their belongings on the side with space between or further chairs will need to be provided.

#### F. Disinfection plan/Cleaning Protocol for equipment

As in the past nets can be moved out of storage by lifeguards where we will assemble them and put them in the pool. We will have two people designated to collect equipment from the storage room. In the past guards have asked us to move nets back into storage at the end of practice, if they wish for this to continue we will have 2 additional takedown people who will move the nets back into storage.

Sanitation chemicals in pool water will clean our balls through use, at the end of practice, all balls will be submerged to ensure they are completely sterile. Nets will be wiped down after final contact with our players.

Goalie caps have been given to goalies to ensure their safety, and these caps will remain in their possession for exclusive use for the remainder of the season, to prevent the sharing of caps.

#### G. Communication plan and signage

Our players will be informed beforehand of our expectations and reminded as necessary. An information package will be sent out prior to our first practice. This will include social distancing, arriving changed and other requirements from the pool such as no dryland. Should athletes refuse to follow these restrictions they will be asked to leave.

#### H. First Aid Protocol

One or two club members will perform emergency first aid if needed while all others remain at distance. Lifeguards will take over First Aid once present.

#### I. Outbreak protocol

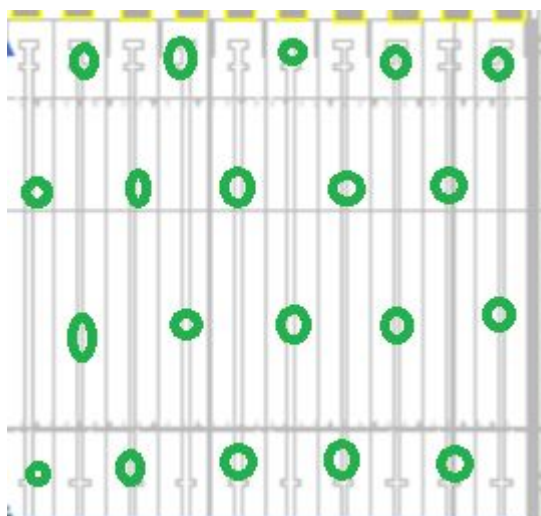
If any of our players test positive we will cancel practices until people can be tested, and contact the pool to inform them of the risk.

#### J. Facility usage diagrams/maps

Below are two sample setups that would maintain social distancing in our practices. Social distancing can be maintained for most water polo drills and we will undoubtedly get creative while preserving safety. All players will be at minimum a lane apart at all times as a baseline for all drills.

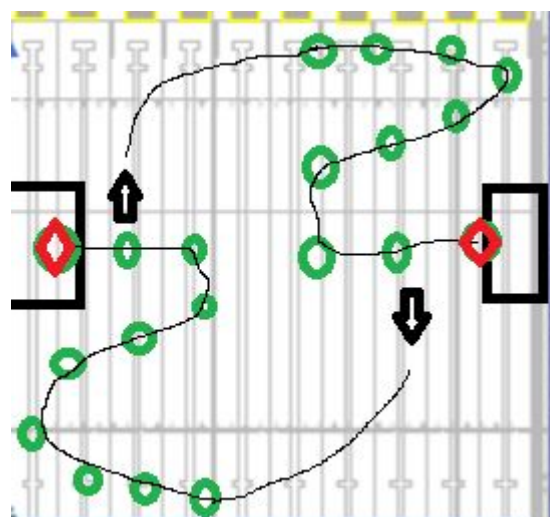
## diagrams

passing



● athlete

## Shooting



○ athlete  
◇ goalie