



**Swim Ireland
Club Water Polo**

**COVID-19 Return to Water Framework
(June 2020)**

**SWIM
IRELAND**

Introduction

Following the Government of Ireland's publication of the 'Roadmap for Reopening Society & Business' on Friday 1st May 2020 and the Northern Ireland Executive's publication of the 'Coronavirus Executive Approach to Decision-Making' on 12th May 2020, Swim Ireland produced a Roadmap as to how aquatic activities may be resumed on the island of Ireland on a phased basis. As Swim Ireland gain clarity on a number of issues within each Government's published guidelines, the recommendations and guidelines within this Roadmap have already begun to alter and will continue to be updated accordingly. Swim Ireland have been working with England, Scotland and Wales as part of a 'Four Nations Working Group' on these matters and have also observed and studied closely that which would currently be seen as best practice by other European nations.

We need to emphasize at this point that it is not permissible for indoor swimming pools to open either in the Republic of Ireland or Northern Ireland under the roadmaps of both governments, with the exception, at this time, of the National Aquatic Centre for elite athletes.

The purpose of this document is to assist, empower and support you and your Club to get back into the water as safely as possible. It is fundamental that it is understood that it is not possible to eliminate the risk of the spread of the Coronavirus completely and that we will work with all stakeholders to minimise risk; this concept must be fully understood and accepted by all Swim Ireland members and the parents of our members who are minors.

As with all exercise and activity at this time, water polo must comply with standards for social distancing and safety within sports facilities. As water polo competition requires direct contact between athletes, clubs looking to return to training early will need to do so in compliance with public health directives. Some Clubs may choose to offer an initial return to water, as if they are swimming clubs and social distancing can be maintained throughout training sessions, both in the pool and on land.

We know that with strong and organised collaboration between club committees, club coaches, parents of athletes, athletes themselves and facility providers, we can create safe plans for the usage of our pools to deliver swimming coaching, and deliver this in a manner which is compliant with public health directives. The current HSE advice in relation to the impact of COVID-19 in chlorinated environments states that '**adherence to current recommended disinfection practice is sufficient to inactivate COVID-19 virus in chlorinated drinking water and swimming pools**' and can be found [HERE](#).

At all times, current (and updated) Government restrictions and guidelines in place relating to travel, social distancing, hand washing/hygiene and face masks/coverings should be adhered to at all times via [HERE](#) (ROI) or [HERE](#) (NI).

This document is comprised of the following sections:

- 1. General Points to Consider in Relation to Club Based Return to Water (Page 3)**
- 2. Practical & Logistical Issues Associated with a Return to Water/Training (Page 3)**
- 3. Preparation for Entry Into the Water & In the Water (Page 5)**
- 4. Other Key Points (Page 7)**
- 5. Training & Programme Considerations (Page 8)**
- 6. Appendices (Page 11)**

Fundamental Decisions Required Before Returning to Water

- 1. COMPLIANCE WITH CURRENT COVID-19 RESTRICTIONS** – The need for full compliance on the phased lifting of restrictions to ensure that the majority of aquatic activity remains a 'low-medium' risk activity.
- 2. PERSONAL RESPONSIBILITY** – Each person taking personal responsibility for their own health, safety and decision making.
- 3. RISK ASSESSMENT** – Individuals, clubs and the associated workforce must ensure that they have assessed the risks associated with the conditions, the equipment, and the experience which lies with individuals, clubs and facilities before making the decision to return to water. A Risk Assessment template, an information webinar and associated guidance will be provided by Swim Ireland.

4. **BE PREPARED FOR CHANGE** - It is becoming clear that the aquatic landscape that we knew pre COVID-19 may be vastly different on our return. Once there is a green light to open all facilities, it is unlikely that all pools will simply open their doors on that date:
 - Many pools may open with reduced pool hours
 - Whilst a facility may open, there may be a phased return to certain activities – aquatics potentially being later in that phasing
 - Local authorities/pool operators may open pools within certain geographical areas bit by bit rather than on mass

Therefore, a strong emphasis must be placed upon working closely and in a timely fashion with both the relevant facility/s and Swim Ireland, prior to such pools re-opening. Swim Ireland do not own any pools and as such, negotiations with pool providers is key to the ability of Clubs and members to return to water.

Section 1 – General Points to Consider in Relation to a Return to Club-Based Training

- 1) Each Club must reach out to its own facility to understand their intended re-opening date and plan
- 2) Club plans must be aligned to the facility plans and the facility protocols will need to form part of the Club's re-opening protocols (further detail on this will follow as part of the Return to Water Toolkit)
- 3) Clubs must carry out a Risk Assessment in advance of any return to the pool (attached at Appendix A hereto)
- 4) Clubs should consider issuing a survey to club members to ascertain the likely level of return to training
- 5) We would advise that Clubs prepare for a return of older swimmers first as it will be important for Clubs and Coaches to build confidence in the new protocols and to re-introduce different elements/squads in the Club over a period of time
- 6) Clubs will need to work on developing a Modified Business Model to take into consideration the different world and environment in which we are all currently operating and living (further information from Swim Ireland will follow to support this piece of work)

Section 2 – Practical & Logistical Issues in Relation to the Return to Water/Training

The subsequent sections of this document will focus on the various practical and logistical issues with a return to club-based training scenario (and how these can potentially be resolved). The following key areas will be addressed:

1. Travel to Pool
2. Entry to Building
3. Internal Transit to Pool
4. Exit from Water & Changeover of Groups
5. Transit from Pool
6. Travel & Parental Expectations Post-Sessions

It is important to stress that some of the below details will be subject to agreements between the club and facility. As an educational piece, clubs should consider videoing a senior athlete or a group of such athletes going through the above and use it as an example of best practice to share with other club members. Swim Ireland will issue such videos as part of its Return to the Water Toolkit.

Travel to Pools – Guidance Advice to Parents and Athletes

- Only those who are within any travel restrictions in place at that time (please refer to the Government of Ireland Phases or the Northern Ireland Executive Steps) should attend training.
- No car-pooling or lift sharing to the training sessions for those from different households (subject to change, based on updated Governmental advice).
- Once at the facility, parents should ideally stay in the pool car park until the session is finished. If this is not possible, parents should always be within a five-minute travel time of the facility. If a child feels sick during training and has to leave early
- Athletes should arrive at a predetermined time. For example, if the session is starting at 1800, athletes will need to arrive at the facility for 1745, with the screening questionnaire pre-completed (detailed in Entry to Building). Any athlete who arrives late, compromising safe transit to pool and/or safe entry into water **SHOULD NOT BE PERMITTED TO ATTEND THE SESSION.**

- Those who are under the age of 18 years will need parental consent to complete the pre-entry checks. This should be arranged between the club and its members before any club-based training resumes. Relevant documentation will form part of the Swim Ireland Return to the Water Toolkit.
- Athletes should arrive for the session with their swimsuit on under their clothes. From a pool hygiene perspective, where facilities do not permit the use of their showers, athletes should shower immediately prior to departing for training.

Entry to Building

N.B - The specific detail here may change in line with the facility specific protocols in this regard

- Upon entering the building, athletes should use the hand sanitiser provided.
- Athletes will need to arrive with the screening questionnaire completed (**Appendix B**), before proceeding to the pool deck. Some facilities may require non-intrusive temperature checks to be taken before permitting entry.
- Once the screening questionnaire has been provided to and accepted by the relevant Club Official/Coach, athletes should proceed to the changing rooms or the pool deck (facility dependant). Directions and movement flow should be dictated by the facility's operating procedures. Note that there may need to be a separate entry and exit route, which will be facility dependent. It will be each facility's responsibility to determine whether changing rooms and/or showers should be used by club members before/after sessions.
- Parents will not be allowed enter the building, unless they are the designated Parent on Duty, or there is a requirement for them to enter the building with their son or daughter (e.g. medical reason, disability, or impairment)

Transit to Pool

- In some facilities, clubs may find that access to changing rooms and shower facilities will not be permitted (or at least severely restricted) for the foreseeable future. If the facility deems that changing rooms should not be used by clubs, both the club and the facility should prepare the deck, so that every athlete in any particular session has a designated Athlete Dressing Place (ADP). These Places should be marked (e.g. with a gym mat, marked float, suitable notice etc), and be a minimum of 2m apart. Athletes should be notified of their Athlete Dressing Place in advance of the session. The Place should also be adjacent to the side of the pool that is closest to an athlete's 'Home Point' in the water (detailed in Preparation for Entry into the Water) and is also the Place for an athlete to locate his/her water personal bottle.
- Once at their Athlete Dressing Place (ADP), athletes should place their belongings (preferably in a personal sports bag, pending permission of the facility provider) at that location and prepare for the session. During this time, coaches may decide to explain the session content to the athletes.
- In general, it is expected that the facility will advise of the protocols regarding changing rooms and showers and these should form part of the Club's Return to Water protocols.

Exit from the Water and Changeover of Groups

- Once the session is completed, athletes should exit the water, in a similar (but opposite) manner to how they entered the water (see detail in section 3), and return directly to the changing rooms or their Athlete Dressing Place on the deck.
- If the use of changing rooms is not permitted, once at their Athlete Dressing Place, athletes should towel dry themselves and dry their swimsuit with a towel as best they can, and then dress themselves (while still wearing their damp swimsuit). In such circumstances, once dressed, athletes will need to wipe down their Athlete Dressing Place (with provided disinfectant equipment) for the next group.
- A specific amount of time will be allotted in each session to ensure that the athletes have left the pool deck before the next group enter the pool deck area. Crossover between groups/teams/clubs should be minimized as much as possible.
- Any and all **personal** kit / equipment needs to be taken with the athlete. There is to be no storing of **personal** kit / equipment at the Facility.

Exit from the Pool Deck

- Athletes will leave the pool deck by following the directions and movement flow provided by the Facility.
- It is envisaged there may be a separate route for athletes to enter/exit the pool deck.

Travel and Parental Expectations Post-sessions

- Athletes will leave the building and go straight to their cars.

- Athletes leaving the building will use hand sanitiser provided.
- Athlete will not congregate outside the pool for any reason.
- In facilities where the use of showers is not permitted, athletes should shower once they arrive home

Section 3 – Preparation for Entry Into the Water & In the Water

You will recall earlier in the document a reference for clubs to need to be ‘prepared for change’. For athlete entry into the water and how athletes will train in the water, this will be significantly different at first and it is important that this is explained and understood by all involved. Swim Ireland have an initial conservative approach to a Return to the Water and it is possible and hopefully probable that the advices below will need to be updated regularly as matters evolve.

The information below is supported by diagrams later in the document which we hope will make it easier to understand the options available to you. These should be shared with your facility and we will be hosting Club webinars to address any queries you have

All Water Polo Clubs should follow the Swim Ireland Return to Training Club Swimming Protocols in the first instance. This document can be found [HERE](#) and will have been received by your club committee.

Preparation for Entry into the Water

A procedure **MUST** be in place for athletes to enter the water, bearing in mind that, dependent upon the training session being delivered, it may not be possible for all athletes to enter the water at the same time and still **maintain the required level of social distancing**. Athletes who arrive late to training cannot be permitted to enter the session.

Procedure for Entering the Water:

- Athletes should be given a designated in water ‘home point’ before entry to the pool. ‘Home point’ is a designated position in the pool for each athlete to commence a session.
- Athletes enter from the pool side or goal line end of the pool at their entry point and/or then move to their ‘home point’ maintaining ‘social distancing’ until they reach their designated ‘home point’.
- It is important that both athletes and coaches are ready to start the session at the designated time:
 - to ensure there is ample time to complete the session
 - to allow athletes to exit the deck and pool before the next group arrive for their designated training session

Position in the Water

- Athletes must be made aware of their ‘Home Point’ in the water before the session.
- The ‘Home Point’ concept is based on the idea that you can have less than 2m between athletes if the time between athletes passing each other is short (e.g. 1m apart for 0.5 seconds).
- The number of ‘Home Points’ in any pool is dependent on pool size, athlete/coach discipline, and understanding the concept of ‘social distancing’ (Home Point Model – **Figure 1**)

In Water

- All exercises/drills should enable athletes to start and stop at a designated Home Point.
- Basis skills (including treading water, sculling, individual ball handling and unopposed shooting (i.e. no goalkeeper), provided social distancing is observed) can be undertaken, with more complex skills (passing, opposed shooting) and team play to be introduced at a later date (to be advised)
- Training matches are currently prohibited.
- Teams/Squads should consist of athletes who are of a similar ability.
- Athletes swimming ‘Heads Up’ (either with a ball or without), need to be instructed on direction of movement.
- Where possible, individuals should bring their own ball to and from session
- Where a player requires a club ball, they shall be the sole user of this ball during the session. All balls will be cleaned with disinfectant between sessions
- Club pool/pitch side markings only will be used.
- Athletes should be instructed to not breath directly in the direction of other athletes.
- Athletes who need to cough/sneeze should exit the water.

POOL DIAGRAMS FOR WATER POLO

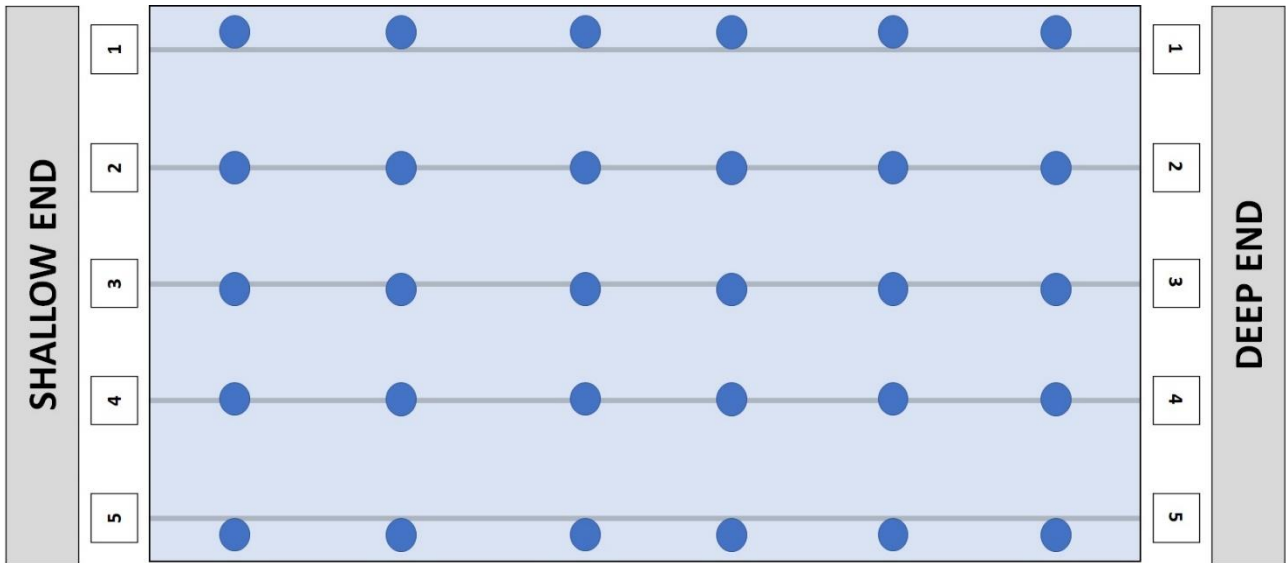


Figure 1. Home Points. This is based on a 6-lane pool, 25m x 12m/10m. The above example would allow for up to 30 athletes to be in the pool at any one time. Clubs will need to scale up or down depending on the size of the pool and numbers in a given session.

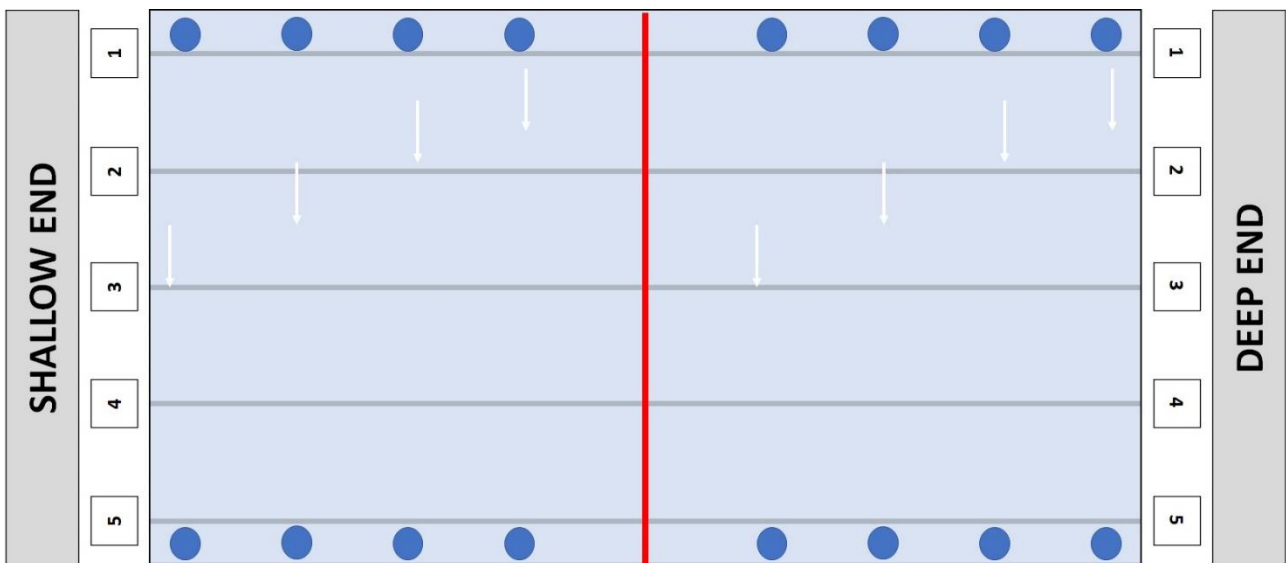


Figure 2. Mobility/Swimming for water polo (with/without ball) in a standard 25m x 12m pool with one group or a squad of players in water. Other group may be in pool opposite this group and may counter swim passing each other in under 0.5 seconds. A further group of the squad may be on the pool deck, maintaining social distancing, awaiting coach instruction to enter

Bathroom Breaks and Hygiene

- Each club/facility will need to formulate venue specific protocols for how Bathroom Breaks are built into a session. Specific lanes/groups being offered Bathroom Breaks at certain times may be considered and a one in – one out scenario may need to be adopted if some bathroom areas are limited in size.
- Clubs will need to discuss a hygiene routine with the facility, with hot water/soap and/or sanitiser available for athletes as they enter and exit a Bathroom.
- Each facility should consider a cleaning of the bathroom area between group sessions.
- Where clubs have the option of more than one bathroom area within a facility, they would ideally identify one such area and restrict usage to this space.
- Once an athlete returns from the Bathroom, they will need to return to their Athlete Dressing Place on the deck and wait until the coach informs them that it is safe for them to re-enter the water.

Responsibility

- Swim Ireland/Club members are expected to follow *this* stated guidance for their health and wellbeing, being conscious of any increased measures required in the current circumstances. All members will have been informed of *this* prior to starting back with Club activities. Parents/carers are responsible for ensuring their children are fully aware of these measures to ensure the risk to their athlete's health and the health of others is minimised.
- Any additional health and safety measures required by the club and/or facility are considered part of the general rules for Swim Ireland and the Club and therefore any breach will be treated as such – and this includes where the health of others is put at risk.
- With agreement from parents/carers, Clubs will assume responsibility for young people when they enter a facility. Young people are expected to follow the guidance and direction of the club staff, which includes the requirements of the facility. Club and facility staff work together to ensure this guidance is in place as are effective measures to minimise risk.
- Parents/carers are expected to be present outside the facility to collect their child/children immediately the session finishes. Young people may only leave the facility if their parent/carer is present outside. Once a young person has left the facility, their parent/carer is responsible for ensuring the safety and well-being of their child/children.
- The Club staff present must have easy access to parent/carer emergency contact details as is already required; however, these details must be checked prior to starting back to ensure accuracy.

In the Facility & During Sessions

The appointed COVID-19 Officer and Club Coach(es) present act as the person/s in charge and are responsible for ensuring all guidance is followed whilst Club members are in a facility. Any breach of this guidance may result in disciplinary measures being taken against a member. The person in charge may take action to ensure the health and well-being of others present, action which is in accordance with the Swim Ireland Complaints and Disciplinary Procedures, including the removal of that member, and any follow up action required.

Section 4 - Other Key Points

General

- Athlete water bottles will be clearly marked/labelled with the name of the individual user. **THERE IS TO BE NO SHARING OF WATER BOTTLES**
- Athletes will be able to store their water bottle at their Athlete Dressing Place. Coaches will allow access as appropriate.
- Athletes should not eat while they are at the Facility, with post-training snacks, an individual responsibility consumed in the athlete's car/home.
- No athlete-coach, team-coach, athlete-athlete or coach-coach meeting should take place with at the Facility. All meetings should continue to be done by virtual means.
- Coaches should coach from the side of the pool, with 'social distancing' in mind. If there are more than one coach on deck, they should coach from either opposite ends or sides of the pool.
- All athletes and coaches should work off the mantra of 'GET IN, TRAIN AND GET OUT'.

COVID-19 Officers/Committees

Each club should appoint one or more COVID-19 Officers/Committee to oversee the safe return to the water for athletes in liaison with the facility. Such officers/members of this Committee will need to be present at each pool session to

monitor social distancing and wellness of athletes and staff, reporting back to the Club Committee with any adverse findings. This should not be the session coach.

1. Briefing on pool protocols should be given via video link/recording and clubs will require athletes to sign a document accepting that they have been understood and will be abided by (this document will form part of the Swim Ireland Return to the Water Toolkit).
2. A Health Questionnaire should be completed by each athlete and provided to the COVID-19 Officer in advance of any entry into the changing room/towards the water. Any adverse findings will require the athlete/coach to be referred to their doctor for clearance before further participation in club activities.
3. Those who are medically at risk or have at risk people living in their homes (those needing to Shield/Cocoon) should not return to pool training at the early stages as per Government guidelines on this
4. Any athletes who have someone with whom they have contact/in their household with symptoms should not train for 14 days and should go into isolation as per Government guidelines
5. Clubs should identify members that have had COVID-19 during lockdown and ensure that they are able to resume training by following advice given by their own medical practitioner. For these athletes, they should return to activity until the COVID-19 Officer has approved this.

Contact Tracing

A key point in public health measures is to ensure that there are clear records at all times of who was in the water at each session and who else was present. These records should be kept digitally in order that they can be transferred easily. This is vitally important to ensure that contact tracing is provided for in the event of a case of the virus presenting itself in one of the Club members. It will be important to discuss this with the facility to agree the protocol and avoid duplication of documentation.

Reminder as to how social distancing will be applied

1. Briefing/corrections in sessions kept to a minimum
2. Prior to the first session, a remote information briefing should be given outlining the new protocols that are in place based on Government guidelines and local pool procedures that need to be adhered to by all participants, all of the time.
3. To enter the pool, a one-way system-should ideally be in place.
4. Ensure a full water bottle is brought to the session to avoid using taps and public water fountain.
5. No physical contact between coaches and athletes when making corrections, only oral communication, keeping the required distance.
6. Briefings/corrections in sessions should be kept to a minimum
7. Athletes must keep their personal training equipment in kit bags, and it should be noticeably clean at each session. No kit bags are to be stored at the pool.
8. It is advised that until further lockdown restrictions are lifted for clubs to continue to use online/virtual sessions for land-based training to minimise risks.

Section 5 - Training & Programme Considerations

While it is recognised that COVID-19 is a systemic condition, the full effects of the disease are still being elicited. As such, any athlete who has tested positive for the disease will need medical confirmation that they are able to return to training. For those who may have had symptoms, but did not meet the criteria to be tested, medical confirmation for a return to training will also be required.

Advice for Returning to Exercise Following Illness with COVID-19

This advice is for athletes who have had a mild form of COVID-19 not requiring hospital treatment. For those who have been hospitalised or under the care of their GP, please consult your medical practitioner about return to exercise.

This guidance should be applied to both **confirmed and suspected cases** of COVID-19

How long should an athlete remain away from training?

Current evidence advises athletes to have complete rest for 10 days after the start of the symptoms and at least 7 days after they have been symptom free. This may mean that athletes have at least 17 days rest before any exercise can be considered. During this period, athletes must not do any exercise at all—complete rest is indicated.

Symptoms include a raised temperature, repeated cough, muscle aching and shortness of breath. Once an athlete has been symptom free for 7 days and it is at least 10 days since the start of the symptoms, they may return to light exercise. Before athletes do this, please ensure the following:

1. Resting heart rate is normal and has been so for at least 48 hours
2. No shortness of breath walking around the house
3. Temperature is normal (circa 36.9 degrees Celsius)

If athletes experience any of the following symptoms, athletes should not commence any exercise and should seek urgent medical advice:

1. Chest pain
2. Severe shortness of breath after light exercise
3. Palpitations or irregular heartbeat
4. Severe muscle pains

What do such athletes need to consider as they return to training?

Athletes will need to start with a low level of exercise and build up gradually. If athletes have any of the following symptoms during exercise, they should seek medical advice and stop exercises:

1. Persistent cough
2. Shortness of breath on light exercise
3. Unusual fatigue

If athletes experience any of the following - stop exercising and seek medical advice **urgently**:

1. Chest pain
2. Severe shortness of breath
3. Palpitations or irregular heart rate
4. Severe muscle pains

If in any doubt about an ability to return to exercise, athletes must consult their GP or medical practitioner.

Conclusion

We fully appreciate that this is a detailed document and we will be hosting Club webinars and offering support to you as you prepare for a return to water. We will also be issuing our Club Return to Water Toolkit in the next two weeks and this will contain further information and documentation which will be of assistance to you. The Swim Ireland Clubs & Community team are at hand to support you through this process. Their details are as follows:

If you are a club member (parent or athlete), a member of your Club Committee is your first port of call for any questions or points of clarification

If you are a representative from a Club Committee or a Coach, a member of the Clubs & Community team (or a relevant member of the Swim Ulster staff) is your first port of call for any questions or points of clarification:

Water Polo (Leinster, Connacht & Munster) - Sarah Kelly (Discipline Support Manager) – sarahkelly@swimireland.ie

Water Polo (Ulster) – Phil Kelly (Water Polo Development Officer) – phil@swimulster.net

Health & Safety/Risk Assessments - Pat Daly (Competitions Manager) – patdaly@swimireland.ie

Leinster - Aisling McKeever (Club Support Manager) – aislingmckeever@swimireland.ie

Connacht - Vincent Finn (Connacht Club Support Officer) – vincentfinn@swimireland.ie

Munster - Damien Fitzpatrick (Munster Club Support Officer) – damiensfitzpatrick@swimireland.ie

Ulster - Ruth McQuillan (Club & Workforce Development) – ruth@swimulster.net

who will liaise with Adam Cox and Stephen Cuddy as necessary

APPENDIX A

Swim Ireland COVID-19 Risk Assessment Template

Return to Water - June 2020

All clubs must complete a Risk Assessment prior to returning to the water and keep this on file for their records.

This template has been prepared to assist clubs in identifying the risks and measures that need to be implemented prior to returning to club activities. It will help clubs in completing this process and will act as a starting point for your own Risk Assessment. As all clubs are unique and have individual circumstances and as such it is important that the Risk Assessment is completed in full and with the appropriate level of detail relevant to your club.

The examples below are not exhaustive and we highly recommend that the club through the COVID-19 Officer/Committee takes time in reviewing all aspects of the club's activities and identifying the risks associated with these.

This document outlines as a club how you will help try and reduce the risk to your members from the spread of COVID-19 and must be reviewed regularly to ensure it is in line with the most up to date guidance and/or advice.

Swim Ireland will provide further online webinars/training in undertaking a Risk Assessment and if you need further advice or support in completing this document please contact Swim Ireland through your Club Support Officer or your Regional Pathway Development Coach.

Step 1: Identify the Hazards	Step 2: Assess the Risk		Step 3: Additional Actions Needed		
What are the hazards? Identify all potential hazards relating to the transmission of COVID-19	Who is at risk? Identify individuals within the club who are potentially at risk of the hazard.	Level of risk (Your estimate of the risk level, based on the current practices – High, Medium, or Low)	Controls measures to be implemented Further actions needed to reduce risk level to as low as possible.	Action by who and when Identify who will complete the additional control and by when	Date Completed Date additional control measure has been implemented and/or completed
Spread of COVID-19	All club members	High/Medium/Low	Follow Swim Ireland Club Framework and procedures and share with members Members to sign revised code of conduct Hand washing Signage for direction of traffic through facility is clear	All members, COVID-19 Officer	

			<p>Issue letter and protocols to members</p> <p>Detailed rules for operations of club activities (further detail found below)</p> <p>List more or delete as appropriate</p>		
Equipment sharing by athletes	Athletes and Coaches	High/Medium/Low	<p>All sharing of equipment by athletes will be prohibited.</p> <p>Athletes to use mats to prepare on poolside and wipe down with antiseptic wipes before and after preparation. Athletes to provide own mat where possible.</p> <p>Water bottles will not be shared and clearly labelled.</p> <p>Equipment that is not frequently used is locked away or in a designated storage space.</p> <p>Athletes take personal training kit home each day and are responsible for cleaning this</p> <p>List more or delete as appropriate</p>	COVID-19 Officer, Athletes and Coaches	
Use of Changing Rooms/Toilets	Athletes	High/Medium/Low	<p>Follow Swim Ireland Club Framework and procedures and share with members</p> <p>If changing rooms are not in use, athletes to shower prior to arriving at training and arrive dressed and ready to train</p> <p>If changing rooms are not in use, athletes to have clearly marked allocated space on poolside</p>	COVID-19 Officer, Athletes and Coaches	

Swim Ireland Club Water Polo
COVID-19 Return to Water Framework (June 2020)



Clubs and
Community

			<p>Clear protocol communicated regarding toilet breaks during training</p> <p>List more or delete as appropriate</p>		
Maintaining social distancing on pool deck	Coaches and Athletes	High/Medium/Low	<p>Follow Swim Ireland Club Framework and procedures and share with members</p> <p>POD not situated on poolside where possible</p> <p>Staggered return for all squads</p> <p>Place signs up within the facility</p> <p>Appoint a lead in each squad responsible for protocols</p> <p>Name individuals to attend each session and which lane they have been allocated</p> <p>Allocate individual space on poolside</p> <p>List more or delete as appropriate</p>	COVID-19 Officer, Athletes and Coaches	
Maintaining social distancing in pool	Athletes	High/Medium/Low	<p>Follow Swim Ireland Club Framework and its procedures and share with athletes</p> <p>Clearly marked areas for athletes to start and finish</p> <p>Lane protocols are clear and shared with all athletes</p> <p>No group congregation in pool</p> <p>List more or delete as appropriate</p>	COVID-19 Officer, Athletes and Coaches	

Swim Ireland Club Water Polo
COVID-19 Return to Water Framework (June 2020)



Maintaining social distancing during coaching	Athletes and Coaches	High/Medium/Low	<p>Follow Swim Ireland Club Framework and procedures and share with members</p> <p>Identify coaching staff to be on poolside</p> <p>No face to face meetings</p> <p>Coaches to have clearly marked coaching areas on poolside</p> <p>List more or delete as appropriate</p>		
Maintaining social distancing throughout facility	All members	High/Medium/Low	<p>Follow Swim Ireland Club Framework and procedures and share with members</p> <p>Signage for direction of traffic through facility is clear</p> <p>No parents/carers allowed inside facility</p> <p>No congregating inside facility prior to and after training</p> <p>List more or delete as appropriate</p>	All members, COVID-19 Officer, Committee	
Lack of education of members	Members not understanding the new protocols in place within the club	High/Medium/Low	<p>Members to sign revised code of conduct</p> <p>Issue letter and club protocols to all members, post on noticeboard and website</p> <p>Provide webinar for members</p> <p>List more or delete as appropriate</p>	All members, COVID-19 Officer, Committee	
Travel to and from training	Athletes and parent/carers	High/Medium/Low	No car sharing from outside of your household is permitted		

Swim Ireland Club Water Polo
COVID-19 Return to Water Framework (June 2020)



Clubs and
Community

			Avoid use of public transport List more or delete as appropriate		
Athlete showing symptoms of COVID-19	Athletes	High/Medium/Low	Athletes will be sent home and Parent/Carer contacted Parent/Carer to remain in car and close proximity to pool at all times during training session Follow Swim Ireland Club Framework and procedures		
List more or delete as appropriate					

Risk Assessment completed by – (Please identify who completes assessment)

Date – (Identify date completed)

APPENDIX B

Water Polo Club COVID-19 Self Report Screening (Athletes & Staff)

You will be aware of the ongoing outbreak of COVID-19, also known as Coronavirus. Swim Ireland are adhering to guidance from the Health Protection Surveillance Centre in containing the virus and ensuring a safe environment for athletes and staff.

As one of our measures, we are seeking to identify any potential cases at the earliest opportunity in order to avoid any contacts/spread. The research to date for this novel virus suggests that transmission appears to be during symptomatic phase, and as such, identifying those with symptoms and isolating them should reduce risk significantly.

In addition, it complies with our general illness rule which is to avoid contacts in the club when ill. Please answer the following questions on entry to the pool building, in most cases circling a Yes/No answer:

Name: _____ Date: _____

1. Have you travelled to any country (outside of all-Ireland) in the last 14 days? YES / NO

If YES, please notify the Club COVID-19 Officer by phone. You need to leave the building and return home now and avoid contact with any other users for 14 days (from the time of your return)). If you are symptom free for 14 days, you may return to the club.

If No, please proceed to next question.

2. Have you been in contact with a case of COVID-19 (>15 minutes face to face contact)? YES / NO

If YES, please notify the Club COVID-19 Officer by phone. You need to leave the building and return home now and await further information.

If No, please proceed to next question.

3. Have you been contacted by a member of Public Health about a recent case of COVID-19? YES / NO

If YES, please notify the Club COVID-19 Officer by phone. You need to leave the building and return home now and await further information

If No, please proceed to next question.

4. Do you have any of the symptoms below in the last 48 hours?

- | | |
|---|----------|
| • Cough | YES / NO |
| • Fever | YES / NO |
| • Feeling short of breath | YES / NO |
| • Excessive fatigue/tiredness (out of proportion to normal) | YES / NO |
| • Sore throat | YES / NO |
| • Headache | YES / NO |
| • General aches and pain (out of proportion to normal) | YES / NO |

If the answer to any of the above questions is YES, please do not attend training and advise your Club COVID-19 Officer or Coach accordingly