

Water polo return to team sport

Guidance

Published 25 September 2020 v2

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Introduction

It is essential that this guidance is read in full ahead of any increased water polo activity commencing. The UK Government have given Swim England specific permission to re-start competitive training and matches, but this **MUST** be carefully managed so that the virus does not spread as a result of any water polo activity. This is a collective responsibility and all requirements must be considered and managed by all organisers of all activity.

This guidance document has been prepared and is only intended for individuals and organisations that are members of Swim England.

Contained within this document is an action plan for the return to recreational team sport activity for Water Polo. Changes within this document are applicable to players, spectators, volunteers, clubs, coaches and officials.

Further to the work done collaboratively by the major team sports in England and the subsequent publication of the Recreational Team Sports Framework, Swim England can now confirm that water polo in England can progress to a return to competitive training and matches.

For the avoidance of doubt, this relates to water polo clubs or water polo sections of larger aquatics clubs only.

After announcements made by the government on 22 September there has been a change to the limit placed on the number of participants that are able to take part in indoor team sports. It is still advised that during this time that there is a minimum of 6 m² per participant to enable appropriate bather load. Detailed information on what this means is contained within this document.

This approach would continue to advise during the current circumstances that there is a minimum of 6 m² per participant – this defines the maximum bather load. Currently a large number of clubs cannot access facilities and until this situation improves the resumption of full leagues may not be possible. As such it is advised that when you do return for the first time all participants do so in a progressive manner before jumping back into competition.

Swim England will continue to assess the situation and will provide regular updates.

This plan provides measures that should be taken by players, clubs, officials, volunteers, coaches, and spectators before, during and after all indoor and outdoor water polo activity as well as specific advice relating to clubs, coaches, match-play, and children's activity. It should be read in conjunction with the latest UK Government guidance and Swim England existing guidance [here](#).

For all activity, the relevant UK Government social distancing guidance should be adhered to at all times (including throughout warm up) except in the following limited circumstances during competitive play, where social distancing of 2 metres is unavoidable. In England social distancing guidance can be found [here](#).

This document refers to current UK Government guidance for England only and is subject to change in response to the current Covid-19 Alert Level, community prevalence of Covid-19 and/or to reflect additional or updated UK Government guidance.

In the meantime, please remember anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to water polo when it is right for them to do so. There is no pressure to return. Everyone's health, wellbeing and safety are the priorities.

Please also bear in mind the recent Public Health England (PHE) report published [here](#), which has highlighted a greater risk from Covid-19 to people from BAME communities. As the current impact of Covid-19 on members of BAME communities is not yet fully understood, we acknowledge that there may be increased concerns and levels of anxiety from within these communities.

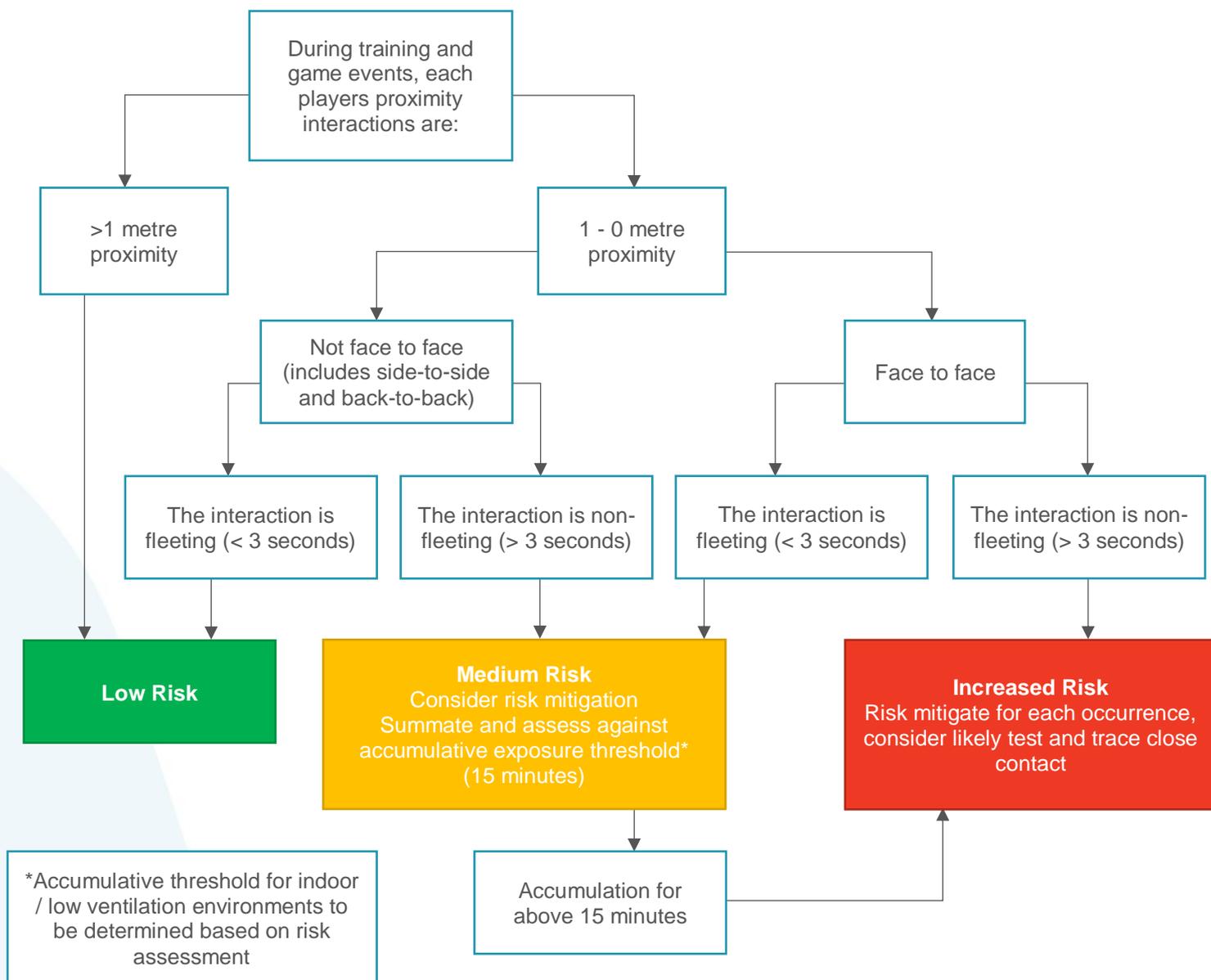
This document is designed to work in conjunction with Swim England returning to the pool [guidance](#) for clubs. When your club decides to return, you must carry out a risk assessment and record the procedures and checks put in place. It's essential everyone is clear about any changes and works together to manage social distancing, strict hand hygiene and the other protocols set out in this document.

Important

If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you must follow government guidance.

Transmission Risk

In every sport and leisure activity, there are risks of Covid-19 and team sports in particular pose slightly increased risks. To return safely an assessment has been carried out of the transmission risk that a return to water polo presents. This assessment has included analysis of the Team Sport Risk Exposure Framework as set out below: -



Covid-19 can be transmitted in four ways:

- Droplet transmission when in close contact with others.
- Fomite transmission by sharing of equipment like balls, caps, water bottles.
- Airborne transmission which is a risk particularly when indoors.
- Population, the number of participants likely to take part in proposed activity.

When assessing water polo specifically, the requirements of the game mean there are regular breaches to social distancing during 'normal' water polo activity that lead to significant periods of time during a training session or match that carry an increased risk.

As part of the return to community water polo, we need to mitigate some of the risks to both protect all water polo participants, as well as ensure that water polo is not responsible for an increased transmission of Covid-19 more broadly.

To ensure that our sport could return, we have made a number of adjustments to the format of a typical water polo training session and/or competitive match. These have been created with Swim England guiding principles in mind.

Guiding principles

Safety first – the safety of anyone involved in our sports and activities is paramount and will be put first in all considerations.

Consistent – our guidance is across multiple activities and many stakeholders, we will seek to make it consistent and aligned to avoid creating conflict or confusion.

Robust – we will ensure that our guidance is developed by experts in the sport/activity/field and then reviewed internally and by a medical practitioner to ensure it is as robust as possible.

Evolving – we will provide initial guidance but understand that not all factors are currently known and that circumstances will change, to that end we will develop and improve guidance as appropriate and based on practical experience when activity recommences in the water.

The following pages details the Covid-19 modifications, which have been approved by Public Health England and Government and represent the **only** allowable form of the game currently.

All involved in water polo must familiarise themselves with these modifications and they must be utilised in all water polo activity.

These Covid-19 rule modifications will be temporary; however, it is unknown how long they will be applied in England.

Based on research undertaken on game based analysis, expert advice from within the game, and existing Swim England guidance around activity in a chlorinated environment, we believe that Water Polo presents a medium level risk as a sport.

Airborne transmission has been considered as part of the three key areas of transmissions below, as water polo, whilst can be played outdoors, is largely an indoor sport.

Risk Summary - Medium

Sport	Droplet transmission	Fomite transmission	Population
Water Polo	<p>Risk Factor:</p> <ol style="list-style-type: none"> Contact within 2 metre (players) <p>A study conducted by Swim England found that a water polo player is typically both face-to-face and within one metre of another player for less than five minutes per quarter, which typically last between eight and 12 minutes with stoppages.</p> <p>As a maximum of four quarters are played during a match, if a player was to play the whole match, which is often unlikely, our research revealed that in most cases players could spend around 20 minutes face-to-face within one metre of other players during a match.</p> Contact within 2 metres (official and team staff) <p>Officials during a water polo match do normally sit within the 2 metres social distance restrictions and communicate verbally during events within the game.</p> Communication <p>During the game communication is delivered verbally.</p> <p>Risk Mitigation:</p> <ol style="list-style-type: none"> Chlorinated environment supports the mitigation where there are distancing breaches. Social distancing in activities during match play / training where possible etc. Event organisers and venue operators to work collaboratively to ensure government guidelines are followed to allow distancing before and after the game e.g. entry, pre-match requirement and exit. <ol style="list-style-type: none"> Officials and Team Staff will be required to socially distance. <ol style="list-style-type: none"> Verbal communication will be kept to a minimum. 	<p>Risk Factor:</p> <ol style="list-style-type: none"> Equipment handling / sharing <p>There is limited equipment involved and after setting up the goals the only equipment handled by participants is the ball.</p> Seating of substitutes and team staff during matches <p>Up to nine people are required to sit within the team substitute area whilst not playing. (See below the different requirements for under and over 18's).</p> <p>Risk Mitigation:</p> <ol style="list-style-type: none"> This risk is mitigated by players regularly placing their hands under the water as a disinfectant. This risk can be further mitigated by disinfecting the ball where there are breaks in the game Substitutes and team staff will be required to sit on single seating and distance at a minimum of 1m+. Appropriate substitute seating and distancing is required. 	<p>Risk Factor:</p> <ol style="list-style-type: none"> Participant size <p>Team sizes are small (seven players in the water at any one time) enabling numbers to be managed.</p> <p>Up to nine players / team staff per team within the substitute area during a match. (See below the different requirements for under and over 18's).</p> <p>Any player, official or staff with underlying health conditions can be advised accordingly and this is mitigated in the sport specific action plan.</p> Up to seven officials required per match: Two referees, three Table Officials, one Delegate and one Event Organiser. <p>Risk Mitigation:</p> <ol style="list-style-type: none"> Chlorinated environment support the contact between players within the water. Team staff and players within the substitute area must social distance and sit on single seating which will be sanitised between games. <ol style="list-style-type: none"> All officials are required to socially distance during the matches as per organiser's instructions.

Test and Trace

All participants (players, coaches, and support staff) in the training session or match have the responsibility to notify the Club Covid-19 Lead should they display symptoms of Covid-19 within 48 hours of a training session and or match.

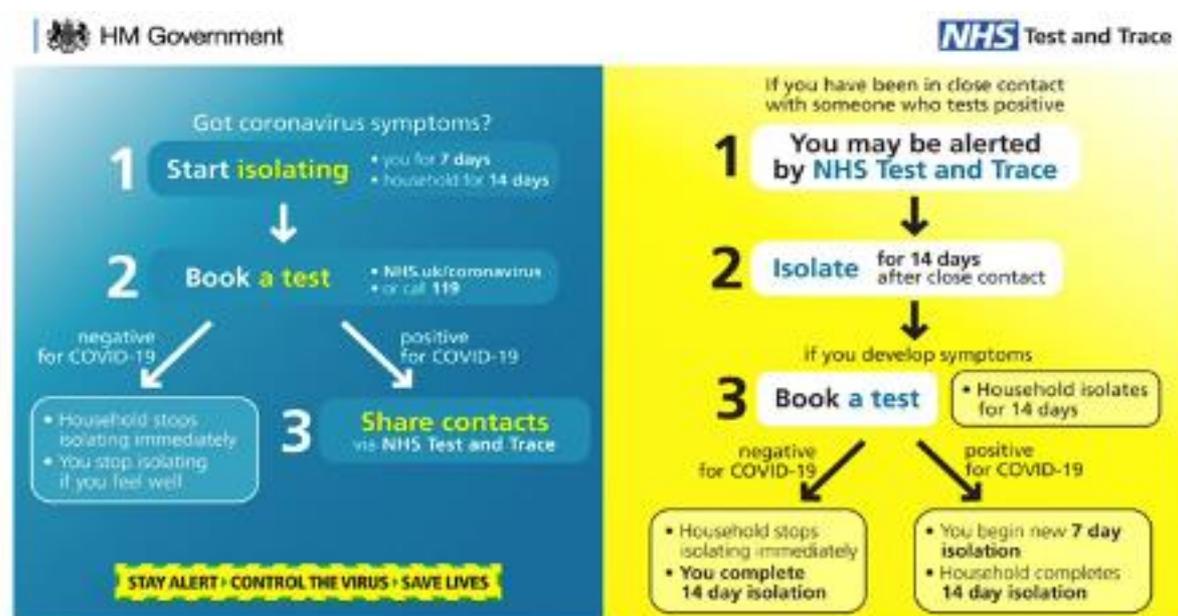
Anyone with symptoms should ask for a test online or call to arrange a test by calling 119. Club Covid-19 Lead to direct the infected individual to the NHS Test and Trace procedures. In England this will mean that individual will have a test within 48 hours.

In addition to the above advice, Club Covid-19 Lead to contact all individuals that attended the training session and or match in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted.

If a member of the club presents with symptoms within 48 hours of a training session/game and has been in contact with players and officials in the interim, then training/practice/matches played by the club must be suspended and a period of isolation as set out by the government followed, currently 10 days for an individuals. Click here for more information.

The name of the infected individual is not to be disclosed to protect anonymity. All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise.

In the event there is a confirmed positive case then the Club Covid-19 Lead should advise the following action:



For more information on the UK Governments track and trace and how it works, click [here](#).

Action plan guidance

This guidance is supplementary to existing Swim England **guidance** and all activity detailed within this document should only recommence once all the following is in place. These are not exhaustive and should be read in conjunction with the UK government advice.

- Appoint a Covid-19 Lead.
- Read and understand this guidance in full and agree to operate in line with it.
- Risk assess activity within your organisation.
- Develop and activate a risk mitigation plan.

Highlighted changes

- Water polo activity for adults is now limited to groups of six. Multiple groups of six may train at one time in a venue however groups must not mix and must maintain distance from each other at all times.
- All supervised activity for participants under 18 can continue to take place in larger numbers (see below training and competition), providing appropriate risk assessments are undertaken and there is compliance with all other relevant guidance.
- All forms of training and competition must only take place in groups of six, unless everyone is from the same household or support bubble.

The first tables cover the overall updates to guidance for Return to Play. There are also three specific guides for: Participants, Coaches and Facility Operators.

Who	Area	Guidance
BEFORE Water Polo Return to competitive training and matches		
Clubs / Facility Operators / Leagues	Basics	<ul style="list-style-type: none"> • Everyone should be reminded to maintain good hand hygiene on arrival at the venue. • Facility operators should ensure they have read and understood Swim England's Return to Pool guidance. • Clubs/teams should ensure they are affiliated for the 2020/21 season ahead of any match play. • Each club must only return to sport when they are ready and have the appropriate measures in place as developed by Swim England and general Government guidance in relation to recreational sport. • All clubs must identify a Covid-19 Lead who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 Lead should continually monitor how compliance is being observed within the club. • All clubs must identify a Covid-19 Lead who will be responsible for developing a Covid-19 plan and risk
	Basics (continued)	

		<p>assessment prior to the restart of any activity. The Covid-19 Lead should continually monitor how compliance is being observed within the club. Participants over 18 must be grouped into bubbles of no more than six and arrival times carefully managed as per the guidance.</p> <ul style="list-style-type: none"> The Covid-19 Lead at each club will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers.
Clubs / Facility Operators / Leagues	Arrival reminders	<p>Clubs/facilities should consider further mitigations to ensure safe arrival at venues, including:</p> <ul style="list-style-type: none"> In line with current Government guidance, all participants (players, coaches, club and match officials, volunteers, spectators etc.) should check for symptoms of Covid-19. If an individual is symptomatic and/or living in a household with a possible Covid-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known Covid-19 case, must not exercise outside their home or garden and must not exercise with others; Clear signage (e.g. for one-way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue which ensure social distancing can be maintained.
	Safety briefing (to be undertaken by the coach)	<p>In competitive water polo activities, the Covid-19 Lead of each club must ensure a safety briefing is provided before the commencement of any training or fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the Code of Behaviour set out in Appendix 1 to this guidance.</p>
	Local Lockdowns	<p>In the event of local lockdowns, Swim England will follow government guidance according to the specific implications for water polo in each case which may vary.</p>
	Pre-Attendance Symptom Check	<p>All players, officials, volunteers and spectators must have completed a health survey and return to training declaration prior to returning for the first time</p> <p>No-one should leave home to participate in any form of water polo if they, or someone they live with, has any of the following:</p> <ul style="list-style-type: none"> a high temperature (above 37.8°C) a new, continuous cough a loss of, or change to, their sense of smell or taste. <p>Should an individual have demonstrated any such symptoms, they must not participate. Instead they should follow NHS and PHE guidance on self-isolation:</p> <p>Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate.</p>
	Pre-Attendance Symptom Check	

	<i>(continued)</i>	Participants (or parents) should be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by the club. They should also be strongly advised to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.
	Safeguarding	<ul style="list-style-type: none"> • If you choose for your child to take part, you will need to give your written consent to the club and or coach. Ensure you are comfortable with the club's Covid-19 planning arrangements before doing so. • You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as Water Polo. Please only support their return to water polo activity when they feel confident to do so and you feel the activity is safe and right for them. • Your child should arrive changed and ready to exercise. • It is advised your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. • Please ensure your child/children know how to maintain good hygiene and hand washing; • Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what 2 metres looks and feels like – for example, related them to arm spans or standing jumps for example; • Despite the changed circumstances the organiser of the activity still has a responsibility to implement Swim England safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some Swim England safeguarding training; • Your child's club coaches must ensure the ratio of coaches to children is appropriate – see Swim England safeguarding policy, Wavepower 2020-2023.
DURING Water Polo Return to competitive training and matches		
	Warm Up	<p>Where clubs conduct a land warm-up prior to entering the pool which may include activities such as dry land passing and medicine ball exercises, latex band exercises etc. appropriate cleaning between uses, is advised. Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.</p> <p>More than one group of six can warm up at the same time, providing that the groups do not mix and appropriate social distancing is maintained.</p>
	Training	See below a series of steps and considerations that we advise you adopt as part of returning to competitive training.

		<p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant Swim England safeguarding policy. Sessions might include multiple groups but only if they can be appropriately socially distanced from each other.</p> <ul style="list-style-type: none"> • Participants under 18 can continue to train and numbers must not exceed 15 + coach(s) in any one group. • Good practice would recommend that to minimise the risk of transmission, participants maintain where possible their training bubble of six and remain within the same bubble where possible from one session to the next. • Mixed teams and squads that contain both under 18 and over 18 players are permitted, however as soon as an over 18 participant is within a group, this must be limited to six. • Once over 18 participants have been placed within a bubble of six, good practice recommends that this is maintained where possible. • Shooting at goal is permitted, but advised that only one at a time to minimise risk of injury • Where possible maintain training bubbles to minimise the risk of transmission. • It is advised that rather than focus entirely on repeated drills and scrimmaging, ensure sessions are carefully planned out to reduce the frequency of close contact. • Scrimmaging can return, however considerations to numbers and frequency of patterns of play must be risk assessed and subsequently built into your session plans. • Where close contact does occur, after the phase of play, participants are encouraged to appropriately social distance. This is often a naturally occurring part of the game but we ask that participants actively social distance where possible. • Where club members train at multiple venues or clubs, it is their responsibility to register with each club Covid-19 Lead and inform them of their training bases to ensure test and trace is appropriately managed. • In an indoor setting the venue capacity must be followed in line with the indoor sports guidance and social distancing maintained in any breaks in play/training. • In all settings before and after the session, during team talks and, in any breaks, all participants should practise social distancing. • Any spectators at training sessions (including parents and carers) must be restricted to adhere to the current six person gathering limits. Spectators should be spread out, in line with wider government guidance.
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	<p>Competition</p>	<p>In water polo there are two formats of how the game can be played with respect to volume of teams and traffic within a venue;</p> <p>Over 18 Adult Participants:</p> <p>1. Intra Team Play (Within the same club) For adult participants games any format can be taken providing the rule of six is maintained. For example 3 v 3 / 2 v1 at the GK, however groups of six must not mix. I.e. one team of three leaving their original group of six to play against another team of three from another group of six is not permitted.</p> <p>These types of competitive games need to ensure that the guidance in this section are followed.</p> <p>PAUSED!!!</p> <p>All competition between clubs, leagues and shared venues are paused for adults until the current restrictions are lifted.</p> <p>Under 18 Participants</p> <p>Participants under 18 can continue to compete but numbers must not exceed the maximum numbers allowed for a water polo match.</p> <p>1. Inter Team Play (Friendlies, Leagues) Two teams from within the same club or two teams from a different club either one operating as a host for a game. These types of competitive games need to ensure that the guidance in this section are followed.</p> <p>2. Shared Venue Competition (Leagues and Events) More than two teams competing in a venue over the course of a day / evening, with some teams playing multiple games.</p> <p>Considerations for central venue leagues:</p> <ul style="list-style-type: none"> • Games are typically made up of 4 quarters each a total of 8 minutes actual playing time, a total of 32 minutes per game, and we would recommend that this remains, however organisers are welcome to reduce the game time if they see fit. • Organisers must ensure that operator and national government guidance is observed regarding large gathering. • Appropriate time between teams arriving and leaving must be factored into the schedule. It is recommended that organisers work with their pool operator to ensure appropriate measures are considered, such as dry and wet changing, one way systems around the building as per the Swim England Return to Pools guidance. This information should then be communicated to the relevant teams prior to the event taking place. • Between teams arriving the organiser, with the operator, must ensure that venue have a cleaning regime in place,
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<p>Competition (continued)</p>	<p>including but not limited to, official table and equipment and all areas listed below.</p> <p>Where matches do occur, measures must be put in place to ensure that the following considerations are being met:</p> <ul style="list-style-type: none"> • Team’s players, substitutes and coaches must observe social distancing during any timeouts called in a match. • Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before swim-off; • Team talks can take place as long as social distancing is observed. Where possible they should be held outdoors and it is recommended that masks are worn. Teams should not form a “huddle” for team talks. • Warm-ups/cool-downs should always observe social distancing; • Players are encouraged to regularly place their hands under the water each time they have interacted with another person or the ball. • Due to the nature of the game, marking is an inevitable aspect. As such players are encouraged to socially distance after each passage of play/interaction. • During breaks in play such as free throws, participants are asked to appropriately socially distance. • It is advised that shouting is kept to an absolute minimum, and that the officials, coaches and Covid-19 officer monitor this through a game. • All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. • Goal celebrations should be avoided; • Interactions with referees and match assistants should only happen with players observing social distancing; <p>Refreshments:</p> <ul style="list-style-type: none"> • Water bottles or other refreshment containers should in no circumstances be shared. • Participants are advised to bring their own drinks or refreshments, in a named container. <p>After activity, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the activity (match fees, officials fees or facilities fees) should where possible be made in a cashless manner.</p>
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	<p>Poolside</p>	<p>Officials:</p> <p>Table officiating and referring is permitted, however the following requirements must be put in place:</p> <ul style="list-style-type: none"> • Match preparation meetings by officials should be held by video call prior to activity; • Table Officials must be socially distanced at all time times by 2 metres. • Space around your poolside must be risk assessed in partnership with your operator to ensure you have the space to appropriately distance. • Club Covid-19 Lead are responsible for ensuring where possible equipment for score keeping is not shared, and a clear hygiene regime is in place to appropriately disinfect electronic score machines. • No stationery such as pens and clip boards should be shared. • All referees must bring their own whistle and not share. <p>Game Management;</p> <ul style="list-style-type: none"> • End of Quarter – Ensure a one way system of exiting and entering the pool has been put in place. This will be specific to your venue and therefore we encourage you to build into your risk assessment in partnership with your operator. • Officials and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up; • Multiple Games – If you have multiple games within a session between different teams, Allow sufficient time between games for cleaning and to reduce the chance of clustering groups. • Nail Check – The risk of Covid-19 transmission whilst performing a nail check vs potential injury is much lower and it is possible to mitigate the risk of Covid-19 by: <ul style="list-style-type: none"> • Players remain in water and disinfect hands in water once nail check is complete. Whilst hands are wet in chlorinated water, it is active in disinfecting especially for the five to 10 seconds of a nail check. • Referees could perform nail check with a visor on and sanitise hands afterwards. One referee performs the nail check for one team. To nail check a whole team only takes a few minutes maximum. • Bench Management – Any substitute players must observe social distancing from one another and officials. In game substitution must be done sensibly and adhere to social distancing. Consider exit and entry points. Referees and coaches to manage.
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<p>Poolside (continued)</p>		<ul style="list-style-type: none"> • Team Managers and Coaches – No shouting from the poolside is permitted to minimise the risk of transmission. Any participant or official interaction must adhere to social distancing. Coaching staff and substitutes, should, for example, spread out and avoid sharing a bench if social distancing cannot be observed.
	<p>Use of equipment</p>	<p>The sharing of equipment must be avoided where possible. All equipment should be sanitised before and after each activity.</p> <p>This can be achieved simply and effectively by rinsing equipment in the pool. Where equipment is shared, equipment must be cleaned before use.</p> <p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.</p> <p>Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.</p> <p>Headwear can be worn by players to ensure safety of participants at the discretion of the coach. This should be done in partnership with the covid officer to ensure that appropriate cleaning regime must be contained with a risk assessment.</p>
	<p>Ball transfer</p>	<p>The nature of water polo means that the ball is frequently handled. This can be achieved simply and effectively by rinsing equipment in the pool.</p> <p>When the ball goes out of play it should be retrieved by a non-playing person and must be placed under the water before play restarts.</p> <p>The ball shall not be passed between different groups of six – all activity shall be contained within a group of six.</p>
	<p>Shouting</p>	<p>There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors and when face to face. If possible, players, officials, coaches and spectators should therefore avoid shouting or raising their voices during, before and after games.</p>
	<p>Injury treatment</p>	<p>Injuries during play should still be treated, participant health and safety is of utmost importance. The best form of protection is through rigorous cleaning and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, working with your facility operator and Swim England supporting guidance.</p> <p>If a participant gets injured, a member of their household or bubble can assist if present and appropriate, but others (including match officials, team mates and coaches) will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.</p> <p>If there is a team physio, first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if</p>

	<p>Injury treatment (continued)</p>	<p>they need to compromise social-distancing guidelines to provide medical assistance.</p> <p>After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity.</p> <p>This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained.</p> <p>The first aider should also avoid touching their mouth, eyes and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.</p> <p>Further information for those who may need to act as a ‘first responder’ role in a sports setting, appears here.</p> <p>If a participant becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible.</p> <p>NHS guidance on further management of symptoms should be followed.</p>
	<p>Spectators</p>	<p>Supporters, parents, and other spectators should remain socially distanced whilst attending sessions or matches.</p> <p>Spectator groups must be restricted and spread out in line with current government guidance, ensuring space is spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes.</p> <p>You should work with your leisure provider to understand their rules and regulations regarding spectator attendance.</p>
	<p>Facility Usage</p>	<p>See existing guidance for more information on working with your facility provider on creating a safe environment.</p>
<p>AFTER Water Polo Team Activity</p>		
		<ul style="list-style-type: none"> • All participants should sanitise their hands after the completion of activity. • Participants should exit whilst maintaining social distancing. • Social gathering after activity will be allowed in line with current UK Government guidelines on hospitality and social distancing must be maintained. • Clubs should encourage all participants to report any infection in their household.

Appendix 1. – Codes of Behaviour

Code of Behaviour

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced.

Each player will need to decide when to return to contact water polo, based on their own circumstances and the arrangements that have been put in place for a safe return.

This is particularly the case for players from BAME communities or those with underlying health conditions. All those returning to competitive grassroots water polo must adopt the following code of behaviour:

- Be aware of your own personal health. If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- Be responsible. Read the guidance provided by Swim England and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.
- Practise good hygiene. Wash your hands regularly and before, during and after a game.
- Where possible maintain social distancing. This won't always be possible in a competitive training or match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a training session or game you should maintain social distancing.
- Support NHS Test and Trace. You're likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.
- Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done.
- After the game. Be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed and any socialising must follow the Government's guidance on social distancing

Amends

Version one to two

Page 3:

Added text:

After announcements made by the government on 22 September there has been a change to the limit placed on the number of participants that are able to take part in indoor team sports. It is still advised that during this time that there is a minimum of 6 m² per participant to enable appropriate bather load. Detailed information on what this means is contained within this document.

Page 7:

Added into table:

(See below the different requirements for under and over 18's).

Page 9:

Added in:

Highlighted changes

- Water polo activity for adults is now limited to groups of six. Multiple groups of six may train at one time in a venue however groups must not mix and must maintain distance from each other at all times.
- All supervised activity for participants under 18 can continue to take place in larger numbers (see below training & competition), providing appropriate risk assessments are undertaken and there is compliance with all other relevant guidance.
- All forms of training and competition must only take place in groups of six, unless everyone is from the same household or support bubble.

Page 10:

Updated text from:

- Clubs should also check the insurance policies they have in relation to all water polo activities (e.g. personal accident and public liability), specifically any changes to insurance provider's advice and guidance on returning to competitive play, ensuring full compliance with its terms. For those who are affiliated with Swim England, this will be covered by your membership insurance.

To:

- All clubs must identify a Covid-19 Lead who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 Lead should continually monitor how compliance is being observed within the club.

Participants over 18 must be grouped into bubbles of no more than six and arrival times carefully managed as per the guidance.

Page 11:

Text added in:

More than one group of six can warm up at the same time, providing that the groups do not mix and appropriate social distancing is maintained.

Page 12:

Text added in:

See below a series of steps and considerations that we advise you adopt as part of returning to competitive training.

Clubs should determine the appropriate ratio of coaches to participants, following the relevant Swim England safeguarding policy. Sessions might include multiple groups but only if they can be appropriately socially distanced from each other.

- Participants under 18 can continue to train and numbers must not exceed 15 + coach(s) in any one group.
- Good practice would recommend that to minimise the risk of transmission, participants maintain where possible their training bubble of six and remain within the same bubble where possible from one session to the next.
- Mixed teams and squads that contain both under 18 and over 18 players are permitted, however as soon as an over 18 participant is within a group, this must be limited to six.
- Once over 18 participants have been placed within a bubble of six, good practice recommends that this is maintained where possible.

Page 13:

Text updated from:

1. Intra and Inter Team Play (Friendlies, Leagues)

Two teams from within the same club or two teams from a different club either one operating as a host for a game.

These types of competitive games need to ensure that the guidance in this section are followed.

2. Shared Venue Competition (Leagues and Events)

More than two teams competing in a venue over the course of a day / evening, with some teams playing multiple games.

To:

Over 18 Adult Participants:

1. Intra Team Play (Within the same club)

For adult participants games any format can be taken providing the rule of six is maintained. For example 3 v 3 / 2 v 1 at the GK, however groups of six must not mix. I.e. one team of three leaving their original group of six to play against another team of three from another group of six is not permitted.

These types of competitive games need to ensure that the guidance in this section are followed.

PAUSED!!!

All competition between clubs, leagues and shared venues are paused for adults until the current restrictions are lifted.

Under 18 Participants

Participants under 18 can continue to compete but numbers must not exceed the maximum numbers allowed for a water polo match.

1. Inter Team Play (Friendlies, Leagues)

Two teams from within the same club or two teams from a different club either one operating as a host for a game.

These types of competitive games need to ensure that the guidance in this section are followed.

2. Shared Venue Competition (Leagues and Events)

More than two teams competing in a venue over the course of a day / evening, with some teams playing multiple games.

Page 16:

Added text:

Headwear can be worn by players to ensure safety of participants at the discretion of the coach. This should be done in partnership with the covid officer to ensure that appropriate cleaning regime must be contained with a risk assessment.

Page 17:

Text added:

The ball shall not be passed between different groups of six – all activity shall be contained within a group of six.

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