



SAFETY GUIDELINES

Phase 2, Version 1.0

18 May 2020

In response to COVID – 19, Water Polo WA provides these guidelines to ensure best practice for clubs returning to the sport.

These guidelines are to be used in conjunction with Local, State and Federal legislation that may require additional safety measures and restrictions. To resume Water Polo activities, the club and members must abide by all stakeholder policies. These may include the separate policies of frequented facilities and venues.

These guidelines will cover the following headings to minimise spread:

- Physical and Social Distancing
- Hygiene
- Communication Strategy
- Access to additional resources

It is recommended that a nominated person from each club undertake the Australian Government Department of Health COVID – 19 Infection Control Training online. This person then has responsibility to lead the implementation of key measures to club procedures.

[Link to Training](#)

About COVID – 19

The virus is spread from person to person through close contact with infected individuals, coughing, touching contaminated surfaces and sneezing.



The most effective measures to minimise spread is vigilant hygiene practices, social distancing, and sanitisation regimes.

Water Polo WA recommend the installation of the COVID Safe app for members and strongly encourage all participants receive the influenza vaccination.

Physical and Social Distancing

Physical distancing (also known as social distancing) is one of the most effective methods of reducing the spread of viruses.

Good practice physical distancing principles as described by the Australian Government is to:

- maintain 1.5 metre separation between people who are not from the same household and
- maintain a minimum of 4sqm per person.

In relation to sporting activity, it is a requirement that **all sport and training is non-contact only.**

The application of the 4sqm per person may mean the pool or club room cannot accommodate the permitted 20 people. To ensure guidelines are maintained, divide the total square metre area by 4 to give permissible number of participants at the venue. *This includes spectators.*

This includes swimming pools as there is a maximum of 20 users per pool and subject to 4msq.



Recommendations for Social Distancing:

- Do not enter a facility if unwell or have a temperature
- Encourage people within a group to practice social distancing
- Adopt a 'get in, train and get out' philosophy
- Discourage spectators unless required
- Communicate expectations to all club members and parents
- Consider staggered training times
- Discourage vulnerable individuals from attending venues

Hygiene

Regularly washing hands is a way to prevent the spread of germs and virus.

If cleaning your hands with soap and water:

- o Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails, and the webbing between fingers.
- o Rinse hands under running water and dry hands with a clean towel, or fresh paper towel.

If cleaning your hands with an alcohol-based hand rub (hand sanitiser):

- o Apply enough product to cover both hands.
- o Rub all surfaces of both hands until they are dry.

Limit the use of shared equipment and clean after each session before storing.

Ensure thorough and regular cleaning of common contact surfaces, 'high touch' items and shared amenities, such as handles, taps, lunchrooms, EFTPOS keypads and toilets.



If you think a surface may be contaminated, clean it with a common household disinfectant to kill the virus.

[Environmental Cleaning Factsheet](#)

Recommendations and requirements for Hygiene:

- Have available at hand sanitiser, particularly at entry and exit
- Display COVID – 19 Safety Posters and messages –
 - o WA material available to download [here](#)
 - o [Commonwealth materials available for download here](#)
- Encourage & promote hygiene practices
- Sanitise equipment before storing
- No sharing of towels
- Increased cleaning regime with adequate disinfectant
- Sanitizing of equipment

Communication & Outbreak Strategy

To promote a clear path of communication in the event of a member or visitor being diagnosed with the virus, a list of members and visitors attending the venue or training is to be maintained by club officials (or appointed coaches). The list is to be made available to club officials and Water Polo WA upon request. The list is not to be used for any other purpose.

Visitors attending for a short period of time with minimal face to face contact are not required to have attendance information recorded.

Each club will notify Water Polo WA in writing of their intent to recommence training and advice of the program being undertaken and the names of appointed coaches, staff onsite or person responsible for managing the members.



A copy of the Safety Plan or Return to Sport Policy for venues where training and activities are conducted need to be requested by the club, acknowledged, and practiced. A copy is to be forwarded to Water Polo WA and any unclear requirements are to be identified to ensure compliance.

Should a club be made aware that a member or visitor are diagnosed with the virus, all operations need to cease. Directions and policy of the venue will come into effect.

A strategy for communication will be dependent on the venue and the activities being undertaken however, Water Polo WA is to be notified.

Information regarding a diagnosed member or visitor will remain confidential. Anyone that has had COVID – 19 requires a comprehensive medical assessment and medically guided return to training.

Water Polo WA has a designated information centre at www.waterpolowa.asn.au which is updated and maintained with current information and resources. Access to the centre is available from the home page.

Key Contacts:

13COVID: For information about coronavirus measures and restrictions, and what they mean for you.

COVID-19 Public Hotline 24/7: 1800 020 080: If you suspect you, a staff member, or a customer may have COVID-19 coronavirus symptoms or may have had close contact with a person who has COVID-19 coronavirus.

Dedicated Police Number: 131 444

Additional Information





[Coronavirus Public Information](#)

[Resources on Social Distancing](#)

[National Principles on the Resumption of Sport](#)

[AIS Framework for Rebooting Sport in a COVID 19 Environment](#)

Additional resources

[How to Hand wash](#)– World Health Organization

[Keeping your Distance Poster](#) Australian Government

[COVID 19 Information for Business, Industry and Local Government](#)– WA
Department of Health