



ALBERTA WATER POLO ASSOCIATION

COVID-19 RETURN TO WATER POLO GUIDELINES

All modifications to V3 10-07 are listed in RED
Changes are based from AHS modifications that are posted on Alberta government website

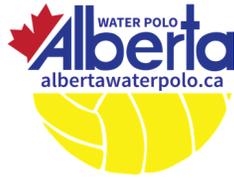


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ALBERTA WATER POLO ASSOCIATION - COVID-19 Return to Water Polo Guidelines

OVERVIEW

The Alberta Water Polo Association is aware of our memberships desire to determine next steps and plan to return to water polo within the province of Alberta. The AWPA has been closely monitoring and following all Alberta Health reopening guidelines that are in place on the Alberta Government website [LINK](#). This document has been prepared based on the most up to date information from the Alberta Government and will continue to be updated as more information evolves surrounding COVID-19. The Aquatics Canada sport organizations (Canada Artistic Swimming, Diving Plongeon Canada, Swimming Canada and Water Polo Canada) have all worked together to establish key principles for a safe return to sport.

ESTABLISHING THE PRINCIPLES OF RETURN TO SPORT

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

According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through swimming pools. COVID-19 has a fragile lipid outer membrane and is therefore highly susceptible to elimination by soaps and oxidants, such as chlorine. Proper maintenance and disinfection with Chlorine or Bromine should inactivate the virus (CDC 2020).

A return to sport must strictly adhere to the policies and procedures outlined by provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. The aquatic sports joint working group has agreed on a number of key principles that will form the foundation of the return to our respective sports. These principles include:

Physical Distancing: Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene: In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training.

Equipment Cleaning: Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.



Individual Health Monitoring: Daily individual health monitoring processes and tracking need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.

Safe Sport Environment: In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communication: A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.

PURPOSE & PROCESS

The purpose of this document is to outline return to water polo guidelines and best practices to date within the province of Alberta. It should be followed by all clubs who wish to reintroduce activities while also ensuring they are within the parameters of government authorities, public health orders, municipal regulations, and all facilities guidelines. Return to water polo will require the collective work of all AWPA clubs and members. It is extremely important this is done as safely as possible.

Return to water polo will be a gradual and phased process. This includes all activities outdoors such as dryland training, and pool training as facilities start to reopen. Effective June 12, 2020 recreation facilities and swimming pools have been moved to Stage 2 of the Alberta Relaunch Strategy. Although this is encouraging news it will further require everyone's patience and support as we navigate the ever changing environment of COVID-19. Facilities around the province may be opening at different times and it is important clubs adhere to all of their local facility and municipality guidelines and abide by all of the restrictions and limitations in place. All guidelines and protocols should be aligned with one another; first being those of the Federal and Provincial Government, followed by local municipalities and facilities. AWPA will work alongside WPC, the Alberta government and Alberta Health Services and continue to update guidelines within this document as they change.

CLUB MINIMUM STANDARDS

Prior to any club returning to water polo within Alberta they must complete the following steps:

1. Review and abide by all required Return to Water Polo guidelines laid out within this document including:
 - a. Screening checklists (Appendix B),
 - b. Contact tracing logs for activity (Appendix A),
 - c. Assigning a COVID 19 Club Response Coordinator (Appendix F).
2. Sign and submit to AWPA the Return to Water Polo Club Declaration (Appendix D).



3. All registrants (athletes and coaches) must sign the Water Polo Canada Participant/registration Acknowledgment and Consent Form through smartwaiver prior to participating in any in-person Return to Water Polo activity (Appendix E).

Once a club assesses their own risk in a particular environment they may choose to enforce stricter guidelines.

RETURN TO WATER POLO STEPS AND STAGES

WATER POLO CANADA: 4-Step Return to Training Guidelines (See Appendix C)

** These guidelines are recommendations and may have to be adjusted to align with the Alberta Government, local municipalities, and individual facility restrictions.

ALBERTA WATER POLO - Stages for Return to Water Polo

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

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



RETURN TO WATER POLO GENERAL GUIDELINES

(Source - Alberta Government Resources)

Participation

- Any participant who is sick or symptomatic is NOT to participate and must be sent home. If possible, isolate the participant from the group until they are picked up.
 - Symptoms to look for include fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- All participants must be an active member with their club and registered in the database.
- All participants must have completed the Water Polo Canada Participant/registration Acknowledgment and Consent Form through smartwaiver prior to participation. (Appendix E)
- Participants must consent and complete a [screening checklist](#), (Appendix B) from the Alberta Government prior to attending. The result of which will be recorded on a daily Contact Tracing Log (Appendix A) which includes names of participants, location, time of activity, type of activity, The log must be stored in a safe, secure location for 2 weeks to allow for contact tracing in the event of an individual testing positive for COVID 19. After which, the log will be disposed of to maintain the confidentiality of participants (shredding of documents, deleting files).

Individual Actions & Precautions

- Proper hand hygiene should be practiced before and after activity. Make hand washing stations and/or hand sanitizer containing at least 60% alcohol available for all participants.
- Avoid touching your face with unclean hands.
- Practice safe sneezing and cough etiquette using the crease of the elbow.
- Mask wearing (Please review all municipal guidelines regarding mask wearing)
 - Recommended for:
 - to and from facilities
 - while on the pool deck
 - non-vigorous activity
 - NOT recommended:
 - during high intensity activities
 - while in the water
- All participants should come already dressed for the activity.
- If change rooms are available physical distancing and facility regulations must be adhered to.
- A “no food/snack” policy and ensuring all athletes bring their own water bottles is recommended. Athletes should not share any personal items. Ensure athletes label personal belongings and equipment.



GENERAL TRAINING GUIDELINES

(Source: WPC, and Alberta Government Resources)

- All general return to water polo guidelines on Page 6 must be adhered to.
- All teams and groups must adhere to facility guidelines for capacity and participation numbers.
- **The maximum number of participants for teams and groups is 50 total participants, including the coaches.**
- All activities must be monitored by an AWPAA registered coach over the age of 18.
- To help plan activities, coaches/instructors should ask themselves the following questions to determine the risk of the activities and whether they are allowed to proceed.
 - Does the activity violate a public health order?
 - Can the activity be modified to reduce the sharing of equipment?
 - Can the activity be modified to increase physical distancing?
 - Can the activity be done outdoors instead of indoors?
 - Can the activity be shortened or performed with fewer participants?
- Prior to and after activities, athletes should maintain physical distancing when returning to vehicles and homes and only those in the same household should share rides.
- Ensure parents know where to drop off and pick up athletes to allow for appropriate physical distancing.
- Parents are to refrain from spectating during activities to ensure the gathering number is not exceeded. No public spectators are allowed and athletes are not to mingle before or after activities.

OUTDOOR DRYLAND WITH RESTRICTIONS

(Source: WPC, and Alberta Government Resources)

Activities

- Outdoor dryland activities are permitted in open parks and open spaces (e.g. soccer fields and ball diamonds). Some municipalities require booking permits for fields and outdoor spaces. Ensure the area is open to public use prior to arriving and a group does not already occupy the space.
- Any game or league play is prohibited (e.g. a game of soccer, a game of softball).
- All dryland type activity in outdoor public spaces require physical distancing of at least 2 metres; consider the use of physical barriers to help athletes maintain physical distancing (e.g. cones, hula hoops etc.).
- All activities are not to include the sharing of common equipment or any common touch surface, unless the individuals are from the same household. (e.g. ball, yoga mat, jump rope, dumbbells, resistance bands, and water bottles)



- All participants should bring their own equipment with them to the activity.
- If athletes require “rented” equipment they should be assigned their own as it should not be shared among participants.
- Clean and disinfect all equipment, including water bottles prior to and after use.
- At no time should athletes be in contact with each other (e.g. no high fives, partner exercises, or group celebrations). All activities are to be non-contact in nature.

INDOOR WEIGHT TRAINING WITH RESTRICTIONS

(Source: WPC, and Alberta Government Resources)

Activities

- Weight Training is permitted in facilities that have opened during Stage 2 of the Alberta relaunch. However, it is highly recommended that activities occur outdoors when possible.
- All indoor activity requires physical distancing of at least 2 metres; consider the use of physical barriers to help athletes maintain physical distancing (e.g. cones, hula hoops etc.). If performing vigorous or high intensity activity physical distancing of 3 metres is recommended.
- All activities are not to include the sharing of common equipment or any common touch surface unless the individuals are from the same household. (e.g. yoga mat, jump rope, dumbbells, kettlebells, medicine balls, weights, bars, resistance bands, ropes, cardio equipment etc.)
- All participants are encouraged to bring their own equipment with them to the activity.
- If facility owned equipment is used during activity it must be cleaned and sanitized between users and each athlete.
- Clean and disinfect all equipment, including water bottles prior to and after use.
- At no time should athletes be in contact with each other (e.g. no high fives, partner exercises, or group celebrations). All activities are to be non-contact in nature.

POOL TRAINING WITH RESTRICTIONS

(Source: WPC, and Alberta Government Resources)

Activities

- Training is permitted in pools within local facilities that have reopened during Stage 2 of the Alberta Government relaunch. Clubs must follow all facility entrance and screening procedures.
- All participants must follow facility guidelines for changing and use of locker rooms.
- On deck warm up should be modified and subject to facility restrictions.
- Dryland training is not recommended on the pool deck at this time.
- Activities are dependent on which training group clubs have selected below.

TRAINING GROUPS

(Source: Alberta Government Resources)

OPTION 1 - Non-cohort training group (Approved): See Appendix G

- Maintain a minimum 2m physical distance at all times, NO EXCEPTIONS.
- NO contact drills or activities.
- NO sharing of equipment or common touch surfaces/objects.



- Athletes can be a part of a separate cohort with a different sport or activity.
- If using a 25M pool only 2 athletes are to be in one lane at a time. If 8 lanes are available a total of 16 athletes can be in the pool and must maintain 2m physical distancing at all times. (while entering and exiting the pool, during drills, and lane swimming)
- Lane lines do not need to be in the water but 2m physical distancing must be maintained between athletes. Athletes should be staggered, utilizing the black lines as a reference point when possible during drills. Lane swimming can be performed by circle swimming around 2 lanes. (Example: 2 athletes can swim up the black line on lane 1, while 2 athletes are swimming back on the black line of lane 2. See diagrams for clarification Appendix G)
- Activities allowed:
 - swimming, individuals skills and tactical drills, individual ball work

OPTION 2 - Cohort training group (Approved to begin October 7th):

- The total number of participants within a cohort must not exceed 50, including coaches. Please ensure you also abide by the facility restrictions and guidelines (that number may be less).
- To be used when members do not always keep 2 metres apart. It is still strongly encouraged to maintain 2m distancing when possible. Please follow Appendix H for cohort guidelines.
- Athletes may come in contact with a common touch surface/object. Ex. Using the same ball to pass in groups or during a shooting drill.
- **While the Alberta Guidance for Cohorts and the Guidance for Sport, Physical Activity and Recreation - Stage 2 recommend “individuals should limit the number of Cohorts/Mini-Leagues to which they belong”, Club members need to decide, based on their demographics and athlete safety, how to mitigate the increasing risk of potential exposure to COVID-19.**
- Activities allowed: **Full practice activities and drills. See Appendix H.**
Please note:club boards need to continually assess the current environment to ensure the safety of your athletes. Some eg. would be to limit the scrimmage time/ limit the partner work with the same 2 athletes/ subcohort your groups during practice to limit potential exposure.
- **Games and scrimmaging between clubs and different cohorts are not allowed at this time.**

COHORT GUIDELINES FOR WATER POLO

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

“Cohort is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2. Cohorts are small groups of people whose members do not always keep 2 metres apart. This is an agreement to maintain physical distancing from everyone else”.

- Cohorts or mini-leagues should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).
- **As stated in the Alberta Guidance for Cohorts, Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort belong.**



- Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.
- It is recommended if possible that households with sports, performing, and/or child-care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.
- If coaches are able to maintain physical distancing from the cohort group (athletes and other coaches) at all times, the coaches would not be considered part of the cohort and could coach multiple groups.
- Athletes can be a part of a sports cohort and a household cohort at the same time
- If an individual or team member wishes to change cohorts they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus)

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



APPENDIX B: SCREENING CHECKLIST

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

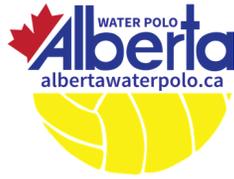
If an individual answers **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity have any new onset (or worsening) of the below symptoms:	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath/Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose/Nasal Congestion	YES	NO
	• Feeling Unwell / Fatigued	YES	NO
	• Nausea/Vomiting/Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days?	YES	NO
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.

* *Face-to-Face contact within 2 metres. A health care worker in an occupational setting wearing the recommended personal protective equipment is not considered to be close contact.*

** *‘ill/symptomatic’ means someone with COVID-19 symptoms on the list above.*



APPENDIX C: WPC RETURN TO SPORT - WATER POLO TRAINING GUIDELINES

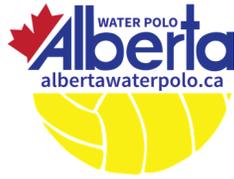
(Source: WPC)

4-STEP RETURN TO TRAINING GUIDELINES				
	Step 1	Step 2	Step 3	Step 4
Canada Public Health	<u>PHYSICAL DISTANCING APPLIED</u>		<u>NO PHYSICAL DISTANCING</u>	
Travel Restrictions	Limited inter-region & inter-province travel only			Domestic travel permitted
Training Location	Personal swimming pool OR Open water	Use of open water & lakes Training within facilities and public pools Must maintain physical distancing.	Training within facilities NO physical distancing	
Training Options	In-water training (solo) if access to own pool only, or open water.	Training with limited members, small sub-groups and distance of 2 meters maintained. Swimming, throwing (passing/shooting) and other technical drills can be completed. No full contact/defending drills, wrestling, scrimmage Equipment must be disinfected incl. balls after each segment *See below for further details	Full training and competition regionally (within provinces) Small group competition allowed (<i>Local teams with no fans</i>)	Full training and competition domestically Large group competition allowed (<i>Normal competition with fans</i>)

STEP 2 – Supporting Guidelines

GENERAL RECOMMENDATIONS

Public Health	Public Health guidelines must be followed at all times.
Arrival Procedures	All participants should consider wearing masks outside of the pool during transit to and from the facility while ensuring they wash their hands or use hand sanitizer for 20 seconds upon arrival at the facilities. Work creatively with facility managers to create an entry and exit plan that maintains physical distancing and minimizes transition time. Athletes or staff with symptoms or roommates with symptoms should not be permitted to attend training until cleared by a doctor.
Sanitation Procedures	Participants will wipe down equipment after every use.
Offices or Shared Spaces	Staff will wash hands before entering office and wipe down after its use. No sharing of office supplies. Limit number of people within the office depending on size and respecting 2m distancing.
Equipment	Equipment must be wiped down at the before and at the end of each training session (balls, nets etc.)
Team Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing



AQUATIC TRAINING RECOMMENDATIONS	
Participants in the pool *Updated with AHS guidelines	<p>Athletes in the pool require roughly 12.56 m² to ensure they can practice 2m distance in the water.</p> <p>The following recommendations can be made for swimming pool sizes and adjusted based on different pool configurations to allow for physical distancing.</p> <p>25m x 20m - 8 lanes x 2 athletes per 1 lane = 16 athletes or less 25m x 25m –10 lanes x 2 athletes per 1 lane =20 athletes or less 25m x 50m –10 lanes x 4 athletes per 1 lane =40 athletes or less</p> <p><i>*Note the recommendations above can be adapted based on the space available within facilities</i></p>
Personal Bins on Pool Deck (optional)	All sport related equipment should be sanitized and left at the pool, athletes can be given their own personal bin or box on the pool deck for sport related equipment such as bathing caps, goggles, WP hats, etc.
Change area	Athletes can arrive in their training suit and be given a bin on deck to put their clothes, or they can pass through the locker room in a staggered fashion while respecting physical distancing and arrive on the pool deck with a towel only.
Interactions between Team Members	2 m distance maintained at all times.
Warm up	Limit dry land training on the pool deck. Any dryland or pre-pool activities should be performed before entering the facility. Options of completing warm up can be done outdoors in open air or in another location if permitted.
Hydration	Only water personal water bottles on deck, <u>no food allowed.</u>
Toilet	Sanitation measures after use by each person – facility specific rules should apply
Swim training	Can be conducted using every second lane, can be subgroups or rotating groups in the water with swimming/static technical work.
Individual ball or technical skills	2 meters + distance for horizontal drills
Passing & Shooting	Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie.
Duels/ opposition - close contact work	Not permitted at this time.
Close contact situational activities, or scrimmages	
Cool Down	Can be completed in the pool respecting 2m distance, it is advised to be completed at home.
Post Training Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing



Return to Water Polo - Club Declaration

For the period of September 1, 2020- August 31st 2021

Clubs must read, review, and adhere to all guidelines laid out in the *AWPA Return to Water Polo Guidelines*.

This includes:

- Completed Declaration Form by Club President and ALL Coaches who will be present for training
- Confirmation of submitted *Acknowledgement of Risk Waivers* from WPC for all participants (athletes, coaches, volunteers, officials) through Smartwaiver before participation in any club activity or practice.
- Use a Contact Tracing Log for all practices that confirms participants have completed a screening questionnaire
- Have an assigned COVID 19 Club Response Coordinator
- Create and communicate to your club membership a plan to address any and all risks associated with COVID-19 using the guidelines from the Alberta Government
- Required to inform and educate all members at the time of registration of which training option the club will be following and all the additional requirements/restrictions (eg. 1 sport cohort only for athlete)

Clubs must also:

- Comply with *Alberta Water Polo Policies and guidelines*.
- Agree to ensure that all members (athletes, coaches, officials, volunteers) will be registered in the officially recognized database system within 2 weeks of acceptance of the members registration.
- Confirmation of submitted *Acknowledgement of AWPA Code of Conduct* and *Media Release* through Smartwaiver for all participants (athletes, coaches, volunteers, officials) as part of their participant registration package
- Submit 2020-21 Alberta Water Polo Association Club Affiliation Form

We hereby declare that the representatives of _____ (club name) have read, understood and agree to abide by all of the requirements listed above in order to be declared a Member in Good Standing of Alberta Water Polo Association for the 2020/2021 season.

_____ (club name) is choosing to follow:

OPTION 1 _____ (*physical distancing*)

OPTION 2 _____ (*cohort training*)

of the *Return to Water Polo Guidelines* (page 8-9)

Any club found in violation of this declaration will not be in good standing and applicable sanctions will apply.

Page 1 of 2 -required signatures below



Club President's Name: _____ Signature: _____

Club Registrar/Administrator: _____ Signature: _____

Club COVID - 19 Response Coor: _____ Signature: _____

Club Head Coach Name: _____ Signature: _____

Club Assistant Coach Name: _____ Signature: _____

Club Assistant Coach Name: _____ Signature: _____

Date (mm/dd/yyyy): _____

**All coaches who will be a part of any training must sign this document. If there are more coaches in your club you can list them below with their signatures.

** This document is to be signed and submitted to office@albertawaterpolo.ca before any member can be registered in the official database .



APPENDIX E: Water Polo Canada Participant/registration Acknowledgment and Consent Form

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



Water Polo Canada Participant/registration Acknowledgment and Consent Form

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

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

By signing this document,

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



interprovincial or international travels are still in effect and a period of quarantine is required by government authorities at the time of the present, I declare that I have not (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of), nor has any member of my household, travelled to or had a lay-over in any country outside Canada, or in outside of my Province or residence, in the past 14 days from the day of my participation. If I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) travel, or if anyone in my household travels, outside my Province of residence after submitting this declaration, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) will not attend or participate in any of Water-Polo Canada, PTS, Clubs or Leagues' activities, programs or services until at least 14 days have passed since the date of return.

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

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

I HAVE SIGNED THIS DOCUMENT FREELY AND WITH FULL KNOWLEDGE.

Name of registrant (print)

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

Signature of registrant

Signature of parent/tutor/legal guardian

Place/Date: _____

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



APPENDIX F: COVID-19 Club Response Coordinator

COVID-19 Club Response Coordinator Role and Responsibilities

The role of a COVID-19 Club Response Coordinator is vital to ensure each club is educated and able to provide a safe return of your athletes to water polo and to quickly respond to any potential cases or outbreaks of COVID-19 within their club.

Policies and Procedures

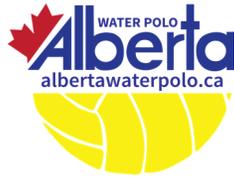
- Keep up to date on policies and procedures published by:
 - Alberta Water Polo Association
 - *Return to Water Polo*
 - Water Polo Canada
 - Facilities utilized by the club
 - Municipal and Provincial Governments and Public Health Agencies

Facilities

- Learn and comply with facility usage requirements
- Ensure the facility has:
 - an Emergency Action Plan that is current and complete for each location.
 - A Health & Safety Kit that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available at each location.
 - Proper signage is in place so that all risk mitigation measures within the facility are easy to follow.
- Report to your club board, managers and coaches on any practice restrictions or recommendations from the facility.
- Collaborate and coordinate with facilities in the instance that any new COVID-19 cases arise.

Communication

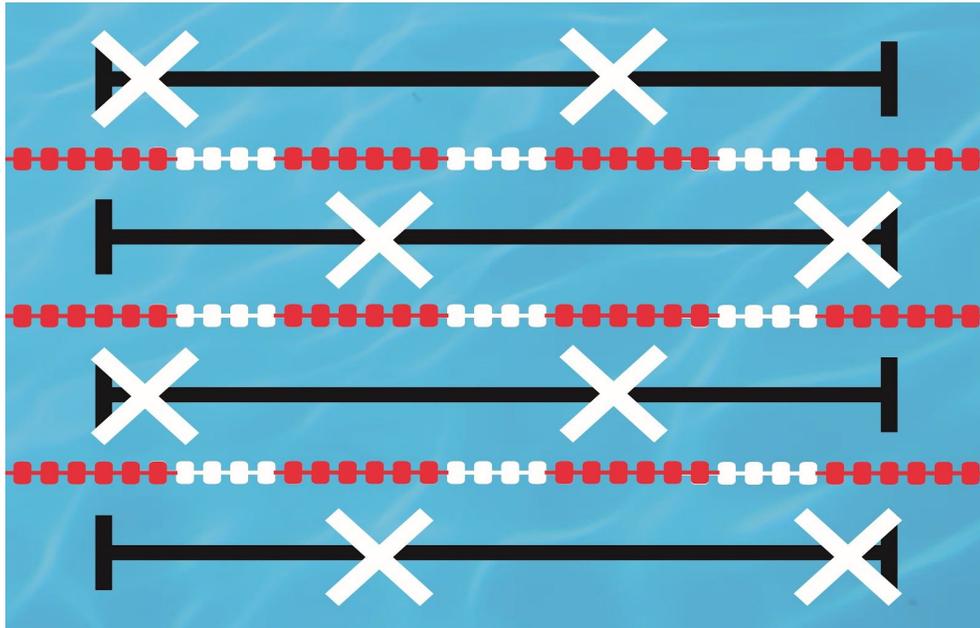
- Create, implement and maintain contact tracing logs for every club practice or event for all athlete, coaches, volunteers or spectators for your club
 - Contact tracing logs must:
 - Be submitted the same day
 - Legible with participant first and last name and at least one method of contact (phone, email, text), date and time of practice
 - Screening Checklist declaration
 - Be accessible for 14 days from date of practice or event
 - Information on the documents would only be provided to Alberta Health Services if the need for contact tracing due to a potential case of COVID 19 within the group.
- **Be the primary contact for participants who choose to self report Covid symptoms or exposure, or a confirmed case of COVID-19, while maintaining a high level of confidentiality and privacy.**



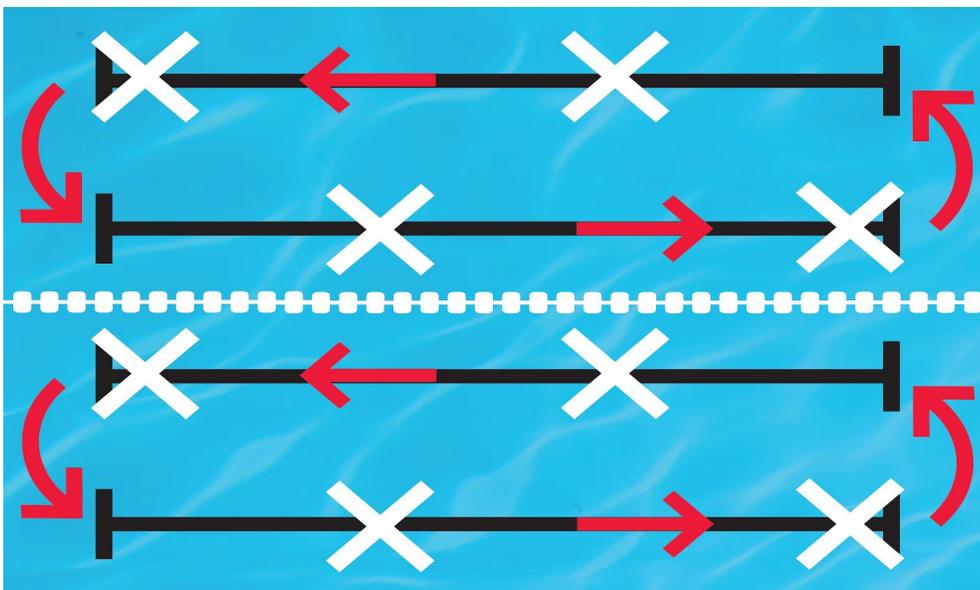
- Contact Alberta Health Link at 811 to inquire whether any action is required on the clubs behalf when notified of a potential case or exposure of COVID-19 that was voluntarily disclosed. DO NOT disclose any personal information of the participant.
- Take and document any action as outlined by Alberta Health.
- Ensuring the privacy of all individuals.
- Collaborate and Coordinate, as requested by Alberta Health Services, if contacted about an investigated case of Covid-19.
- Modify, restrict, postpone or cancel training if advised by Alberta Health Services, the facility or Alberta Water Polo Association, due to an evolving Covid-19 related outbreak or emergency.
- Advise the AWPA Response Coordinator if:
 - you have been contacted by Alberta Health Services about a Covid-19 case or exposure in the club
 - a confirmed case of Covid-19 has been voluntarily self-reported to the club. AWPA does not require disclosure of the participants name.

APPENDIX G: Pool Training Configuration Examples for Non- Cohort Training Groups

Example 1: Physical Distancing for Individual Drills



Example 2: Physical Distancing for Lane Swimming





APPENDIX H: Allowable Activities for Option 1 and Option 2 Training Groups

TRAINING GROUPS	Non Cohort Training (Option 1)	Cohort Training- Approved for October 7 (Option 2)
KEY POINTS	<ul style="list-style-type: none"> - 2m distancing at ALL times - No shared common touch surfaces - 2 athletes allowed per lane 	<ul style="list-style-type: none"> - 2m distancing is still required out of the pool - 2m distancing is recommended when possible in the pool - Shared common touch surfaces are allowed - Max of 50 allowed per cohort
ACTIVITIES ALLOWED	<ul style="list-style-type: none"> - Lane Swimming - Individual skills - Individual tactical drills - Individual ball drills - Passing on a rebounder - Shooting on an open net 	<p>Normal water polo training/activities as determined by club boards assessment the current environment to determine the level of risk within their demographic.</p> <ul style="list-style-type: none"> - Full contact drills - Wrestling - Scrimmaging <p>(club boards need to continually assess the current environment to ensure the safety of your athletes. Some eg. would be to limit the scrimmage time/ limit the partner work with the same 2 athletes/ subcohort your groups during practice to limit potential exposure)</p>
ACTIVITIES NOT ALLOWED	<ul style="list-style-type: none"> - Any drill within 2m of another athlete - No passing, or shooting on a goalie 	<ul style="list-style-type: none"> - Scrimmaging with other clubs/teams - Scrimmaging outside of club co-hort

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



APPENDIX I: SAMPLE LETTER COVID-19 TO CLUB MEMBERS

Dear Parent or Guardian,

An athlete in your child's sport cohort was diagnosed with COVID-19 (enter the date of the exposure) . Our healing thoughts go out to this athlete and their family and hopes for a quick recovery.

According to the Alberta Health Services guidelines, because your athlete has been in close contact with a person who has tested positive for COVID-19, your athlete will be required to self-isolate for 14 days and monitor for symptoms. Additionally AHS recommends that the athletes that are in the cohort and attend the practice on the exposure day, to schedule a Covid Test - this can be done [here](#).

Your athletes return to practice date will be the first scheduled practice after _____.
(list the 15th day after exposure)

 alberta.ca

[Isolation requirements](#)

Learn how to isolate if you have symptoms or are exposed to COVID-19, or if you are returning to or entering Alberta from outside Canada.

 Alberta Health Services

[novel coronavirus \(COVID-19\) Testing / Online Booking | Alberta Health Services](#)

[novel coronavirus \(COVID-19\) Testing / Online Booking](#)

- AHS recommends your child be tested for COVID-19
- Even if your child is negative on their test, they are still required to isolate until the end of day on _____ (enter date 14 days after exposure/ same date as above)

Thank you for playing a part in keeping our community safe. If you have any questions please contact 811.

Yours in Sport.

Alberta Water Polo recommends:

*-if in a cohort, sending this document to the guardian of the individuals (if under the age of 18) who were on the attendance
-if emailing, BCC to all contacts*



-request a read receipt of the email or request that the family acknowledges that they have read the email so clubs can verify they have notified the individuals who were at the practice.

RESOURCE LINKS

Alberta Government Relaunch Strategy: [Alberta's Relaunch Strategy | Alberta.ca](#)

Alberta Biz Connect: [Alberta Biz Connect](#)

COVID- 19 Information for Albertans: [COVID-19 info for Albertans | Alberta.ca](#)

Guidance for Organized Outdoor Sport, Physical Activity, and Recreation [COVID-19 Guidance for Outdoor Fitness](#)

WPC COVID- 19 Resources: [Canadian Water Polo Association Inc.](#)

WPC COVID- 19 Updates and Advisories: [Canadian Water Polo Association Inc.](#)

WPC COVID-19 Return to Water Polo Resource Document: [COVID-19](#)

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2
[COVID-19 Guidance for Sports, Physical Activity and Recreation](#)

GUIDANCE FOR SWIMMING POOLS AND WHIRLPOOLS
[COVID-19 Guidance for Swimming Pools and Whirlpools](#)

Cohorts

[Gatherings and cohorts | Alberta.ca](#)

[COVID-19 Guidance for Cohorts](#)

Isolation Requirements

[Isolation requirements | Alberta.ca](#)

Screening Checklist

[COVID-19 information : Alberta Health Daily Checklist - Open Government](#)

Plan Template

[COVID-19 Information: General Relaunch Guidance \(updated September 11, 2020\)](#)