



# WATER POLO NOVA SCOTIA

4-STEP RETURN TO TRAINING GUIDELINES				
	Step 1	Step 2	Step 3	Step 4
<b>Canada Public Health</b>	<u>PHYSICAL DISTANCING APPLIED</u>		<u>NO PHYSICAL DISTANCING</u>	
<b>Travel Restrictions</b>	Domestic travel not permitted Training Location Only		Atlantic Bubble Travel permitted	Domestic Travel Permitted
<b>Training Location</b>	Personal swimming pool OR Open water	Use of open water & lakes Training within facilities and public pools <b>Must maintain physical distancing</b>	Training within facilities NO physical distancing	
<b>Training Options</b>	In-water training (solo) if access to own pool only, or open water.	Training with limited members, distance of 2 meters maintained. Swimming, passing, shooting and other technical drills can be completed.  No full contact or defending drills, wrestling, or scrimmages.  Equipment must be disinfected incl. balls after each session.	Full training and competition within Atlantic Bubble.  Normal competition allowed (spectators limited by host facility COVID Protocols)	Full training and competition domestically Large group competition allowed  (Normal competition with fans)

STEP 2 – SUPPORTING GUIDELINES

<b>AQUATIC TRAINING RECOMMENDATIONS - IF HOST FACILITY REQUIRES SOCIAL DISTANCING</b>	
<b>Participants in the pool</b>	<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 25m – 12 athletes or less            25m x 30m – 15 athletes or less            25m x 50m – 20 athletes or less</p> <p>*Note the recommendations above can be adapted based on the space available within facilities and approval of these adaptations by the given facility.</p>
<b>Personal Bins on Pool Deck (optional)</b>	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.
<b>Change area</b>	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.
<b>Interactions between Team Members</b>	2 m distance maintained at all times.
<b>Warm up</b>	<p>Limit dry land training on the pool deck.</p> <p>Any dry land or pre-pool activities should be performed before entering the facility.</p> <p>Options of completing warm up can be done outdoors in open air or in another location if permitted.</p>
<b>Hydration</b>	Only water personal water bottles on deck, no food allowed.
<b>Toilet</b>	Sanitation measures after use by each person – facility specific rules should apply.
<b>Swim training</b>	Can be conducted using every second lane, can be subgroups or rotating groups in the water with swimming/static technical work.
<b>Individual ball or technical skills</b>	2 meters + distance for horizontal drills.
<b>Passing &amp; Shooting</b>	Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie.

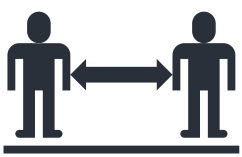


# RETURN TO WATER POLO

## Summary - Resource Document

### GENERAL CONSIDERATIONS

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.



PHYSICAL DISTANCING  
- MINIMUM 2M



HAND & PERSONAL HYGIENE - WASH W/ WATER & SOAP 20 SEC.



EQUIPMENT CLEANING AFTER EACH TRAINING



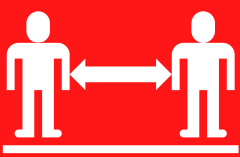
INDIVIDUAL HEALTH MONITORING



PLANNING & COMMUNICATION

### 4-STEP RETURN TO TRAINING GUIDELINES

#### STEP 1



PHYSICAL DISTANCING APPLIED



LIMITED TRAVEL

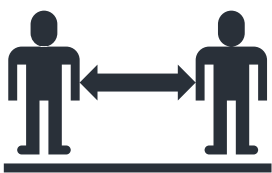


OPEN WATER OR PERSONAL SWIMMING POOL



IN-WATER TRAINING (INDIVIDUAL)

### STEP 2 - WATER POLO TRAINING GUIDELINES



PHYSICAL DISTANCING APPLIED



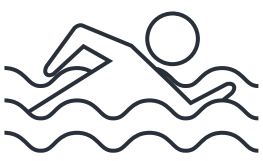
LIMITED TRAVEL



OPEN WATER OR TRAINING FACILITY



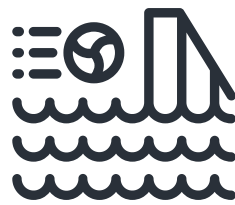
TRAINING WITH LIMITED MEMBERS



SWIMMING - 2M DISTANCE



OUTSIDE DRY-LAND TRAINING



INDIVIDUAL BALL/ TECHNICAL SKILLS (PASSING/SHOOTING PERMITTED)



NO OPPOSITION WORK, NO SCRIMMAGES

### STEP 3 & 4 - RETURN TO WATER POLO GUIDELINES

#### STEP 3



LIMITED TRAVEL



FULL TRAINING & COMPETITION WITHIN PROVINCES



SMALL GROUP COMPETITION ALLOWED (NO FANS)

#### STEP 4



DOMESTIC TRAVEL PERMITTED



FULL TRAINING & COMPETITION DOMESTICALLY



LARGE GROUP COMPETITION ALLOWED (W/ FANS)