

# St Vincent's Water Polo Club

## Operating Procedure - Information for Members

Our Covid19 Operational Procedures are in line with Swim Ireland guidelines. The aims of our Covid-19 Operational Procedures are:

- to reduce the risk of transmission of Covid-19
- to protect the health and well-being of all athletes, coaches and volunteers in our club

As outlined by Swim Ireland in the Return to Water Framework (June 2020 ), the Return to Water Polo addendum Framework (July 2020 and August 2020) and the Swim Ireland updated guidance on 18<sup>th</sup> September outlining 'Living with Covid19' Level 2 and Level 3 Delineations there are three fundamental requirements / decisions before returning to water Polo:

1. COMPLIANCE WITH CURRENT COVID-19 RESTRICTIONS – Swim Ireland clubs and members need to make themselves aware of COVID-19 restrictions that exist at the time of returning to water
2. PERSONAL RESPONSIBILITY – Each person is to take personal responsibility for their own health, safety and decision making
3. RISK ASSESSMENT – Individuals, clubs and the associated workforce must ensure that they have assessed the risks associated with the conditions, the equipment, and the experience which lies with returning to water

St Vincent's Water Polo Club are following these fundamental requirements. St Vincent's Water Polo Club will continue to follow Government and Swim Ireland guidelines in relation to Covid-19.

### Volunteer roles

In advance of returning to training our club has appointed a Lead COVID-19 Officer and additional COVID-19 Officers for each team. For Junior teams training sessions, the COVID-19 Officer on duty will also perform the Person on Duty role. The Lead COVID Officer is contactable by email, details below.

### Specific Roles

- Club Lead COVID-19 Officer – Orna Kiernan contactable by email: [leadcovidofficer@stvincentswaterpolo.club](mailto:leadcovidofficer@stvincentswaterpolo.club)
- COVID-19 Officers – the club has appointed a number of Covid-19 Officers, details held by the committee.

### Education

St Vincent's Water Polo Club COVID Officers have provided evidence of completion of Swim Ireland COVID-19 training and meet the requirements as set down by Swim Ireland. All COVID Officers have been appointed by the committee. The club has completed a risk assessment which has been approved by the committee.

## **Club Code of Conduct**

In line with Swim Ireland guidelines, the club have updated all Codes of Conduct.

All players, coaches, committee members, & parents/carers of junior members are required to complete the revised Codes of Conduct and return these to the club secretary before they are permitted to attend their first training session.

## **Return to Training Self- Declaration**

All players, coaches & volunteers are required to complete a Return to Training Self-Declaration before they are permitted to attend their first training session.

## **Self-Screening Form for Athletes, Coaches & Volunteers**

- In advance of each training session athletes, coaches & Covid Officer on duty must complete and submit their self-screening form to confirm they are fit and well for training, this is in line with Swim Ireland guidelines at time of returning to training.
- The Club are using an online self-screening form, link to the form will be issued via email to all members.
- Self-screening forms must be submitted by 9pm the evening before attending a training session for example, if attending a training session on Monday evening the self-screening form must be submitted on the Sunday, no later than 9pm.
- If you answer YES to any question on the form you should not attend training and should notify the club Lead COVID-19 Officer by email:  
[leadcovidofficer@stvincentswaterpolo.club](mailto:leadcovidofficer@stvincentswaterpolo.club)
- If you become unwell after submitting the form you should not attend training and should notify the club Lead COVID-19 Officer by email:  
[leadcovidofficer@stvincentswaterpolo.club](mailto:leadcovidofficer@stvincentswaterpolo.club)
- Athletes should only come to training if they are feeling well

## **Entry and Exit to/ from the NAC**

- Athletes should arrive 10 minutes before the session start time.
- Junior athletes should be dropped to the facility and parents/ carers should remain within 5 minutes of the facility.
- **Face coverings** must be worn by those 13 years of age and over when gathering/queuing outside of the NAC and throughout the facility.
- **Face coverings** only to be removed when in the water.
- Athletes should **arrive 'beach ready' for training**, swimwear should be put out before leaving home as changing rooms may not be available.
- Athletes must check in with the COVID officer on duty who will verify that self-screening form has been returned and entry to the NAC facility is permitted.
- Coaches will group all Athletes into pods before entering the NAC.
- Social distancing must be maintained as you queue and enter the NAC, small groups (Pods) enter one at a time, i.e. staggered entry, only when the first Pod have passed the temperature check stage should the second Pod enter and repeat for each Pod until all athletes have entered the NAC.
- Latecomers will have to wait to be permitted entry to the NAC.

- Athletes MUST adhere to the NAC facility Covid19 procedures at all times while in the NAC building:
  - **Hand sanitise as you enter the building**
  - **Keep social distancing in line with the floor markings as you enter**
  - **Go directly to temperature checks**
  - **Follow the one- way systems / directions laid out by the NAC**
  - **Keep your face mask on until you enter the water**
  - **Put your face mask on when you exit the water**
- NO parents/ carers are permitted into the facility as per NAC facility rules.
- Use of changing rooms – athletes must come prepared for NO Changing Rooms. If changing rooms are available the Club Covid Officer will advise.
- If no changing rooms are available, athletes must take their bags to poolside. After the training session, **athletes must firstly put on their face mask**, then towel dry and dress over their wet gear at the poolside as quickly as possible and exit the NAC following the one way system / exit door instructed by the NAC.
- Athletes are advised to bring a zip lock bag for their face mask to keep it dry while training is ongoing.
- Athletes must bring their own water bottle(s), which must be filled in advance.
- Athletes must exit the facility as promptly as possible.
- Athletes must not congregate outside of the NAC after the training session.

Refer to appendix 1 for NAC Facility Procedure for entry/exit to the facility as at 13<sup>th</sup> August 2020.

### **Social Distancing and Club Operation**

In line with the guidance of Swim Ireland, we have put the following measures in place:

- There will be a maximum number of athletes per lane/ in the pool at any one time in line with Swim Ireland guidelines and NAC requirements.
- Athletes will be grouped in pods, maximum number of athletes per pod will be in line with current Swim Ireland guidelines at the time.
- Coaches do not count in the Pod numbers, coaches will maintain social distancing from each to ensure distinct separation of Pods.
- Players will enter the water/pool in a designated area and will exit the water/pool in a designated area. This will be allocated to players prior to the start of the training session/match.
- Coaches may remove face masks once athletes are in the water.
- Each athlete will be given a designated space to place their water bottle.
- Toilet facilities – only one athlete permitted to use the toilet at any one time. Athletes must put face masks on once they have exited the pool.
- Water Polo balls will be sanitised after each training session.
- Water Polo hats will be sanitised after each training session and will not be shared amongst players i.e. one hat per player
- **MATCHES:**
- Club will use one match ball per game, which will be sanitised at the end of every game

- Team benches must be laid out with social distancing accounted for; there should be no sharing of seats by players
- Athletes to disinfect the seat they used whilst on the bench
- If a training match has occurred and players have used a set of club hats, they must return the hat and place it into the **hat bag** at the end of the game. Hats are not permitted to be thrown on to the pool deck.

### **Hand Hygiene**

- Hand sanitiser is available on entry to the NAC facility and entry/exit from changing facilities , and on the wall by the fire exit from Pool D
- Athletes to sanitise their hands:
  - on entry/exit from the facility,
  - after using the toilet.
  - after coughing or sneezing

### **Respiratory Hygiene and Cough Etiquette**

Respiratory hygiene is vital to prevent the spread of respiratory infections such as influenza, colds etc. The following measures to contain respiratory secretions will be promoted in the club:

- Covering nose/mouth using disposable tissues when coughing, or sneezing
- Disposing of tissue in the nearest bin after use.
- Performing hand hygiene after coughing or sneezing.
- **Keeping hands away from the mouth & mucous membranes of the eyes and nose.**  
This is one of the most important measures that can be followed as Covid-19 is transmitted through the mucosa - mouth, nose, and eyes. Viral droplets do not pass through the skin so keeping hands away from the face is vital in preventing transmission.
- **Use of face masks for all aged 13 years and over.**

## **Club Training Plans**

Training plans will evolve overtime in line with Swim Ireland guidelines, the facility guidelines and Government & HSE guidance. The plan outlined below is based on current guidelines as at 18<sup>th</sup> September 2020.

All players attending the session will be grouped into Pods at the start of the session. Coaches will determine the players in each Pod. Current guidelines (as at 18<sup>th</sup> September 2020) is a max of 4 players per swim lane when in Level 3 restrictions and a max of 6 players per Pod when in Level 2 restrictions. When in Level 3 restrictions, coaches will ensure sessions are individualised rather than group or pod based.

Players are not permitted to change Pods during the training session.

- **Swim Only training**

Based on current guidelines and NAC operation, swim only sessions will take place with maximum number of swimmers per lane as outlined above. However, there are also guidelines on the maximum number of players in the water at any session. Training plans will follow these guidelines to ensure the club do not exceed the max number permitted in the pool, e.g. if the maximum number of players in the pool is 24, the coach will ensure the club training session adheres to these safety protocols.

- **Water Polo training**

Water Polo training will also take place in a Pod structure as outlined above. Players will remain in the same Pod structure as per the Swim Only Training part of the session and transition to Water Polo training. Training will include use of Balls and Goals in line with the facility operations.

Each Pod having a designated 'home point' in one area of the pool. The Pods designated 'home point' will not change during the session. Use of the goals for shooting practice / skills practice will be permitted with only one Pod using each goal at a time.

For illustration purposes – pod structure and home points will operate as follows for example where 6 pods are in the pool:

**Pod 1 – Home Point:** left corner on right hand side of pool

**Pod 2 – Home Point:** right corner on right hand side of pool

**Pod 3 – Home Point:** mid-point on right hand side of pool

**Pod 4 – Home Point:** right corner on left hand side of pool

**Pod 5 – Home Point:** left corner on the left hand side of pool

**Pod 6 – Home Point:** mid-point on left hand side of pool

Pod 1 and Pod 3 (for example) can use the respective goals at either end of the pool at the same time while Pod 2 and Pod 4 do other skills based training in the pool (not using the goals) e.g. leg work. Coaches will rotate Pods accordingly operating in a 'circuit' like process.

### **Contact Tracing**

Attendance register & contact details will be maintained by the Covid Officer and emailed to the [leadcovidofficer@stvincentswaterpolo.club](mailto:leadcovidofficer@stvincentswaterpolo.club) after each session to ensure adequate details available for contact tracing if required.

#### Contact details will include:

Name of Athletes – for each session they attend & times they are in the facility.

Name of Coaches – for each session they coach & times they are in the facility. Name of

Covid Officer on duty – for each session & the times they are in the facility.

### **Suspected case of COVID-19 and designated isolation area**

In the event of a suspected case of Covid-19, the club is required to provide a designated isolation area and have a Suspected Covid-19 procedure in place. The designated area is outlined in the NAC facility procedure.

The designated isolation area is equipped with the following:

- Face masks
- Hand sanitiser
- Tissues
- Disposal gloves & aprons
- Waste disposal facilities

### **Suspected Covid-19 Procedure**

The COVID-19 Officer on duty will:

- Direct the individual to the Isolation area.
- Supplies individual with a face mask.
- For Junior members, contact the parent/ carer to advise and arrange collection from the facility.
- Complete Swim Ireland Covid-19 Suspected Case Form.

### **Cleaning**

The NAC facility have provided their Covid19 procedures to St Vincent's Water Polo Club committee, this outlines the steps they are taking regarding the cleaning of the facility.

Appendix 1:

NAC Facility Procedure for Entry / Exit to facility as at 13<sup>th</sup> August 2020.

Please see below procedure for entry to the NAC in response to covid and please ensure all members are aware of the procedures prior to attending your booking, (in particular the changing procedure owing to no showers available)

**Please note during the return from covid-19 we request patrons arrive no earlier than five minutes prior, this is to ensure we abide by strict government guidelines in relation to capacity.**

- **Entry door remains the same / exit door remains the same**
- **Hand sanitizer stations are now on the pillars to the left and right as you enter – please use them**
- **Temperature check remains the same**
- **Progress through turnstiles once temperature is verified**
- **Changing is now in the Aquazone Village 1**
- **There will be a staff member at this point to direct athletes**
- **Athlete will change in a numbered cubicle**
- **This cubicle corresponds with a locker number**
- **Use only this locker number for gear bags / phones etc**
- **Exit villages and proceed down back corridor – 1 way system**
- **Toilets are available in male / female group changing rooms**
- **Proceed to normal position on deck to start warm ups etc**
- **At the end of session the route is through the male / female groups and back to Aquazone villages where athletes can use cubicles to towel off and change**
- **Exit is then as before**