



Sedgefield Water Polo Club - Return to training plan

Introduction

This document aims to provide members and parents with the information needed in order to support a return to swimming facilities / polo sessions following the period of closure due to Covid-19; in addition, it provides guidance on reducing the risk of Covid-19 transmission within the club and the training environment.

In addition to Durham County Council guidance and the Culture, Sport and Tourism Strategy for Opening Leisure Centres, this document has been developed taking advice from a range of national guidance provided by the following:

- UK Active
- Swim England
- Royal Life Saving Society
- Public Health England
- Health and Safety Executive

Sedgefield Water Polo Club will adhere to all rules set out within the Durham County Council 'Strategy for opening pools.

For many of our members, this will have been the longest period out of the water - which can take a toll on members both physical and mental wellbeing. Our first priority remains the safety of everyone involved in our sessions.

Anyone taking part in a club session should familiarise themselves with the Swim England Guidance for Users before attending a training sessions <https://www.swimming.org/swimengland/pool-return-guidance-documents/>

The Covid-19 Lead – Sharron Taylor - is the contact for all matters relating to Covid-19 for the club and she is the main point of contact for all members with regards to Covid-19. There will be a Covid-19 Liaison Officer at every session to oversee the implementation of the below information and record any issues or problems members and parents may have. Names of these volunteers are provided at the end of this document.

All members will be required to complete a health survey, and sign a covid-19 club declaration before resuming training and they need to be aware of the club's track and trace system which will be managed through the use of the Heja app.

The Covid-19 Lead and/or the Covid-19 Liaison has the right to refuse entry to training to any member they believe may have symptoms of Covid-19 or is returning to training too early after having Covid-19. There is no right to appeal these decisions.

The Club will monitor any local lockdowns; we ask all members who may find themselves living in a lockdown area to inform the club, follow government guidance and not attend training until the lockdown has ended. For the safety of all our members, coaches and volunteers, please don't be offended if the club requests you not to attend training if living in one of these areas.



Covid Lead:

- Sharron Taylor

Covid Liaison Officers:

- Vicky Alderson
- Sharon Griffiths
- Helen Henderson
- Andy Marsland
- Josh McKim
- Paul Taylor
- Alison Webb

The Club plans to re-start sessions as follows:

- **Phase 1 will concentrate on the basic back to training, fitness lane swimming and general Water polo training skills techniques that incorporate social distancing in the training sessions. This is planned for w/c 17th August.**
- **Phase 2 will incorporate the above and introduce competitions.**
- **Phase 3 will be a revised timetable and back to a programme of full capacities. There are NO Dates confirmed for phase 3 this will be through guidance from the governing body for Water polo and government guidance.**

Pool and Changing Rooms (Based on the leisure centres guidance, returning to the Pool, 2020)

Changing rooms occupancy levels have been determined on hygiene, cleaning and the requirements for social distancing as well as the layout of changing rooms. Newton Aycliffe Leisure Centre has capacity for 19 cubicles to be used at any one time; they are cleaned before and after each group by the Leisure Centre staff.

Training Access

The Club will be using the Heja app in order to monitor our sessions and group players into training pods / bubbles. This is to ensure we can control the number of members entering and exiting the training sessions. (***Please note: some personal data can be seen by coaches and others within the Heja training groups; members have been made aware of how to change their privacy settings should they wish to do so.***)

Members must book onto training sessions in advance using the Heja app. This is a simple process; training sessions are created by Admin within the app and parents receive a notification. The parent / member then presses 'going' or 'not going' for each individual session. If circumstances change, it is possible to amend the response prior to the start of the session.

There will be NO spectating allowed when we return to training.

- Parents are asked to drop children off at the entrance to the building but not accompany their child into reception due to the building one-way system. Floor markings outside the Centre are to ensure social distancing is followed.
- Parents are required to stay local throughout the session. If there are any issues and the coaching team / Covid officer needs to contact you, the app has the function to allow them to direct message parents so please ensure that notifications are switched on. Your personal data will not be disclosed to anyone by the coaches or Covid officers.



Symptomatic Members

Should members become symptomatic, the coaches and Covid-19 lead / liaison will follow Durham County Council guidance and request the club member return home straight away and follow the governments 'Stay at Home' guidance. Members will remain in the Centre's 'isolation room' until a parent/guardian has been contacted and is available to collect the member.

Training session times

We have had to amend our training session in order to follow social distancing practices and Swim England guidance. We will review on a regular basis and will implement additional sessions / pool time as soon as deemed safe to do so.

Initial Pool Training Times		
<u>Day</u>	<u>Time</u>	<u>Age range</u>
Tuesday	6pm – 8pm	2005 -2007
Friday	7pm – 9pm	2004 & older
Saturday	2pm – 3.25pm	2008 & Younger
Saturday	3.35pm – 5pm	2004 & older
Sunday	8am - 10am	2005-2007
	8am – 9.30am	2008 & younger

Cancellations

If members book in advance and find they are then unable to attend a session, they are asked to change their response in the Heja app to 'not going' before the start of the session.

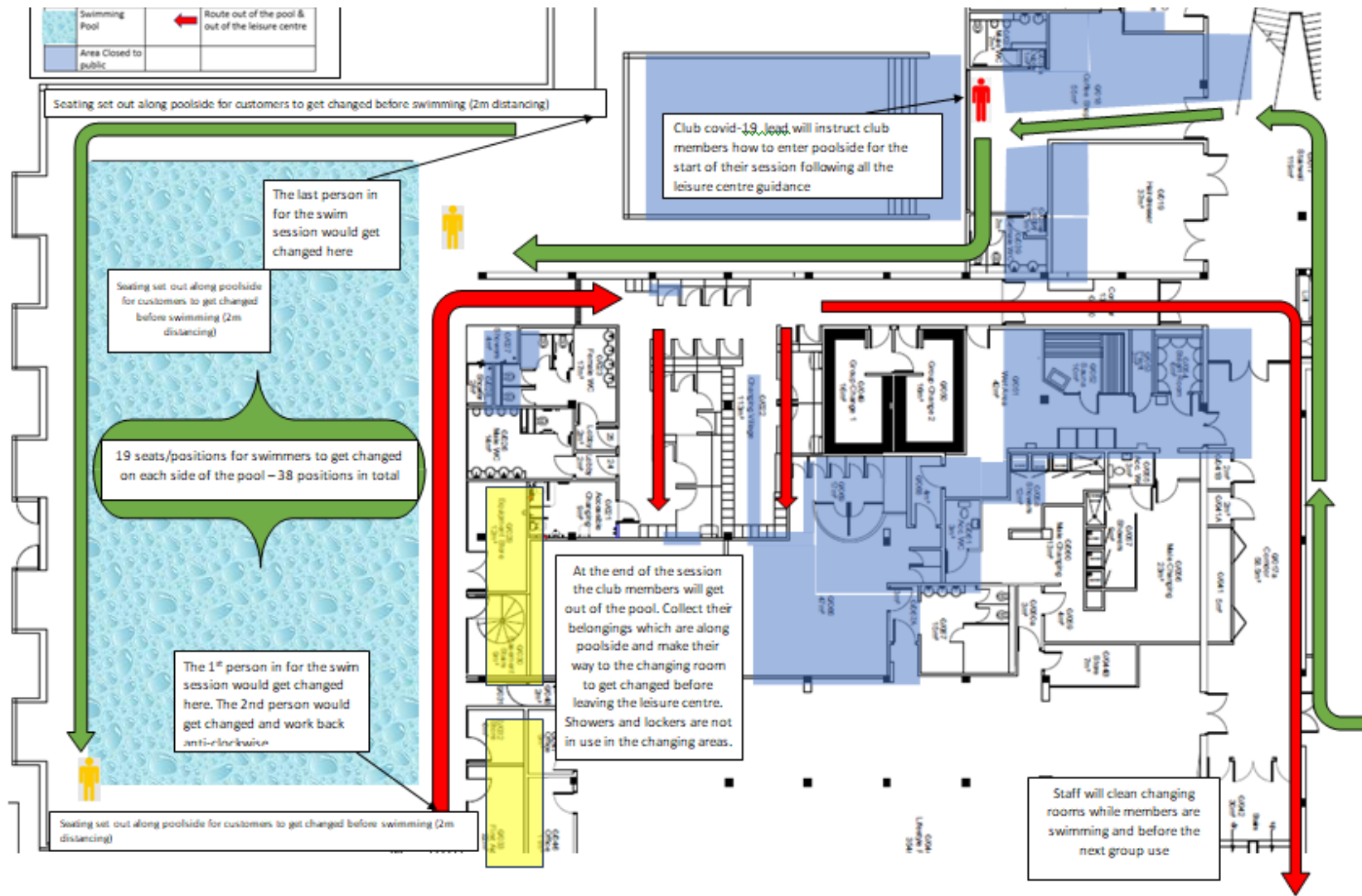
Access and egress for all coaches and members

The club will have a designated covid-19 lead for each session who will arrive before the start of the session to assist club members to poolside.

The diagram below shows the one-way route club members need to follow through the building specifically to gain access to the swimming pool.



SEDFIELD WATER POLO CLUB





Club members are expected to follow the leisure centre rules at all times.

- Club members will follow the existing one-way system within the leisure centre to the pool; Please access the building through the main doors into reception where a hand sanitisation station will be placed for everyone to use.
- Members must sanitise their hands before following the signs to poolside – maintaining social distancing walking down the corridor to the coffee bar, through the coffee bar and onto to poolside. Floor markings act as a visual reminder.
- All club members must arrive pre-changed, (beach style ready); there will be no access to the changing room prior to swimming to change.
- Members need to undress by the side of the pool, leaving their belongings on either chairs or benches which will be 2 metres apart.
- We strongly advise that members place all their clothing in a plastic bag before placing in bags on poolside chair just in case their clothing gets wet from splash.
- Members must follow a one-way clockwise system while maintaining the 2m social distancing guidance in and around the pool hall and can enter and exit the water via shallow end steps and deep end steps as well as from the side of the pool.
- The space/ chair on poolside where the swimmer gets changed prior to their swim will be numbered and this number will also act as a reference and match with the numbered cubicle in the changing rooms that they must use after their swim.
- Members, coaches and Covid officers are reminded NOT TO USE MOBILE DEVICES ON POOLSIDE
- Members will be able to use toilets once they are on poolside. Social distancing rules apply going to and from the changing room.
- Members may be given set changing and leaving times; members will need get ready with no shower facilities and leave the building quickly - NO LOITORING IN THE CHANGING ROOMS.
- Members need to maintain a minimum of 2m apart at all times in the pool and changing room area.
- Members will NOT be able to use lockers and are advised not to bring valuables to sessions. The Club cannot take responsibility for items lost or damaged on poolside.
- Members will NOT be able to use showers before or after training.
- Members will NOT be able to use vanity areas – hairdryers and hand driers are turned off.
- Members returning from a holiday abroad must follow all government guidelines and follow any quarantine regulations. A list of countries exempt from quarantine requirements can be found on the [Government website](#).



- If a member trains with other clubs within any one week, SWPC believe that this is acceptable with the understanding that the child remains in the same bubble at each of the clubs and that they are following the club guidance. If one club is in a high-risk area or areas under watch from the government, the member will be asked to choose a training site; Sedgefield water polo club will ask you stop training at its facilities if this occurs.
- **If you / your child have missed training for more than 7 days you will need to complete a covid-19 declaration form to ensure you are fit for training. This form is available for download on the club's website and Facebook page; alternatively, a copy can be requested from the Club Secretary.**

Water Stations

The Leisure centre we will not provide any hydration facilities, so club members are asked to bring in their own hydration. Vending machines **will also not** be available within the leisure centre.

Lateness

In the event of a member turning up over 10 minutes late to a training session, they may need to wait outside the building until other leisure centre bookings have entered the building.

To maintain social distancing and reducing large amounts of people congregating in the reception area, the leisure centre has a strict booking schedule of entry into the building therefore, there may be no entry into the pool after ten past the hour. If parents are dropping their child off late for a session, the parent is kindly asked not to leave the car park area until they know their child is allowed to take part in the session.

Leaving training early

If members need to leave the training session early, they must inform the coach at the start of the session so that the Centre can arrange for staff to clean the changing room after the member leaves.

Cleaning

Cleaning requirements have been reviewed and specific cleaning systems and processes have been adjusted and implemented within the Leisure Centre in order to meet the COVID 19 requirements, these include:

- Leisure centre staff complete a deep clean at the end of every day in all areas of the building that have been accessible to customers and cleaning the changing room cubical and toilets areas before and after they have been used.
- All training equipment will be set up before the start of the session and touch points wiped down. Water polo balls can be dipped into the pool to clean.
- Coaches will sanitise / wash hands before starting a session and allowing any members into the pool.
- Covid-19 lead / liaison to clean down chairs on poolside after use.
- All training sessions will be pre planned and this information given to leisure centre to allow their staff to arrange their cleaning schedule.



Coaches Training

Coaches are expected to have read the latest guidance from Swim England for water polo training .

Considerations

We are following the guidance for swim England for planning and delivering water polo training sessions. **Members will be placed in training bubbles and will stay in these groups throughout the sessions. The head coach is responsible for these groups and any changes that are made to the groups.**

If a person in a 'bubble/lane' shows symptoms related to Covid-19 they must remove themselves from the session and go for a test and inform the club immediately. They will need to stay away from the session until the results of that test are known. The others swimmers in the lane can continue to swim until the results are known.

- If it is **positive**, the entire lane will then need to isolate for 14 days. It is the responsibility of individuals/parents to contact Track and Trace and provide them with details of any people they have been in contact with at less than 2 metres for more than 15 minutes. The club will keep a record of all attendees at sessions; these details will be provided to Track and Trace upon request if the subject is unable to provide these themselves.
- If it is **negative**, the swimmer will return to training; please note the club may ask to see evidence of a result test
- If you have a test because you have symptoms and it comes back as **inconclusive**, the swimmer must keep self-isolating and have another test within 5 days of symptoms starting. If the member has had a test but no symptoms, they do not need to self-isolate while they wait to get another test. People they live with, and anyone in the support bubble do not need to self-isolate.

Further information is available on the [NHS website](#).

Maintaining social distancing of 2m whilst static in the water as well as on pool side is important and will greatly reduce the potential for transmission of COVID 19 in the swimming pool water, and any likely transmission is via air droplets (within about 6 feet).

Members and coaching team must follow Government Guidance: Staying alert and safe (social distancing) published 11 May 2020. *"Individuals should keep their distance from people outside their household, wherever possible. Transmission is affected by both duration and proximity of contact"*

When moving in the water, members need to be aware of other swimmers and how close they are to another person. The further the distance away from other swimmers, the lower the level of risk of transmission; the less time they are within close proximity of another person, the lower level of risk of transmission.

Members are requested that, even whilst moving in water and passing another swimmer, they should never come within 1m. If they need to overtake a swimmer, they should do this quickly and turn their head away from the other swimmer.



Initially, Water Polo training sessions will comprise of the following:

- Individuals having own space in the pool to practice movements, jumps, treading water, sculling.
- Players will have a ball each, when focusing on ball handling skills.
- If throwing ball against a rebound net, ball retrieved by thrower observing social distancing guidance.
- Centre forward shots must be unopposed; players must maintain social distance when practicing various shots at wall/poolside.
- Players should shoot at goals with targets in upright corners or netting with holes to shoot through if available, player retrieves their own ball.
- Players can swim and practice skills by doing widths, using double lanes or single lanes to spread athletes out.
- Utilise the pool by using alternative start ends however if doing work that requires longer rests.
- Training should focus on technical drills, which can be performed on the spot and athletes should adhere to social distancing guidelines.
- Cool down can be done as flex drills using bands and further flexibility can be performed at home.

Next progressions

- Players to have their own space in pool to practice movements, jumps, ball skills treading water and sculling.
- Players passing ball in threes, in triangles, clockwise and anti-clockwise, two balls / triangle pressure passing, hand to hand, hand to water, water to hand, hold, slow, medium, fast passing, left hand and right-hand alternating passing.
- Players shooting at goal from 5 metre collecting own ball after shot four. Centre forward shooting on 3 metre at goal.
- Coaches to organise set plays in front of goal unopposed, 3v3, 4v2, 6v6 (adhering to distancing guidelines at all times).
- Coaches to organise set plays in front of goal opposed - zonal defences only maintaining social distances.

Initial practices that will not be delivered until Swim England guidance changes

- Scrimmages of any size (game play) of any type.
- Contact drills, marking, offensive/defensive manoeuvres.
- Shooting with a goalkeeper.

New training rules / Class etiquette – updated training rules will be on display website and Face book pages.

- No stopping to rest at the side of the pool. Players will need to leave the pool and move to the designated rest areas for that lane when needing a breather.
- Follow lane directional instruction from coaches for signage
- No polo hats to worn during sessions
- Hydration bottles need to be placed on chairs not left on poolside lane areas
- Max lane numbers 5x over 18yrs in a single lane, 6 x under 18yrs in a single lane. 10x under 18yrs in a double lane N/A for over 18 yrs.



Fire Safety

- Fire Safety – The pool hall doors will be pinned open when the pool is in use to allow a flow for the one-way system to be in use. They will be closed and locked when the pool closes. Staff will close these doors in the event of an evacuation or when the pool closes.
- The provision of automatic fire detection that covers the key escape routes will give an early warning of a fire; the availability of staircases for the number of occupants, reasonable distances of travel, adequate provision of exits and escape routes are kept clear of obstructions.

We look forward to welcoming you / your child back to the Club. If you have any queries or concerns at any time, please speak to our Covid Lead Officer or any Covid Liaison Officer. (If you would like to volunteer as a Covid Liaison Officer, please email the Club).