



### **WATER POLO RETURN TO ATHLETICS PLAN**

**Arrival**--markings on pavement 6 feet apart for players waiting in line for one coach to temp check (100.1 or less ok), the other to administer the questionnaire. Hand washing for each athlete upon entrance and exit.

Players enter at pool gate where markings are placed on deck for check in, allowing coaches 6 feet social distance from athletes. No locker rooms available so players must be in their swimming attire upon arrival. No congregating allowed before or after practice.

**Gear**: Players bring their own water bottles, marked with their name. Markings on the pool deck 6 feet apart where gear bags may be stored. No sharing of towels or gear.

No balls at this time.

**Groupings of Athletes**: No more than 25 in the pool area at a time.

Stagger practices 1 1/2 hours apart, girls in one, boys in another. Usually we average 20 total per summer clinic, but this summer we will see an increase to perhaps up to 40, so we will need to have 2 practices. Pods of up to 25 will stay with their group--no switching times or groups.

**Social Distancing in pool**: One athlete per lane each end of the pool, maintaining a minimum 6 feet social distance. Players will enter/exit the pool in their same designated lane. Individual water bottles/goggles will be placed where individuals are designated to enter/exit.

**Workout Logistics**: 30 Minutes conditioning, 30 minutes water polo skill building, 15 minutes fundamentals of the game at first. Gradual build up of stamina, aerobic ability, and skills. Give careful attention to both physical and emotional needs of the athletes since everyone will be de-conditioned and will have diminished strength, flexibility, cardio fitness, endurance and therefore risk of injury will be heightened. The plan is to scale down normal sessions, focusing more on technique at first, along with increased recovery time. Address nutrition needs, mental health concerns. The drills we usually do can be done easily 6 feet apart.

1:15 hour sessions for 5 days per week, adding Fridays for new athletes, as follows:

#### **Mondays and Wednesdays**

All Girls 7:45 - 9:00

All Boys 9:15 - 10:30

**Tuesdays and Thursdays**

All Boys 7:45 - 9:00

All Girls 9:15 - 10:30

**Fridays**

Girls who are new to water polo 7:45 - 9:00

Boys who are new to water polo 9:15 - 10:30

**Coaches:** We will maintain physical distancing between each other, with no sharing of coaching equipment between us. We will add clear markings using cones / lane lines for dividing athletes during each session. Hand sanitizer at the ready. Wipe down any surfaces as before and after sessions. (Gate, door handles, railings)

**Communication:** We will discuss with athletes that it's important to follow the rules: no hand shakes/hugs etc, avoid touching face, sneeze/cough into elbow/sleeve away from others, frequent hand washing, hand sanitizer, advise no unessential travel, no large gatherings, and no public transit if at all possible. Coaches will advise athletes to monitor health away from the pool. i.e. Stay home if symptomatic.