

ATHLETIC TRAINING RESPONSIBLE RETURN POLICY – INITIAL PHASE

June 11, 2020

We are excited to be able to welcome our athletes and coaches to resume training with Tiger Water Polo!!! We have developed our approach to return to training to align with mandates from the Pennsylvania Governor’s Office, the Pennsylvania Department of Health, as well as the recommendations of the National Federation of High Schools (NFHS) and the Center for Disease Control (CDC).

Allegheny County entered the “yellow” phase of Pennsylvania’s re-opening plan on May 15 and entered the “green” phase of the re-opening plan on June 5. In the yellow phase, outdoor recreational facilities were permitted to open with some restrictions. In the green phase, both indoor and outdoor recreational facilities have been permitted to open with some restrictions. Given that Allegheny County will have been reducing stay at home restrictions for four weeks prior to our first training date, Tiger Water Polo believes it appropriate to begin its training under the NFHS “Phase 2” guidelines.

As of the date this document was developed, Tiger Water Polo plans to conduct its practices at a designated outdoor facility, Brook Park Swim Club, where protocols are in place to help limit the spread of COVID-19 – those protocols include regular cleaning and disinfecting of common surfaces (multiple times daily), removal of shared furniture, and elimination of guests from entering the pool.

Tiger Water Polo may also elect to begin practice again within North Allegheny’s facilities when they reopen – that re-entry into North Allegheny facilities may require additional measures and adjustments to this policy.

In an effort to help reduce the risk of spread of COVID-19 at our practices, we are implementing the following:

PRIOR TO DEPARTURE FOR PRACTICE

- Attending water polo training increases your risk of contracting COVID-19 as compared to remaining with your immediate family at home. Those not comfortable with the additional risk should not attend practice.
- Athletes and parents are to assess their own risk factors to COVID-19 and its potential complications. Athletes and parents are to assess their own risk following the guidelines of the CDC and make their own decisions regarding practice attendance.
- Athletes with elevated risk factors as defined by the CDC should consult their medical practitioner prior to their return to team training.
- Athletes that cannot attend training due to COVID-19 concerns/precautions will be provided a home training plan.
- Practices are strictly voluntary but attendance will be taken to record temperatures and answers to screening questions.
- All athletes / families will need to sign the USA Water Polo COVID-19 Release and Waiver.

- Parents and athletes are **not** permitted to attend practice if the answer is YES to any of the following questions:
 - Do you currently have any symptoms of COVID-19?
 - Have you been exposed to anyone known to have COVID-19 in the past two weeks?
 - Have you traveled to any international locations restricted by the CDC in the past two weeks?
- Take athletes temperature prior to leaving for practice. Don't leave house with temperature over normal.
- Athletes are required to come in their swimsuit and leave in their swimsuit – no deck changing or changing in the locker rooms.
- Athletes are required to bring a full water bottle 32 oz minimum recommended with their name on it.
- Athletes are encouraged not to carpool if possible. If it can't be avoided, all passengers should wear masks in the car.

ARRIVAL / SCREENING

- Athletes should arrive no earlier than 15 minutes prior to the beginning of the workout to provide time for screening (7:15 AM or 7:45 PM arrival time for summer schedule).
- No congregating in the parking lot where distancing is not maintained.
- TWP will ask its athletes the following questions and record results of temperature checks as follows:
 - Do you have any COVID-19 symptoms or had direct contact with anyone with symptoms in the past 14 days?
 - Have you traveled to any restricted countries in the past 14 days?
 - Forehead temperature will be tested. 99.9F is the maximum acceptable reading (which takes adolescent factors into account). Higher temperatures will be sent home and reported.
- A high temperature check will require 14 days of self-isolation and/or a diagnosis from a doctor of a condition other than COVID-19.
- After temperature screening, begin stretching maintaining 6' social distancing.
- Our coaches will wear masks at all times.
- Coaches to manage the arrival process maintaining distancing from other personnel who may be exiting the pool.
- Hand sanitizer will be made available at the pool for use by coaches and athletes.

PARENT/GUARDIAN ATTENDANCE

- No parent attendance is permitted during the initial phase.

CONDUCT

- Athletes or parents violating this policy may be suspended for a duration to be determined by the coach.
- Athletes or parents making negative comments about other athletes that choose not to participate in training will not be tolerated. Punishment may include suspension.

REQUIREMENTS OF COACHES

- Coaches must train the athletes on COVID-19 precautions via web meeting prior to the first practice and reiterate that training at the first practice.
- Coaches must wear face coverings at all times.
- Coaches must maintain 6' social distancing always.
- Coaches or their designated assistants must perform screening questions and temperature checks and record the responses and results.
- Coaches must confirm a physician has cleared an athlete with a high temperature prior to their return to practice.
- Coaches must bring their own water bottles to practice. No use of water fountains.
- Coaches are responsible for refilling water bottles (with gloves) if necessary. Coach will need to put on gloves to refill bottles.
- Coaches are permitted to allow contact as necessary for the training needs of the sport. The coach will develop a training plan for review.
- Practice mission during the initial phase is to build fitness and skills.
- A backup staffing plan is required for coaches and assistants.
- Coaches or their designated assistants are responsible for monitoring athletes during pickup and drop-off to ensure no congregating of athletes.

ATHLETE PRECAUTIONS DURING PRACTICE

- The number of athletes at an individual training session will be limited to 25 (this is below the number of 50 allowable by NFHS for outdoor training). The number of athletes attending practice must not exceed half that allowed by law within the pool.
- Athletes must maintain 6' spacing in the pool when possible. It is understood that athletes will need to pass each other in the pool during swimming drills.
- Congregating at the end of the pool by athletes where 6' spacing is not maintained is not permitted.
- No high fives, wrestling or other contact outside of training is permitted.
- No sharing of water bottles.
- No spitting or sunflower seeds are permitted at the pool.
- Balls will be utilized in practice at the coach's discretion. Balls will be regularly cleaned.
- Athletes will train with a ball with members of their training group only (18U Girls, 18U Boys, 16U Boys, 14U Coed). A training group will not exceed 15 players.
- Athletes that become sick during practice will be placed in an area removed from other players and their parents will be called to come pick them up.

COMPETITION

- Competition or joint training with other clubs will occur based upon a training plan developed by the coach and approved by the board.

DEPARTURE FROM PRACTICE

- Our coaches will wear masks during departure of athletes. For morning sessions, TWP and ANSC coaches will need to manage the transition of athletes from the pool and to the parking lot so that athletes do not mix. TWP athletes should leave Brook Park from the upper gated exit and not the main exit (or allow ANSC athletes to enter completely prior to exiting).
- Use of locker rooms is not permitted – leave in your suit.
- Parents or guardians are required to be at the pool or in the parking lot no later than 15 minutes prior to the end of practice to allow athletes to immediately go home at the end of practice.
- Coach or approved club member must supervise practice exit.
- No congregating in the parking lot at the end of practice is permitted.
- After practice ends, athletes are required to make an immediate, orderly exit of the facility maintaining social distancing of 6 feet.
- It is recommended that athletes shower immediately upon returning home.

END OF POLICY