

# Water polo

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

## Activity scope

This guideline relates to student participation in water polo as a curriculum activity, including skills development, training and competitions.

Refer to the [Swimming in pools](#) activity guideline for additional mandatory requirements associated with this activity.

Modified versions of water polo (e.g. [Flippa Ball](#)) may include additional and/or alternate risks and equipment that should be considered in planning this activity.



## Mandatory requirements

Mandatory requirements must be met for the activity to be conducted.

- Undertake a process<sup>1</sup> to confirm student water safety and aquatic ability prior to participating in the activity.
- Determine student suitability to undertake swimming activities considering age, size, ability and maturity of students.
- Students must wear a mouthguard when participating in water polo. The Department strongly recommends that students wear custom-fitted mouthguards. Schools are required to provide information about the different types of mouthguards to parents/carers to assist them make an informed choice for the student, for example, see the [Sport Medicine Australia - Dental Injuries](#) and the [Australian Dental Association](#) recommendations.
- Obtain parent/carer consent as part of the medical questionnaire/declaration required for participation in water polo. The medical questionnaire/declaration must include the following statement:

*I understand that mouth protection is mandatory in this sport. I have read the information provided to me about mouth protection and accept responsibility for the type of mouth protection I/my child will wear whilst playing this sport.*

(Note: Students with a medical condition that may impact on their safety during participation in this activity must be cleared by a medical practitioner to participate in the activity).

- Follow the policies and procedures from [Water Polo Australia](#) for this activity.
- Establish and implement procedures for emergencies such as injury and first aid, resuscitation, communication, emergency service contact details and supervision/safety detail of students that are appropriate to the water polo activity, location and conditions.
- Induct students on procedures for emergency, safety procedures (e.g. signals for distress) and correct technique to prevent injuries (e.g. [head injuries](#)).
- Follow the school's [sun safety strategy](#).
- Refer to the [School Excursions and International School Study Tours](#) for mandatory travel requirements that may be associated with this activity when playing off site.

## Risk level

**High risk:** Teaching of water polo skills, training and competitions.

<sup>1</sup> The process is determined by the school and must consider the specific aquatic environments in which the activity will take place. For example, if intending to conduct water polo activity at a still water location, adult supervisors must be satisfied that the participants can swim 200m without stopping and scull/float/tread water for 10 minutes in a swimming pool before participants are granted permission to participate in the water polo activity.

## Supervision requirements

- Provide sufficient adult supervision to manage the activity safely (including emergency situations). Consider age, size, ability and maturity of students in this decision. Principals make decisions about the supervision requirements.
- Ensure supervisors are visible and easily identified and that all students are in sight of at least one adult at all times.
- During competition, a qualified first aid officer with cardio pulmonary resuscitation (CPR)/sports trainer should be readily accessible to the field(s) of play to provide immediate first aid assistance. There must be phone access to call an ambulance if required.

## Qualifications for supervisors

The adult supervisor responsible for teaching of water polo must:

- Meet the Qualifications for supervisors in the [Swimming in pools](#) activity guideline.

### AND EITHER

- Be a registered teacher with competence (knowledge and skills) in water polo;

### OR

- An adult supervisor other than a registered teacher with a Level 1 coaching or refereeing accreditation (or equivalent) from [Water Polo Queensland](#), working under established safety procedures and the direct supervision of a registered teacher. This course may be undertaken through the [Get Active Queensland Accreditation Program](#).

## Requirements for facilities and equipment

- Meet the requirements for facilities and equipment in the [Swimming in pools](#) activity guideline.
- For support in conducting competitions, please refer to [Fédération Internationale de Natation \(FINA\) facilities rules](#).
- Readily available first aid equipment and consumable items (e.g. heat pack, ice pack) appropriate to the location and level of risk.
- All equipment is properly maintained, in good working condition, fit for purpose; and be used as intended in accordance with manufacturers' instructions.

## Hazards and controls

- Assess and control the hazards found in the [Swimming in pools](#) activity guideline.

*Before the activity*

Hazards	Control measures
<b>Considering environmental conditions</b>	<ul style="list-style-type: none"> <li>Assess weather (<a href="#">Bureau of Meteorology</a>) and environmental conditions.</li> </ul>
<b>Accessing facilities and using equipment</b>	<ul style="list-style-type: none"> <li>Check water polo equipment for damage before and during use.</li> <li>If power is required on the pool deck, use portable safety switches where there are no residual current devices installed.</li> </ul>
<b>Managing student considerations</b>	<ul style="list-style-type: none"> <li>Modify activities to match the age, skill and fitness levels of students.</li> <li>Conduct a warm up session.</li> </ul>

*During the activity*

<b>Considering environmental conditions</b>	<ul style="list-style-type: none"> <li>Cease the activity if the weather is unfavourable (e.g. thunderstorms), if outdoors.</li> </ul>
<b>Accessing facilities and using equipment</b>	<ul style="list-style-type: none"> <li>Do not use extension leads, electrical equipment and cords where there is a risk of them coming into contact with or falling into water. Battery powered or non-powered equipment is to be used in the vicinity of pools or other bodies of water.</li> </ul>
<b>Managing student considerations</b>	<ul style="list-style-type: none"> <li>Uphold the rules to prevent rough play.</li> <li>Use water polo caps for full contact games.</li> <li>Monitor students for signs of fatigue and illness.</li> <li>Ensure students do not return to play after injury until the injury has been managed according to established procedures. If in doubt, the student should not play until medically cleared.</li> <li>Remove accessories (e.g. jewellery) before participating.</li> <li>Ensure fingernails, hair and clothing do not interfere with the activity.</li> </ul>

*After the activity*

<b>Accessing facilities and using equipment</b>	<ul style="list-style-type: none"> <li>Clean and store all equipment safely and securely when not in use.</li> </ul>
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## Additional links

[Australian Dental Association](#)  
[Sports Medicine Australia Injury Fact Sheets](#)  
[Queensland School Sport Unit](#)  
[Sports Medicine Australia Hot Weather Guideline](#)

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