



### Prior to training

- Complete the [Atlantis Water Polo return to coaching form](#)
  - Ensure you use the hand sanitiser provided. Do not arrive more than 5 minutes before your session.
  - All equipment sanitised with Anti-Viral product before starting.
  - Meet your training group outside of the building.
  - Instruct athletes to remain 2m apart where possible.
  - **TAKE THE ROLL on the google forms provided.**
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- NO PARENTS OR SPECTATORS ALLOWED POOLSIDE

### Arrival on poolside

- Changing areas not available. Bathrooms available for use.

### During training

- Coach to wear PPE where possible and to remain 2m distance from all athletes at all times
- If toilets are accessed athletes to wash hands upon returning to the pool

### Post training

- All athletes to leave the facility in togs with towels/warm clothing over togs to take all of their own equipment and leave facility quickly by the exit instructed by the pool management team to avoid traffic with the following group
- All equipment rinsed and sprayed ready for the next training session
- The next group **MUST** not come on poolside before all of the previous group has left.