

Club Safety Policy: Oxford University Water Polo Club

Introduction

- 1) Oxford University Water Polo Club (henceforth known as 'the club') is totally committed to the safety of its members. For the current academic year, and all future academic years, the clubs' activities operate in accordance with this document, the clubs risk assessment(s), the [University Regulations for the Activities and Conduct of Student Members](#) and the guidelines of any National Governing Body that the club is affiliated to.
- 2) This policy relates to the physical safety of club activities and club members within those club activities. Any issues relating to the behavior of specific club members should be addressed through the club's code of conduct.
- 3) The club affiliates to the National Governing Body (NGB) for any / all sporting activity in which the club operates activity, as per the clubs constitution.
 - a) The club acknowledges that it is the club's responsibility to ensure that its current activities adhere to the regulations and guidelines of the NGB(s) that the club affiliates to. Support and guidance are also available via the Sports Safety Officer.
 - b) The club is currently affiliated to Swim England and will continue to be affiliated for the full academic year.
- 4) This policy is updated at least once a year, for the beginning of the academic year. An updated version of this document is submitted to the Sports Federation at least once per academic year, through the club handover process, and is subsequently updated immediately, and re-submitted (via safety@sport.ox.ac.uk) should any changes be required. This is a live policy relating to all club activities and is updated frequently.
- 5) The updated version of this document, and all other club documentation, is made available to the club's members via the club's website. This is also updated immediately, when changes are required.

Overview of Activities

Weekly Activities during term-time only

Day	Time	Location	Sessions Name and/or Description
Sunday	13:00 – 14:30	Rosenblatt Swimming Pool	Swimming lanes
Monday	21:00-22:20	Rosenblatt Swimming Pool	Full pool water polo
Wednesday	18:30 – 20:30	Rosenblatt Swimming Pool	BUCs matches or full pool water polo training
Thursday	21:00-22:20	Rosenblatt Swimming Pool	Swimming lanes
Friday	21:00-22:20	Rosenblatt Swimming Pool	Swimming lanes
Saturday	17:30-13:00	Rosenblatt Swimming Pool	Full pool water polo

Annual Events

Approximate Date (e.g. Week of Term)	Approximate Time	Location	Event Name and/or Description
Week 6 MT	1 pm	Rosenblatt Swimming Pool	Water polo Varsity

Week 7 TT	10am	Rosenblatt Swimming Pool	Water polo Cuppers
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Annual Trips / Tours

Approximate Dates (e.g. Week of Term)	Location	Trip / Tour Name and/or Description
Week 10 MT	TBD	Water Polo Tour

Risk Assessments

- 6) All club activities are appropriately risk assessed by the club. The club maintains up to date and accurate records of its risk assessments, so they can be immediately referred to should an accident, incident or near-miss occur. The clubs also maintain records of any changes made to those risk assessments (including the dates any changes were made) to be referred to as and when required. Support with conducting risk assessments can be requested through the Sports Safety Officer, who will also review all clubs' risk assessments periodically and provide feedback.
 - a) Risk assessments for regular club activities are included as appendices to this policy, which will be updated when changes are required. Such risk assessments are reviewed at least once every 12 months (e.g. during the handover process or before the start of a new academic year).
 - b) Risk assessments for events are submitted via the event registration process to be approved by the Sports Safety Officer. All details are submitted at least 21 days prior to the event, as per regulation 1.12(2) of the [University Regulations for the Activities and Conduct of Student Members](#), which is reiterated in the club's constitution.
 - c) Risk assessments for trips and tours (UK or abroad) are submitted via the trip and tour registration process to be approved by the Sports Safety Officer. All details are submitted at least one calendar month prior to departure, as per regulation 4.2 of the [University Regulations for the Activities and Conduct of Student Members](#), which is reiterated in the club's constitution.
- 7) For risk assessment purposes, club activities include any activity organised by the club or its committee member for the benefit of the club's members, or any activities using the club's resources or name. Activities or events organised between members of the club are not included, providing the club and/or committee is not involved in organising the activities and the club does not provide its resources or name in the organising of the activities.

First Aid

- 10) All club activities are appropriately covered by qualified first aiders, unless the risk assessment for the activity explicitly states that first aid cover is not required.
 - a) This cover comes in a variety of forms (such as qualified staff at host venues, qualified coaches leading activity, qualified club members within activity, emergency services or externally appointed first aiders) and will be specified in the risk assessment for each activity.
 - b) Should the agreed first aid provision not be available, the risks are reassessed using guidance from the National Governing Body and the Sports Safety Officer. If following re-assessment, the activity cannot go ahead safely, then the club will cancel that planned activity.

Accidents, Emergencies and Near Misses

- 11) All accidents, emergencies and near misses that take place during club activities are logged by the club and reported to the University via [the Health & Safety Incident Reporting Form](#), which is required by health and safety law, to ensure that the club is maintaining a duty of care to its members. All reported accidents, incidents and near-misses will be reviewed by the Sports Safety Officer.
- a) An 'accident' is defined as an unfortunate incident that happened unexpectedly and unintentionally resulting in injury to a person or persons and/or damage to property.
 - c) An 'incident' is used to encompass accidents, dangerous occurrences, specified occupational exposure, ill-health. All accidents, emergencies and near misses that take place during club activities are logged by the club and reported to the University via [in the Health & Safety Incident Reporting Form](#), which is required by health and safety law, to ensure that the club is maintaining a duty of care to its members.
 - d) A 'near-miss' relates to incidents that did not result in injury, illness, or damage, but that had the potential to do so. Recognising and reporting these incidents can provide opportunities to learn lessons that prevent future injury or damage. Club members and committees are actively encouraged to report near misses without fear of blame, to ensure safety is improved for any future or repeat issues.

Insurance

- 12) All club activities are appropriately insured to ensure that the members, and the club itself, have an appropriate level of cover should an accident or incident occur.
- a) The club has public liability insurance, which is provided by Swim England and a copy of this insurance can be provided to members or third parties when needed.
 - b) The club has personal accident insurance, which is provided by Swim England and a copy of this insurance can be provided to members when needed. All registered club members (registered through the Sports Federation membership process) are also covered by the Sports Federation personal accident insurance. This policy should be treated as a backup for club specific cover, but details of this policy will be communicated directly to members once they are registered by the club.
 - c) The club ensures that all coaches and session leaders have appropriate professional liability cover in place and always maintains up to date records of those insurance details.

Coaching

- d) Any sports coaching that takes place within club activities is led by individuals with appropriate qualifications and insurance in place. Coaching is defined as the process of motivating, guiding, and providing technical advice or training to individual(s) or teams, relating to the sport or activity in question.
- e) Coaching can come in a variety of forms. This requirement includes external contracted instructors or coaches (whether permanent or visiting), club members, student leaders and volunteers, who all must have the correct qualifications and insurance in place.
- f) Volunteer instructors or coaches can, in some circumstances, have insurance cover through the sports NGB without having a qualification, but any insurance in place must still be clarified and evidenced and the club will maintain up to date records of those insurance details.

14) All individuals that are 'coaching' within club activities are registered with the Sports Federation through the Club Coach Registration Form, as per regulation 1.12(1)(k) of the [University Regulations for the Activities and Conduct of Student Members](#).

- a) The club acknowledges that failure to register coaches through the Club Coach Registration Form, or failure to include any coach's qualifications or insurance, may expose club officers, the club and the University to damages arising out of negligent action by the coach, and as such will ensure all coaches are registered appropriately.

Events

15) All events organised by the club are planned, organised and risk assessed in a thorough manner.

- a) 'Club events' are defined as any activities that take place on a specific date(s) or at a specific time(s) that are outside of the club's regular risk assessed activity, which can include sporting and non-sporting activities. Further details can be found via the [Events](#) page of the Sports Federation Hub.
- b) All club events are submitted via the Event Registration Process, to be approved by the Sports Safety Officer. All details are submitted at least 21 days before the event is due to take place, as per regulation 1.12(2) of the [University Regulations for the Activities and Conduct of Student Members](#).
- c) The club acknowledges that failure to register any event within the above deadline may mean that said event cannot be approved and therefore cannot take place.

16) Club social events and activities are also appropriately planned, organised and risk assessed, but in most cases will not be registered via the Event Registration Process, unless they are associated with or linked directly to a sporting event (e.g. an after-event dinner).

- e) Club social activities are defined as any non-sporting activity organised by the club or its committee members for the benefit of the club's members, or any activities using the club's resources or name. Social activities or events organised between members of the club are not included, providing the club and/or committee are not involved in organising the activities and the club does not provide its resources or name in the organising of the activities.

Trips and Tours

17) All trips and tours organised by the club are planned, organised and risk assessed in a thorough manner.

- a) 'Trips and Tours' are defined as any club activity that requires an overnight stay or any activity outside of Oxford for those sports deemed as 'higher risk'. Further details can be found via the [Trips and Tours](#) page on the Sports Federation Hub.
- b) All club trips and tours are submitted via the Trips and Tours Registration Process to be approved by the Sports Safety Officer. All details are submitted before the club makes any firm commitments, and at least one month before the trip or tour is due to take place, as per regulation 4.2 of the [University Regulations for the Activities and Conduct of Student Members](#).
- c) All club overseas trips will also follow all of Part 4 of the [University Regulations for the Activities and Conduct of Student Members](#), which includes individual permission requirements for each student (through the Sports Safety Officer and the Proctors) should the trip take place during Full Term or the Thursday and Friday preceding Full Term. The club is aware that permission for students to travel within these timescales is not guaranteed and the club will make alternative arrangements if permission is not granted (e.g. change of dates) otherwise the trip or tour will be unable to take place.

- d) The club, the individuals and any club property travelling should not be uninsured during any part of a trip, as comprehensive travel insurance is a requirement for all participants travelling on a club's overseas trip.
- e) The club acknowledges that failure to register any trip or tour within the above deadline may mean that said trip or tour cannot be approved or take place, either at all or at least in the name of the University.

Safeguarding Children and Vulnerable Adults

- 18) Club activities that bring (or may bring) members into contact with children under 18, or anyone defined as a vulnerable adult, are separately risk assessed and approved by the Sports Safeguarding Officer.
- a) Any concerns regarding safeguarding are to be addressed to the club committees and the club ensures that every club member knows how to escalate concerns to the committee.
 - b) Any concerns brought to the committee are shared with the Sports Safeguarding Officer (SSO), as early as possible, who may refer to the University Designated Leads for a decision and action if required. Concerns should not be reported to the club's NGB until the University Designated Leads has provided feedback to the Sports Safeguarding Officer.
 - c) Any risk assessments or concerns shared with the Sports Safeguarding Officer should be sent only via safety@sport.ox.ac.uk for confidentiality purposes.

Club Safety Policy: Oxford University Water Polo Club - Appendices

Appendices: -

- 1) Club Risk Assessment
- 2) Swim England Concussion Guidance

UNIVERSITY of OXFORD SPORTS DEPARTMENT

OXFORD UNIVERSITY WATERPOLO CLUB GENERIC RISK ASSESSMENT 2023/2024

Activities usually carried out by the club at the Iffley Road Swimming Pool.

Swimming Sessions: swimming in laned pool.

Water-Polo Session: setting up goals, swimming warm-up, throwing, and catching balls, shooting goals, attack and defence contact practice, mock matches.

Competitive and Friendly Matches including BUCS, Cuppers, and Varsity.

Travel to and from Nationwide fixtures.

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
1. Iffley Road Swimming Pool Faults with the building e.g. defective lighting, poor water quality etc which could heighten the chance of an injury. Slips, trips, and falls on a sloppy poolside.	Members of the Water Polo Committee should report any building defects to the Facility Manager and/or the Sports Manager on duty. The Sports Manager will close the pool if he/she thinks the Pool is unsafe for use. Facilities Manager: Richard Taylor Anti-slip tiles. No running allowed on Poolside. Orderly behaviour always.	Low	

Faults with the Water-Polo Equipment e.g. sharp edges of goals which could lead to cut hands etc Manual Handling	Members of the Water Polo Committee should report defective equipment to the Facilities Manager and/or Sports Manager on duty. andrew.taylor@sport.ox.ac.uk All equipment is to be stored correctly in the Poolside store. 2 players/staff are to be involved in inserting goals.	Low	Equipment inventory required for all club kit stored in the Pool area. All personal kit to be removed from site over the course of the Summer.
Lack of Lifeguard Cover causing heightened chance of lack of response by the Sports Department staff.	The Water Polo club must not enter the Swimming Pool without a Lifeguard present. If no lifeguard is present the club must report the matter to the Sports Manager on duty.	Low	The NOP (Normal Operating Procedure) for the Swimming Pool states that all club sessions must be life guarded by Sports Department staff.
Fire	If the Fire Alarm sounds all members of the club are to leave the pool as directed by the Lifeguard and meet at the deep end next to the double doors ready for evacuation.	Low	The EAP (Emergency Action Plan) for the Swimming Pool states the procedure to be followed by the Sports Department staff. Members should be made aware of all relevant alarms early in the academic year
Hydraulic Floor	For most club sessions involving the whole pool the floor will be lowered to the bottom allowing 2 metre depth. No club members should dive into the pool at any time. When the hydraulic floor is being raised or lowered no members of the club are allowed in the water.	Low	

2. Swimming itself Drowning.	For all club sessions, where the pool alarm is activated, the lifeguard will blow the whistle 3 times and all swimmers are to leave the Pool.	Low	The Waterpolo club must hold a safety briefing in the Swimming Pool at the start of Michaelmas term where the Pool Alarm and Fire Alarms should be activated so the club members are aware of the sounds. The EAP will then be followed by the Sports Department staff. All sessions will be coached.
Members Medical Conditions	All new members are to be asked to complete a membership form, outlining any medical conditions which the swimmer may have. Medication must be brought to the poolside e.g., asthma inhalers etc. The lifeguard should be alerted about any medical condition which the swimmer may suffer from e.g., epilepsy. In addition, the water polo club will collect information on shielding patients with regards to COVID-19 so that we are aware of those most at risk	Medium	All freshers must be asked to complete a membership form and all new members are referred to the club Risk Assessment, Code of Conduct and Constitution. Members details are to be retained while they are playing for the club and stored discretely. For Cuppers events involving non-members of the pool the club organisers must ensure that anyone suffering with a medical condition makes this clear to the Water Polo Club and Sports Department.
Wearing of jewellery	All club members must remove jewellery prior to the start of any match.	Low	
Long nails and hair	Finger and toenails of all competitors should be kept short. Hair should be kept away from the face. In matches caps are worn.	Low	

Poor swimming ability leading to the chance of greater injury.	Potential members must be able to demonstrate competence in the water as judged by the Team Captains and Coaches. Sessions should be arranged with the candidate's levels of ability in mind.	Low	Most potential members have a history of playing water polo before joining the club. New potential members try out for the club during the first 2 weeks of Michaelmas term. General swimming sessions during Michaelmas term helps members become fitter and stronger swimmers.
Diving	The NOP outlines that <u>diving is not allowed</u> . Players should be aware of the floor height and the Swim England guidelines on diving which restricts diving into water less than 1.5 metres. Regardless of this NO DIVING stands.	Low	Information should be passed onto Match Officials and opposition players regarding this by the Sports Department.
Dangers involved with the Sport.	Training is conducted by a coach to minimise the risk of injury to participants. Official games are to be refereed by officials from the NGB. Any deliberate attempts to harm a player will result in players being removed from the club. Players should consider a mouth guard (gum shield) and male players a plastic Water Polo box. Caps with ear protectors must be worn during Water Polo training involving contact and matches.	Medium	The Club will appoint a qualified referee for all competitive games e.g., BUCS. For friendly matches there are occasions where refereeing is shared between Universities.

Potential injury or damage caused by the throwing of Water Polo balls.	Throwing of balls only permitted within the Swimming Pool and not from any spectator galleries or within the pool hall. Coaches will ensure that only the correct throwing techniques are used. Headgear worn for all matches and lifeguard present.	Medium	
Potential injury or damage by being struck by a fellow player during the practice or match.	Training of players in correct body position and technique. Personal jewellery not to be worn. Protective headgear and lifeguard present. Referees intervene in practice, friendly and competitive matches.	Medium	Adherence to the code of conduct with appropriate discipline if required
Blood cross-contamination	In accordance with the rules of Water Polo, players must exit the water immediately if bleeding at any time during training or during a match. For cuts etc the Sports Department staff will handle the First Aid provision.	Medium	
3. Land based training	Personal jewellery not to be worn. Captains intervene in practice.	Low	Adherence to the code of conduct with appropriate discipline if required
Potential injury or damage by being struck by a fellow player during the land training.	Other risks associated with sport in general covered above.		

4. Travel Road accidents in hired minibuses when travelling to matches/competitions.	Organiser/events secretary to complete Trip Registration Form before each event away from Oxfordshire under the heading of Oxford University Water Polo Club. Drivers must have passed University accredited tests, be fit to drive, and must follow the Highway Code. For long journeys a second driver must be used and/or regular stops must be taken.	Low but potentially fatal	All trip registration forms are to be sent a day before weekday or by 5.00pm on a Thursday for weekend fixtures to transport@sport.ox.ac.uk For trips out of the UK trip registration forms are required one month ahead of the trip and these should be submitted to transport@sport.ox.ac.uk If the club has a major accident and/or incident which involves the member going to Hospital or the Emergency Services being called then the club have the chance to contact the University Security Services Emergency Line on (01865) 289999 who will offer advice and assistance. Security Services will contact the Press Office, the college(s) of the injured person(s) and the key personnel within the Sports Department who can help.
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Reviewed by club president Rosemary Huck on 12/12/2023

If in doubt, **SIT THEM OUT!**

Concussion Guidance



If in doubt,
SIT THEM OUT!



If in doubt, sit them out!

Concussion Guidance

Introduction

A concussion is a brain injury caused by a blow to the head, neck or face. Symptoms may start immediately but, in some cases, can be delayed in onset for a few minutes up to hours after the trauma.

Concussion results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.

Loss of consciousness does not always occur in concussion. It can happen to anyone of any age but children under 18 are more susceptible and may take longer to recover than adults.

Signs and symptoms

The following are signs and symptoms that may occur after a head injury. If these are present, a concussion should be suspected:

- Headache
- Loss of consciousness
- Pressure in the head
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light and noise
- Feeling 'slowed down'
- Feeling like in a fog
- Difficulty concentrating
- Difficulty remembering
- Low energy
- Confusion
- Drowsiness
- Insomnia
- More emotional
- Irritability
- Upset
- Anxious or nervous
- Seizure



More severe "red flag" symptoms may include a worsening headache, seizures, repeated vomiting, increasing confusion, or unusual changes in behaviour.

Immediate management of concussion

If an athlete has a suspected concussion, they should be removed from training/competition and MUST NOT resume training/competing on the same day.

If an injury to the neck has occurred, they should be moved using spinal injury management methods.

If the following have occurred or are present, the athlete should go to A&E:

- Loss of consciousness.
- Repeated vomiting.
- Headache not going away with painkillers.
- Change in behaviour.
- Crying more than usual in young children or babies.
- Memory loss.
- Previous brain injury or brain surgery.
- Blood clotting issues.

If any of the following occur or are present, you must call 999:

- Unconsciousness has persisted.
- Difficulty remaining awake.
- Fits or seizure.
- Vision or hearing problems.
- Black eye without any eye injury.
- Bleeding from ears.
- Clear fluid coming from the ears or nose.
- Numbness or weakness in part of the body.
- Problems walking or with balance.
- Head wound.
- Has hit their head with force.

In all other instances the athlete should be given the following advice:

- See a doctor for assessment of the injury.
- Must remain supervised by a responsible adult for 24 hours post injury.
- Do not consume alcohol until at least 24 hours afterwards or when are free of symptoms.
- Do not drive until medically cleared to do so or have no symptoms.
- Do not use aspirin or anti-inflammatory medication.
- Do not use sleeping tablets.
- Do not train or exercise until given clearance by a doctor or symptoms have resolved.
- Use an ice pack to reduce any swelling.
- Rest and avoid any stress.

In all cases of suspected concussion, the athlete should be advised to seek medical assessment even if the symptoms resolve quickly.

Return to training

Any suspected concussion should be assessed by an appropriately qualified medical practitioner who should guide return to sport.

If the injury occurred doing a different sport or activity, the return to training guidance should still be adhered to. For example, if an artistic swimmer fell off a bike and suffered concussion they should still rest for 24-48 hours and then go through the stages of returning to sport as outlined below.

After a minimum of 24-48 hours rest, a staged return to normal activities and then sport should be taken place under the guidance of a suitably qualified medical professional.

Each stage should be a minimum of 24 hours' duration and individuals should only progress if they are completely symptom free.

Athletes aged 18 or younger should spend a minimum of 48 hours at each stage and those under 13 should seek guidance from a doctor about how quickly to progress through the stages.

Standard return to training guidelines for mild concussion not requiring hospital treatment should include six basic steps:

1. **No activity** – a recovery stage with complete physical and mental rest. This means no exercise or sports but can also mean not going to school, or having a shortened day.

This is a time to get lots of rest, get plenty of sleep, and eat well. This stage usually lasts from 24 hours to 48 hours. Once symptoms have settled, start doing simple activities such as reading a book, walking to the shops for 10-15 minutes maximum. If symptoms persist after 48 hours of rest, medical assessment should be sourced.

It is imperative that this return is managed by a medical professional familiar with the sport and concussion management.

Before returning to the next stage, all athletes should be symptom free and have returned to normal daily activity such as school and work.

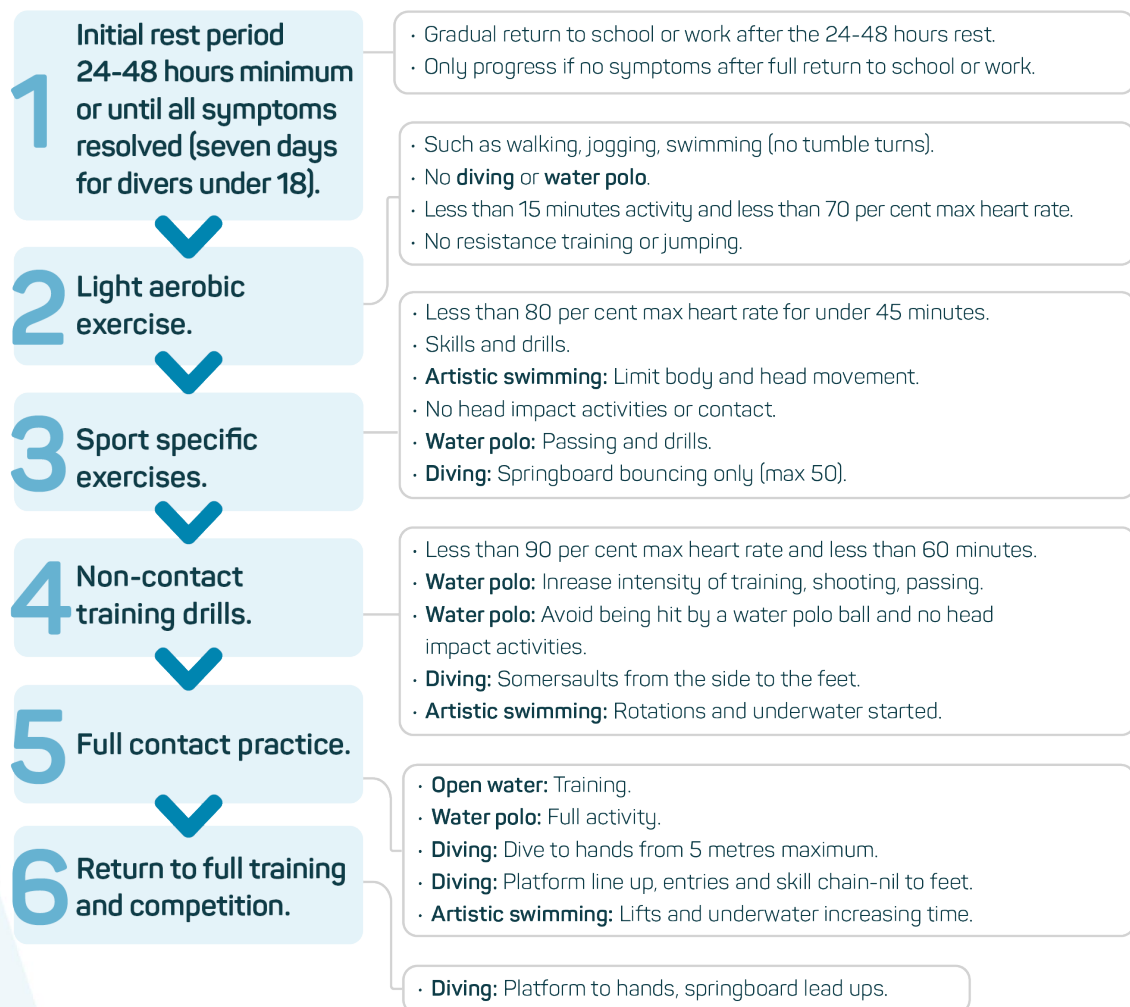
- This must be medically led.
- Each stage should be a minimum of **24 hours' duration** and individuals should **only progress if they are completely symptom free**.
- Athletes of **18 years of age or younger** should spend a minimum of **48 hours** at each step.
- Those under 13 should seek guidance from a doctor about how quickly to progress through the stages.
- If any symptoms recur/occur during the return to training process, the **athlete should be reviewed by a medical professional again and must return to the previous symptom free stage**. They may only attempt progression once symptom free for a further 24 hours (48 hours if aged 18 and under).

2. **Light aerobic exercise** to increase their heart rate (keep to less than 70 per cent of maximum predicted heart rate), and activity should last for less than 15 minutes. Activities include five to 10 minutes of walking, light jogging, swimming, or stationary cycling, but no resistance training. Touch turns should be done but no tumble turns.
3. **Sport-specific exercise** to add movement, such as swimming drills, moderate jogging, brief running, throwing and catching in water polo, moderate-intensity stationary cycling, but no head impact activities such as diving or contact in water polo. The goal is to have some limited body and head movement, but the amount of time should still be limited to less than he or she usually spends exercising. Trampoline (no somersault up to 50), and springboard bouncing only (up to 50).
4. **Non-contact training drills** to raise exercise, coordination, and cognitive load, including progression to more complex training drills and resistance training, sprinting, high-intensity stationary cycling. This is a more intense workout that is close to the usual routine but is not to include any contact activity. It can include pilates, light resistance training, shooting and throwing in water polo. Examples in diving include dry land somersault landing to feet, arm stands, trampoline to feet in all directions. In the pool somersaults from pool side to the feet and 1 metre board to the feet in all directions.
5. **Full contact practice** to restore confidence and assess functional skills and following medical clearance may participate in normal training activities. Simulated open water sessions can occur and normal practice in water polo. In diving in the pool examples include Dive to hands up to 5m, Platform - Line-ups, entries, skill chains – nil to feet, lead ups - nil to feet, Springboard – Line-ups, entries, skill chains – nil to feet, lead ups - nil to feet.
6. **Return to full training and competition**
Full activities in water polo, swimming and artistic swimming. Diving to include dive to hands up to 10m, Platform – all skill chains and lead ups and optionals when appropriate, Springboard – Lead ups and optional when appropriate.

Concussion symptoms should not come back during or after any of the exercises or activities during these return to training stages. If any symptoms return they should see a medical professional and if agreed they can still exercise, they return to the previous stage for 48 hours.

Figure one

This shows the progressive return to training process for illustration only – this should be guided by a medical professional dependent on symptoms and examination findings.



Example of return to training plan for diving

Phase	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
Rehabilitation Stage	24 hours' rest (over 18) 7 days' rest under 18	Light Exercise	Moderate Exercise	Sport Specific Drills	Return to Training	Full Training
Exercise Allowed	Rest	Walking, stationary bike, swimming.	- Running (jogging). - Trampoline (no s/s up to 50). - Springboard bouncing only (up to 50). - No hard running, no resistance exercise, no jumping or plyometrics.	Dryland - S/S (no landings to feet – foam pit only). - Arm stand starts to feet. - Springboard to feet or foam pit all directions. - Trampoline to feet all directions. - No running front take-offs. - Can begin dryland conditioning. - Can begin some resistance training – static. - No plyometrics. Pool - S/S from pool side to feet. 1 metre to feet all directions.	Dryland - S/S (no landings to feet – foam pit only). - Springboard. - Running front take-offs. - Tumble track. - Plyometrics. Pool - Dive to hands up to 5 metre. - Platform – line-ups, entries, skill chains – nil to feet, lead ups – nil to feet. - Springboard – line-ups, entries, skill chains – nil to feet, lead ups – nil to feet. - ImPACT test.	Dryland - S/S - Springboard. - Running front take-offs. - Tumble track. Pool - Dive to hands up to 10 metre. - Platform – all skill chains and lead ups and optionals when appropriate. - Springboard – lead ups and optionals when appropriate.
Maximum HR		< 70% of predicted maximum	< 80% of predicted maximum	< 90% of predicted maximum		
Exercise Duration	nil	15 minutes	45 minutes	1 hour		
Objective	Recovery and no increase in symptoms	No symptoms with increased heart rate	Addition of movement and increase heart rate	Exercise and co-ordination skills and cognitive load.	- Restore confidence and assess basic diving skills for proficiency and safety. - Pass ImPACT test.	Safe return to full training and competition.

Return to training plan for swimming/open water

Stage	Objective	Swim specific	S&C
Stage 1	- Recovery. 24 hours rest and then return to activities of daily living.	24 hours rest and then must be symptom free.	None.
Stage 2	Increase heart rate.	15 minute bike or swim at 7 RPE or <70% HR max. - No tumble turns.	None.
Stage 3	Increase intensity.	45 minute swim at 8/10 RPE or <80% HR max. - Tumble turns included.	None.
Stage 4	Increase duration and start resistance training.	60 minute swim at 9/10 RPE and <90% HR max. - No diving.	Light Pilates and conditioning with movement patterning.
Stage 5	- Increase intensity. - Consider second session.	- Full pool training including dives. - Consider open water simulated training.	Increase loading.
Stage 6	Unrestricted training and competition.		Full strength training.

Return to training plan for water polo

Stage	Objective	Swim specific	S&C
Stage 1	- Recovery. - At least 48 hours rest and then return to activities of daily living.	48 hours rest and then must be symptom free before returning to exercise.	None.
Stage 2	Increase heart rate.	15 minute bike or swim at 7 RPE or <70% HR max. - No tumble turns. - No ball play.	None.
Stage 3	Increase intensity.	45 minute swim at 8/10 RPE or <80% HR max. - Simple ball passing and throwing. - No contact. - Egg beater drills, swimming drills.	None.
Stage 4	Increase duration and start resistance training.	Shooting, passing, no goal keeping or scrummaging.	Light Pilates and conditioning with movement patterning.
Stage 5	- Increase intensity. - Consider second session.	- Full pool training. - Including goal keeping and scrummaging.	Increase loading.
Stage 6	Unrestricted training and competition.	Competition can be undertaken.	Full strength training.

Return to training plan for artistic swimming

Stage	Objective	Swim specific	S&C
Stage 1	- Recovery. 24-48 hours rest and then return to activities of daily living.	24-48 hours rest and then must be symptom free.	None.
Stage 2	Increase heart rate.	15 minute bike or swim at 7 RPE or <70% HR max. - No tumble turns. - No underwater work	None.
Stage 3	Increase intensity.	45 minute swim at 8/10 RPE or <80% HR max. - Tumble turns included. - Start simple synchro figures.	Mobility work can be undertaken.
Stage 4	Increase duration and start resistance training.	Rotation moves can be started and start underwater work.	Light Pilates and conditioning with movement patterning.
Stage 5	- Increase intensity. - Consider second session.	Full pool training including lifts and increased underwater time.	Increase loading.
Stage 6	Unrestricted training and competition.	Return to full activity.	Full strength training.



Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire LE11 3QF
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