



WATER POLO

Safety Guide

Sports Recreation

6

Key Benefits

24

Control Measures

21

Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Exceptional aerobic workout from continuous swimming and treading water throughout matches.

Full-Body Strength

Develops muscular endurance in legs, core, and upper body through water resistance training.

Teamwork

Builds communication, cooperation, and tactical awareness through coordinated team play.

Swimming Skills

Enhances water confidence, swimming technique, and aquatic survival abilities.

Mental Resilience

Develops toughness, composure under pressure, and quick decision-making abilities.

Low Impact

Water buoyancy reduces joint stress while providing high-intensity exercise.

KEY HAZARDS & CONTROL MEASURES**Drowning**

- ✓ Verify swimming competency before participation
- ✓ Strict rules against holding players underwater
- ✓ Qualified lifeguard present at all times
- ✓ Emergency rescue equipment poolside

Physical Contact

- ✓ Enforce rules against dangerous play
- ✓ No jewellery or watches
- ✓ Fingernails trimmed short
- ✓ Qualified referees for matches

Ball Impact

- ✓ Protective caps with ear guards
- ✓ Appropriate ball size for age group
- ✓ Goalkeeper face guards available
- ✓ Teach defensive positioning

Fatigue & Exhaustion

- ✓ Regular substitutions and rest periods
- ✓ Adequate hydration breaks
- ✓ Monitor players for signs of fatigue
- ✓ Appropriate session duration for fitness level

Ear Injuries

- ✓ Mandatory protective caps with ear guards
- ✓ Ear plugs available if needed
- ✓ Penalise deliberate striking to head
- ✓ Proper cap fitting

Shoulder Injuries

- ✓ Proper warm-up before throwing
- ✓ Adequate rest between sessions
- ✓ Teach correct throwing technique
- ✓ Strength and conditioning programmes

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pool Checks

- Pool depth verified (min 1.8m)
- Water clarity adequate
- Lane ropes removed/adjusted
- Goals secured properly
- Rescue equipment poolside
- Pool area clear of hazards

Player Checks

- Swimming competency verified
- Fingernails trimmed
- Appropriate swimwear
- Caps with ear guards worn
- No jewellery or watches
- Health conditions declared

Safety Readiness

- Lifeguard present
- Defibrillator location known
- Qualified officials present
- First aid kit accessible
- Emergency procedures reviewed
- Player headcount taken



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