RISK ASSESSMENT WIZARD



WATER POLO

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	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
- ✔ Qualified lifeguard present at all times
- ✔ Strict rules against holding players underwater
- ✔ Emergency rescue equipment poolside

Physical Contact

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

Ball Impact

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

Fatigue & Exhaustion

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

Ear Injuries

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

Shoulder Injuries

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

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

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

Pool Checks

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

Player Checks

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

Safety Readiness

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

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