

## WATERPOLO

WATERPOLO is not a recommended in-class activity for students from kindergarten to grade 8 and is high risk for students at these grade levels. Schools are encouraged to consider alternative program options to replace high-risk activities. Teachers who wish to instruct a high-risk activity like waterpolo for K-8 students require written permission from the board of education.

| EQUIPMENT              | FACILITIES  | SPECIAL RULES/<br>INSTRUCTION   | SUPERVISION   |
|------------------------|---|---|---|
| <b>SECONDARY LEVEL</b> |   |   |   |
|                        | <p>Use a school or community swimming pool.</p> <p>Don't use backyard pools for class instructions.</p> | <p>Inform swim instructor of any students having any medical problems that may affect the student's safety in the water.</p> <p>Require students to meet a minimum swimming standard (e.g., swim 100 m any stroke and tread water for 3 minutes).</p> <p>Trim fingernails closely.</p> <p>Modify rules to accommodate age and ability of participants.</p> <p>Teach skills in proper progression.</p> | <p>Have a certified lifeguard on duty at all times.</p> <p>Provide constant visual supervision.</p> |