

The City Beach Water Polo Club has implemented two new health and safety policies that will come into effect on 1st October 2015.

No Mouthguard, No Contact

Mouth guards are recommended for contact sports like water polo by all health authorities. A Swiss review found an incidence of 21% of water polo players having reported dental injuries. The Club will be implementing a No Mouthguard, No Contact Policy to ensure the health, safety and welfare of club members.

The policy will require all Club water polo players to wear a mouthguard when participating in activities where contact with other players may occur, such as in games and contact training drills.

The No Mouthguard No Contact Policy applies to all Club players, with two significant exceptions. Recognising that there may be individual circumstances where a mouth guard cannot be worn the Club has allowed for an opt-out opportunity at the time of player registration. Senior players and the parents/guardians of junior players may voluntarily opt out of the policy to suit their personal circumstances. The Committee has also exempted all Flippaball players, believing that the forces generated in the competition would be insufficient to cause damage.

As of 1st October 2015 all Club coaches, managers and committee members will enforce the No Mouthguard, No Contact policy. The [full policy](#) is available at the Club's website.

Sun Protection

Excess Ultraviolet Radiation (UV) may cause sunburn, skin damage, eye damage and skin cancer. The Cancer Council of Australia has a Sunsmart program that promotes awareness of UV levels and recommends five protection strategies of clothing, sunscreen, hat, shade and sunglasses. The outdoor environment of most swimming pools, the minimal clothing, the reflectiveness of water and the length of time of participation often makes it difficult for water polo players to access many of the UV protection strategies.

The Club has recently reviewed its Sun Protection strategy and instituted a new policy. The policy will ensure organisers of Club training programs and competitions factor UV index levels and length of time of the event into their planning and institute appropriate sun protection strategies for players and officials. On its part, the Club will continue to provide resources that increase sun protection.

The Sun Protection policy will be implemented on 1st October 2015. The [full policy](#) is available at the Club's website.