



Alstonville Junior Water Polo Club Player Competency and Safety

Confirmation of player water safety and swimming competence is a requirement prior to participation.

Minimum Skills Competency for Flippaball (Shallow End)

The required player water safety and swimming competence for Flippaball (shallow end) is as recommended by Water Polo Australia:

<https://www.waterpoloaustralia.com.au/get-involved/flippaskills/>

To commence a Flippa program, participants must be able to complete 25 meters of any basic stroke unaided, with no water polo experience.

For Water Polo Safety, Alstonville Junior Water Polo also requires players to be able to tread water unaided for 30 seconds.

Age Requirement: The recommended minimum age for Flippaball participation is 7, however if the player is of school age (kindergarten upwards in NSW) and is able to meet the minimum player skills competency for water safety, then the club may allow the player to participate in Flippaball. Each circumstance will be assessed on its own merit.