



COVID-19 Information Pack

Lifesaving

28 August 2020 (Version 1.0)



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Effective 28 August 2020 (Version 1.0)

COVID-19 – Impact on SLS Activities

SLSNSW is committed to ensuring the safety and wellbeing of our members.

We continue to monitor the latest information aligned to official sources including the Australian Government Department of Health, NSW Health and NSW Sport, and the impact of this information on Surf Life Saving activities.

For the most up to date information, resources and tools related to conducting club activities during the COVID-19 pandemic, visit the SLSNSW website.

Given the high frequency of changes that are occurring throughout the COVID-19 pandemic, the guidance within this document is effective as of the date indicated above and is considered out of date once downloaded or printed. This document will be updated as restrictions change from time to time and/or greater clarity is determined.

The following information packs are also available:

- Training and Education
- Sport
- Junior Activities

The information in this pack has been designed to complement the [SLSNSW COVID-19 Activity Matrix](#). Please ensure you are familiar with the information in the matrix before reviewing this pack.

COVID-19 Checklist (Lifesaving)

- Complete a COVID-19 Safety Plan – use the [Lifesaving COVID-19 Safety Plan](#) template developed by SLSNSW – keep this available for inspection if required. Plans should be comprehensive, as failure to comply may result in [penalties](#) or similar action.
- Check that your club has registered as a COVID Safe Business.
- Work with your club to ensure a COVID-19 safe environment for areas of the clubhouse that may be used (e.g. bathroom signage, sanitizer stations and cleaning schedules).
- Patrol attendance logs will double as attendance records to assist with contact tracing. These records must be maintained accurately for a minimum of 28 days. Non-compliance could result in penalties.
- PPE is prepared and available for all patrolling members for each patrol.
- Communicate with patrolling members (see **email template** below).
- Work with your Branch Director of Lifesaving to address any capability gaps.

When not to attend SLS activities

Do not attend any SLS activities if you:

- a. have any symptoms (i.e. fever, coughing, sore/scratchy throat, shortness of breath or loss of taste or smell)
- b. have been in close contact with someone who has tested positive for COVID-19
- c. have tested positive for COVID-19 – wait until you have been given medical clearance to attend again
- d. have travelled overseas, to Victoria, or to a [designated hotspot](#) in the 14 days prior to any of your training dates.

If you are diagnosed with a confirmed case of COVID-19 within 14 days after attending any SLS activity, you must contact SLSNSW immediately on 02 9471 8000.

The Australian Department of Health recommends using the [Healthdirect Coronavirus \(COVID-19\) Symptom Checker](#) to answer questions about symptoms to see if you or someone needs to seek medical help or get tested.

The above should be communicated to all members participating in SLS activities.

FAQS

Are there restrictions on the total number of people who can gather at a beach?

No. However, the NSW Government's Public Health Order outlines that a person must not participate in an outdoor public gathering of more than 20 people and physical distancing of 1.5 metres is to be observed.

Will paid lifeguards be used to support gaps in volunteer lifesaving services?

Clubs are still obligated to adhere to their Lifesaving Service Agreements (LSA) and cannot delegate their responsibilities to lifeguard services. If your club is concerned about fulfilling its LSA, please discuss with your Branch Director of Lifesaving **as soon as possible**.

What do patrols look like with increased Government restrictions?

SLSNSW is actively monitoring the advice of various levels of Government and considering how additional restrictions may affect patrolling services. A phased approach is being planned to enable SLSNSW to respond in an agile manner to changing restrictions. As usual, clubs/branches should ensure that they have updated their Lifesaving Officer positions in SurfGuard and that member

email addresses are correct to enable effective communication throughout the season.

Can we assist neighbouring clubs or branches with patrols?

If your club is in a position to provide other clubs in your branch with assistance (i.e. it can comfortably fulfil its own LSA), please discuss your offer of assistance with your Branch Director of Lifesaving **as soon as possible**. At this stage, travelling large distances to assist with patrols outside of your branch is not encouraged.

Are we expected to police physical distancing on our beach?

No. Members are not expected to engage in any situation which presents a risk to their safety (e.g. policing physical distancing). If comfortable to do so, PA announcements or conversations with the public can be undertaken to remind beachgoers of requirements.

If the situation escalates, Patrol Captains should contact the SLSNSW State Operations Centre (SOC) for advice and support. Support may be in the form of their Branch Duty Officer, Lifeguard Supervisor, Council officers, Police etc.

If patrol captains or lifeguards feel at any stage theirs or their patrol's personal safety is at risk, then they should proceed to their surf club until any disturbance has subsided. Further information and

procedures can be found in [SOP LS8.7 Public Order Incident](#).

Useful Resources

Listed below are links to some useful resources from the NSW, Australian Government, and other authorities to assist during this time.

[SLSNSW COVID 19 Updates](#)

[Generic and Cobranded Posters and Signage for your Surf Club](#)

[Effective hand washing during COVID 19](#)

[Good Hygiene During COVID-19](#)

[Cough Under Cover](#)

First Aid and Rescue Protocols – COVID-19

Personal Protective Equipment (PPE)

Watch SLSA's [2-minute video](#) on donning and doffing PPE to reduce the risk of infection and review the SLSA [COVID-19 Patient Treatment Guidelines](#).

Minor First Aids

1. Sit the patient outside the club first aid room, patrol tent or observation tower.
2. Ensure that correct PPE is utilised.
3. Provide the patient with the appropriate first aid supplies to self-treat (band aids/alcohol swabs etc.).
4. Ensure that you wash your hands for at least 20 seconds after treatment.
5. Maintain at least 1.5 metres distance where possible.

If the patient cannot self-treat, follow the Major First Aid advice.

Major First Aids

1. Treat as per training, however take extra caution with ensuring correct PPE utilised.
2. Minimise exposure to other patrol members or lifeguards where possible e.g. one (1) patrol member/lifeguard to treat one (1) patient.
3. Ensure that you wash your hands for at least 20 seconds or shower after treatment.
4. Extra care should be taken with cleaning ALL facilities/equipment after treating a patient.

Rescues

1. As always, there should be a major focus on preventions and proactive patrolling.
2. Patrols should continue to undertake inflatable rescue boat, rescue board and rescue tube pickups.
3. After the rescue is finalised, ensure you have taken retrospective action to minimise any risk e.g. showering if possible, cleaning equipment.

Resuscitation

Please review the SLSA [DRSABCD during COVID-19](#) poster. In summary:

1. Do not attend the patient without PPE
2. Do not use suction
3. Do not use OP airways
4. Do not use Bag Value Mask (BVM)
5. Do not give rescue breaths

The ARC suggests that in the current COVID-19 pandemic, rescuers who are willing, trained, and able to do so, consider providing rescue breaths to infants and children in addition to chest compressions.

Email Template to Patrolling Members

Dear Members,

We are looking forward to getting back to patrolling this season, with the flags planned to go up on Saturday 26 September 2020.

What will patrolling look like this season?

[Address any changes to patrolling structures at your club].

Staying safe

For your information, we have attached our COVID-19 Safety Plans for Lifesaving and for general use of the club house. We will walk you through these at our pre-season meeting, but please take the time to familiarise yourself with it.

Some of the changes this season to help us to meet Government requirements and stay COVID-19 safe include:

- Scaling back the practical skills maintenance (proficiency) requirements for the Bronze Medallion – this season proficiency will consist of a run-swim-run and tube rescue of a conscious patient or solo paddle, conducted at the start of your patrol.
- Changes to the way in which we will be administering first aid and performing resuscitation – we are encouraging self-treatment where possible, advising against performing rescue breaths, and providing PPE (including masks) for situations where physical contact with patients is unavoidable.
- Providing clear guidelines around the expectations of lifesavers in their interactions with the public – specifically there is no expectation that members will be policing physical distancing on beaches.

Please ensure that you attend the pre-season meeting this season to hear more about the changes due to COVID-19, and about how we are working to keep you safe on patrol.

Please also consider downloading the Federal Government's [COVIDsafe App](#). The app speeds up contacting people exposed to COVID-19, helping to support and protect you, your friends and family.

If you feel uncomfortable patrolling this season, please do let us know as soon as possible to assist with our planning.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times. As Government restrictions continue to change prior to season start, we will endeavour to update you on information as it becomes available.

Kind Regards,
Director of Lifesaving

Template Text Message to Patrolling Members:

The patrolling season is set to start on Saturday 26 September 2020! Join us on [DATE] for a [virtual] Lifesaving Pre-season Meeting to hear how we can stay COVID safe on patrol this session.