

COVID-19 SAFETY PLAN

THIRROUL SURF LIFESAVING CLUB INC



Club	Thirroul Surf Life Saving Club
Suburb/Sate Location]	Thirroul
Specific Location]	Thirroul Beach
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GLOSSARY

COVID-19	Corona Virus Disease 2019
CPR	Cardiopulmonary Resuscitation
PHO	Public Health Order (issued by the NSW Government)
PPE	Personal Protective Equipment
SLSI	Surf Life Saving Illawarra
SLSNSW	Surf Lifesaving NSW
TSLSC	Thirroul Surf Lifesaving Club

1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Thirroul Surf Life Saving Club (TSLSC) to support its members and participants in the staged resumption of community surf lifesaving and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community.

The Plan provides the framework to govern the general operation of the TSLSC, any facilities it controls, the behaviour of all members and participants and the monitoring and reporting of the health of attendees at TSLC facilities.

This Plan includes, but is not limited to, the conduct of:

- a. Staged surf lifesaving, training and competition activities (sport operations); and
- b. Facility management and supporting operations (facility operations).
- c. Events and fundraising activities at the Club

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities and the NSW Public Health Orders written under the *Public Health Act, 2010* prevail.

As the NSW Government reduces the COVID-19 restrictions and allows the community to open up, so will the Club open its operations and activities. This process, known as the COVID Road Map, is guided by the NSW Government requirements which can be found at: <https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions>

These requirements are supported by Surf Lifesaving NSW (SLSNSW) COVID19 Guidelines and Updates which can be found at: <https://www.surflifesaving.com.au/resources/coronavirus-covid-19-updates-resources-slsnsw-clubs>

2. Key Principles

This Plan is based on, and accepts, the NSW Government COVID-19 Road Map, the SLSNSW COVID-19 Guidelines and Updates, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- ① The health and safety of members, participants, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- ② Members, participants, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on TSLSC return to operations;
- ③ Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- ④ TSLSC activities cannot fully resume until the arrangements for surf lifesaving operations and facility operations are finalised and approved, if necessary; and

- At every stage of the return to operations, TSLSC must consider and apply all applicable State and Territory Government and local restrictions and regulations. TSLSC needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

TSLSC retains the overall responsibility for the effective management and implementation of the return to surf lifesaving activities and associated operations outlined in this Plan.

The Committee of TSLSC is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.
- maintain adequate and accessible supplies of PPE, handwash (hand sanitiser, soap), cleaning and disinfection products (at an appropriate strength and used in accordance with the manufacturers' instructions)
- implement regular cleaning and disinfection protocols in accordance with Safe Work Australia guidelines, including in frequently used areas and in particular high touch surfaces – Also question – who is responsible for this?
- inform, remind and update members etc about COVID-19 safe requirements and relevant changes as required, including when to stay away and get tested, physical distancing, cleaning, doing rescues and first aid (**see 4.4**)

The Committee has appointed the following person as the TSLSC COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Roy Wakelin-King
Contact Email	rwak5238@bigpond.net.au
Contact Number	0418496074

TSLSC expects all members, participants, coaches, officials, administrative staff, volunteers and visitors to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by TSLSC;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Surf Life Saving Arrangements

This Plan sets out the current arrangements for the surf lifesaving operations and associated activities at TSLSC,

4.1 Surf Life Saving NSW COVID 19 Framework

This plan has been developed in consistent with the SLSNSW COVID-19 Guidelines and with reference to the Australian Institute of Sport's return to sporting activities framework.

This plan is also consistent with the TSLSC Constitution and By-Laws

4.2 Roadmap to a COVID Safe Australia

TSLSC will also comply with the NSW Government's COVID Road Map which sets out the arrangements for activities including (but not limited to) restrictions on numbers, the wearing of masks, rules governing vaccination, and the requirements for signing in and out of the Club.

4.3 COVID-19 Safe Business

TSLSC has been registered with the NSW Government as a COVID-19 Safe Business. TSLSC has achieved this by developing and implementing this Plan and actively ensuring that it meets its requirements and obligations under the NSW Public Health Orders and NSW Government COVID-19 Guidelines

4.4 Return to Safe Surf Lifesaving Activities at TSLSC

TSLSC has resumed surf lifesaving activities at Thirroul in accordance with the SLSNSW Guidelines.

This includes the following:

- Surf lifesaving rostered patrol duties
- Nippers training and surf lifesaving skills development for juniors
- Emergency call-out/response duties
- Individual and group training activities
- Individual and group competitions
- Gym activities
- TSLSC governance and administration
- TSLSC Building Project

Surf lifesaving activities do not include the Function Hall for functions which is governed under separate COVID-19 arrangements in accordance with NSW PHO.

The Function Hall has reopened for business and is able to hold events, as long as those events comply with the NSW Government requirements and the requirements of this Plan (as applicable).

Each hirer of the Function Hall is required to ensure that their event is compliant with the NSW Government PHO and any other relevant requirements.

4.4.1 General Measures

All surf lifesaving activities need to be carried out in accordance with the NSW *Workplace Health and Safety Act, 2012* (WHS Act) and the NSW *Public Health Act, 2010*. (Public Health Act)

This plan does not replace the requirements under the WHS Act and the Public Health Act, and where there are any inconsistencies between these Acts and this Plan, these Acts prevail.

As a minimum, members and visitors to the Club should do the following:

- 🕒 Social distancing by keeping a minimum of 1.5 metres apart from all other people
- 🕒 Washing hands on a regular basis
- 🕒 Effectively covering their mouths when coughing and sneezing
- 🕒 Complying with the signage in respect of COVID 19
- 🕒 Wear masks
- 🕒 Get vaccinated
- 🕒 if they: feel unwell; have been diagnosed with or tested for COVID-19 (and not yet told they no longer need to isolate); have been advised to self-isolate for 14 days because you are a close contact of a COVID-19 case (and or been to a location at the same time as a COVID-19 case, when the current “NSW Alert” advises “Self-isolate and get tested immediately” as per <https://www.nsw.gov.au/covid-19/latest-news-and-updates>);

4.4.2 Rostered Surf Lifesaving Patrols

The roster for surf lifesaving patrols for the Patrol Season 21/22 has been developed in accordance with the SLSNSW Guidelines and promulgated to all patrollers.

Specific COVID 19 preventative measures for Surf Lifesaving Patrols are outlined in the TSLSC Patrol Plan which is at **Attachment A**. This Plan addresses a range of matters including (but not limited to) actions that patrol members will need to take when working patrol, carrying out rescuing operations and applying first aid.

4.4.3 Emergency Call-out/Response Crews

The NSW Emergency Response Organisation, members of the TSLSC Emergency Response Team may be called out at any time to respond to an emergency.

A number of TSLSC members are rostered on to respond to emergency call outs, particularly to support search and rescue operations.

Where members are engaged in these operations the following arrangement are to apply:

- 🕒 Register their attendance at TSLSC
- 🕒 Wear masks at all times where possible
- 🕒 Wash down all equipment prior to use
- 🕒 Only used assigned equipment and do not share any equipment with other members
- 🕒 Follow the directions of the senior Emergency Services Representative who will be coordinating the emergency situation
- 🕒 If required to carry out emergency first aid on any member of the public to do so in accordance with directions from professional NSW Health and Ambulance Staff and the SLSNSW Guidelines
- 🕒 Upon return to TSLSC wash down all equipment, properly dispose of any material used in first aid operations (surgical gloves, bandages etc)
- 🕒 Register their departure time from TSLSC
- 🕒 Report the details of the operation to the TSLSC COVID Coordinator
- 🕒 Closely monitor their health following the operation and immediately seek medical help if they start to feel unwell thereafter
- 🕒 Report any illness/injury arising from the emergency operation to the TSLSC COVID 19 Coordinator
- 🕒 if they: feel unwell; have been diagnosed with or tested for COVID-19 (and not yet told they no longer need to isolate); have been advised to self-isolate for 14 days because you are a close contact of a COVID-19 case (and or been to a location at the same time as a COVID-19 case, when the current “NSW Alert” advises “Self-isolate and get tested immediately” as per <https://www.nsw.gov.au/covid-19/latest-news-and-updates>);

4.4.4 TSLSC Nippers

Guidelines for the conduct of nippers at TSLSC are set out at **Attachment B**. These will be in addition to following the general measures listed at 4.4.1.

4.4.5 Individual Training

A number of TSLSC members carry out individual training in relation to surf lifesaving activities. This is usually done on an ad hoc basis and is not programmed by TSLSC.

Where members are participating in individual training at TSLSC, the following, in addition to the general measures listed at 4.3.1, is to apply:

- 🚫 Observe the general measures as outlined at 4.4.1
- 🚫 Wash down all equipment prior to use
- 🚫 Only used personal equipment and do not share any equipment with other members
- 🚫 Closely monitor their health following the operation and immediately seek medical help if they start to feel unwell thereafter
- 🚫 Report any illness/injury arising from the training to the TSLSC COVID 19 Coordinator

4.4.6 Informal Group Training

A number of TSLSC members carry out informal group training in relation to surf lifesaving activities. This is usually done on an ad hoc basis and is not programmed by TSLSC.

Where members are participating in individual training at TSLSC, the following, in addition to the general measures listed at 4.4.1, is to apply:

- 🚫 Train in groups of no more than the maximum permissible number as per the NSW PHO
- 🚫 Observe the general measures as outlined at 4.4.1
- 🚫 Wash down all equipment prior to use
- 🚫 Only used personal equipment and do not share any equipment with other members
- 🚫 Closely monitor their health following the operation and immediately seek medical help if they start to feel unwell thereafter
- 🚫 Report any illness/injury arising from the training to the TSLSC COVID 19 Coordinator

4.4.7 Formal Group Training

Additional Guidelines for training at TSLSC for the 2021/2022 Patrol Season will be issued at **Attachment C** once finalised.

4.4.8 Competitions

TSLSC is used as a venue for official SLSNSW competitions from time to time. These competitions are held under the auspices of SLSNSW and SLSI and will only be scheduled when approved.

Specific guidelines for competitions being held at TSLSC will provided if and when these competitions occur.

4.4.9 Gym

The TSLSC Gym is currently closed as part of the Club's Building Upgrade Project.

Additional Guidelines for the operation of the TSLSC Gym will be provided at **Attachment D** when the Club Gym reopens.

4.4.10 Administration and Governance

TSLSC administration and governance is a vital function of TSLSC and is required to continue to ensure that the affairs of the Club are effectively managed in accordance with its constitution and by-laws.

Committee meetings will generally be conducted by Zoom and/or teleconferencing until further notice..

4.4.11 TSLSC Building Project

In accordance with the PHO, the Club Building Project can continue, however work must be carried out in accordance with the NSW Government's requirements for construction work which can be found at: <https://www.nsw.gov.au/covid-19/rules/construction-rules-and-restrictions>

4.5 Communications and Signage

The following communication and signage arrangement will be implemented as part of this Plan.

4.5.1 Communications

This Plan will be made available in the TSLSC website at www.thirroulsurfclub.com.au

Any updates to the Plan will be posted on the website and communicated to members accordingly.

4.5.2 Media

All media enquiries relating to COVID are to be referred to the TSLSC President for response

4.5.3 Signage

Dedicated COVID -19 signage will be erected at key locations in and around TSLSC once the Club is reopened.

Details of this signage will be provided once known.

4.6 Access Protocols and Room Occupancy

Access arrangements under the NSW Government COVID-19 Requirements are:

Each available room in TSLSC has been measured and the maximum allowable number of people that can be in the one room at any time, based on the 1 person per 3 sqm, is listed in the table below.

Room	Total Area	Maximum Occupancy	Comments
Patrol Room	10 square metres	5 people	
Gym	Closed for renovations	Closed for renovations	Closed for renovations
IRB/ATV Storage Shed	77 square metres	6 people with IRB/ATV equipment stored 15 people without IRB/ATV equipment stored	
Paddle Board storage shed	Closed for renovations	Closed for renovations	Closed for renovations
Training Room	40 square metres	20 people	
Function Hall	186 square metres	93 people	Maximum capacity including event and wait staff
Office	6 square metres	3 person	
Front Terrace	54 square metres	27 people	
Rear Storage Shed	Closed for renovations	Closed for renovations	Closed for renovations
Unisex Toilet (Gym)	Closed for renovations	Closed for renovations	Closed for renovations
Female Toilet in Paddle Board Storage Area	8 square metres	4 people	
Male Toilet in Paddle Board Storage Area	15 square metres	7 people	
Female Toilet in the Function Hall	8 square metres	4 people	
Male Toilet in the Function Hall (including disabled toilet)	16 square metres	8 people	

Where a room has capacity to hold more than the current limits set out in the NSW Government Public Health Orders, then the limit of the Health Order will apply.

Irrespective of these limits, everyone in the rooms of TSLSC must practice good social distancing, ie no less than 1.5 metres apart.

4.6.1 Exterior Occupancy Levels

Outdoor areas of TSLSC are limited to one person every two square metres,

The number of people that can be in a designated outdoor area of the Club is as follows:

Room	Total Area	Maximum Occupancy ¹	Comments
Outside Terrace	56 square metres	28 people	
Rear Courtyard	64 square metres	32 people	

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5. Attachments

- A. TSLSC Patrol Plan for Season 2021/2022
- B. TSLSC Nippers COVID Guidelines
- C. TSLSC Training COVID Guidelines
- D. TSLSC Gym COVID Guidelines (TO BE ISSUED)

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