



# COVID-19 Information Pack

## Lifesaving

04 November 2021 (Version 2.6)



# Lifesaving

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## COVID-19 – Roadmap to Recovery

In late September 2021 the NSW Government announced the roadmap for easing restrictions once NSW has hit the 80% double vaccination target and beyond.

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 up-to-date information about what SLS activities you can and can't do at what point in the roadmap, review the **SLSNSW COVID-19 Activity Matrix** on the SLSNSW website or contact your branch.

Given the high frequency of changes that are occurring throughout the COVID-19 pandemic, the guidance within this document may be out of date if downloaded or printed. This document will be updated as restrictions change.

The following information packs are also available:

- Training and Education
- Sport
- Junior Activities

## COVID-19 Checklist (Lifesaving)

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- Work with your members to ensure they understand the changes to patrolling as we work through the roadmap for easing restrictions.
- Work with your club and branch to identify and address any capability gaps for which training may be required as we work through the roadmap for easing restrictions and head towards our peak season period.
- Review and update your COVID-19 Safety Plan to align with the roadmap, referring to the **Considerations for COVID Safe Activities & Events** factsheet. Keep your plan available for inspection if required. Plans should be comprehensive, as failure to comply may result in penalties or similar action.
- 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).
- PPE is prepared and available for all patrolling members for each patrol.
- Communicate with patrolling members (see **email template** below).

## FAQS

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Question	Response
<b>What are the arrangements for patrols?</b>	<p>Clubs/Services should ensure that the minimum provisions are provided as per the Club/Service Lifesaving Service Agreement.</p> <p>As of 9<sup>th</sup> October 2021, Clubs/Services may reinstate full patrolling numbers and members under the age of 16 years old <b>are permitted</b> to undertake patrols.</p> <p>Clubs/Services are to follow their COVID Safe Plans and ensure that appropriate precautions are put in place to minimise the risk of transmission.</p>
<b>Does our Club/Service need to meet the requirements within the lifesaving agreement?</b>	<b>Yes.</b> Clubs/Services are required to meet the requirements as outlined within their Lifesaving Service Agreement.
<b>Do I need to be vaccinated to undertake my patrol?</b>	SLSNSW is committed to ensuring the safety of our members. Although not mandatory vaccination is strongly encouraged for all patrolling members considering the current cases of COVID in the community, and to assist with maintaining operational capability across the coming patrolling season, both on the beach and within Support Operations. Any concerns around vaccinations should be discussed with your doctor.
<b>Can we assist neighbouring Clubs/Services with patrols?</b>	<p>Clubs/Services who rely on assistance from other Clubs/Services that are outside their Branch can now utilise this assistance from November 1<sup>st</sup> 2021. An example of this is where Clubs/Services from a metropolitan region may assist in regional areas.</p> <p>Members who wish to assist regional clubs with their patrolling duties <b>must</b> be fully vaccinated between November 1<sup>st</sup> to December 15<sup>th</sup>, 2021.</p>

<p><b>What Personal Protective Equipment (PPE) will be provided to protect me whilst on patrol?</b></p>	<p>SLSNSW is committed to ensuring the safety and wellbeing of our members. Members should take all personal precautions wherever possible to minimise their chance of exposure however SLSNSW has provided all Clubs/Services with the following PPE as a minimum for the start of the 2021/22 season:</p> <ul style="list-style-type: none"> <li>• Masks</li> <li>• Face Shields</li> <li>• Gowns</li> <li>• Protective Glasses/Goggles</li> <li>• Alcohol Wipes</li> <li>• Hand Sanitiser</li> </ul> <p>Additional PPE will be provided to Clubs/Services later in the season by SLSNSW to replenish stock.</p>
<p><b>What if I don't turn up to patrol?</b></p>	<p>Whilst SLSNSW understand members may be reticent to undertake patrols due to the uncertainty that COVID creates there is an expectation that all Clubs/Services will undertake their patrols as per the relevant Lifesaving Service Agreement.</p>
<p><b>How many members of the public can we have at our beach?</b></p>	<p>Each Local Government Council should have in place a plan to manage their open spaces inclusive of beaches. It is recommended Club/Services are aware of their respective council plan and incorporate this within their Club/Service COVID plan.</p>
<p><b>What will happen if beaches are closed?</b></p>	<p>Clubs/Services should follow the normal processes for managing beach closures. Any Club/Service unsure of how to manage beach closure should refer to the SLSNSW Standard Operating Procedures located <a href="#">here</a></p> <p>Local Government will determine when and if their beaches should be closed due to COVID related factors</p>
<p><b>Are we expected to police social distancing on our beach?</b></p>	<p><b>NO.</b> Members are not expected to engage in any situation which presents a risk to their safety (e.g. policing social distancing). If comfortable to do so, PA announcements or conversations with the public can be undertaken to remind beachgoers of requirements.</p> <p>If a situation of concern 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.</p> <p>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 <a href="#">SOP LS8.7 Public Order Incident</a>.</p>

<p><b>Do I need to wear a mask while on patrol?</b></p>	<p>Members are required to wear masks, as per the Public Health Order, when indoors which is inclusive of enclosed patrol towers.</p> <p>As a general rule masks should always be worn when social distancing cannot be maintained (e.g. treating a patient). Members may choose to wear a mask as part of their outdoor surveillance operations. It is not recommended to wear masks in aquatic activities (inclusive of IRB and RWC).</p>
<p><b>Do I need to social distance on patrol?</b></p>	<p><b>YES.</b> Social distancing is important to prevent the transmission of COVID however there will be times where lifesavers will not be able to maintain 1.5 metre distance (such as IRB Driver and Crew or in managing a patient). General COVID precautions should be taken as per the clubs COVID plan.</p>
<p><b>Can I use the emergency service exemption to travel to my Club/Service?</b></p>	<p>Travel between QLD and the FNC Branch is restricted and therefore members must complete the SLSNSW Travel Exemption Request located <a href="#">here</a>.</p> <p>On December 17<sup>th</sup>, 2021, unrestricted trips between QLD and NSW will be permitted for those members who are fully vaccinated.</p>
<p><b>Do I need to undertake a skills maintenance this season?</b></p>	<p><b>YES.</b> On August 4<sup>th</sup>, 2021, SLSNSW announced abridged conditions for the 2021/22 season skills maintenance requirements. The 2021/22 Skills Maintenance Circular can be found <a href="#">here</a></p> <p>Clubs/Services should refer to the <b>SLSNSW COVID-19 Activity Matrix</b> for further information pertaining to allowable group numbers.</p> <p>Members will be expected to undertake their skills maintenance requirements by December 31<sup>st</sup>, 2021.</p>
<p><b>What will be the requirements for competition hours this season?</b></p>	<p>The SLSNSW Board has moved to continue with the amendment to the minimum service hours required for competition that were outlined for the 2020/21 season. It should be noted that the amendment is only for the 2021/22 COVID-affected season and the competition hour requirements will revert to the previous requirements in 2022/23.</p> <p>Effective for the 2021/22 season only, members wishing to compete in Surf Sport events will be required to log a minimum of 15 hours for active members and 7 hours for active reserve members. This is instead of the usual 25 hours for active members and 12 hours for active reserve as outlined in the <a href="#">SLSNSW Regulations</a> with respect to SLSA Policy 5.04.</p> <p>Further information relating to Sport can be found in the Sport Information Pack.</p>

<p><b>Will paid lifeguards be used to support gaps in volunteer lifesaving services?</b></p>	<p><b>NO.</b> Clubs/Services 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 <b>as soon as possible</b>.</p>
<p><b>What other safeguards can I put in place to protect myself, other members, and the community?</b></p>	<ul style="list-style-type: none"> <li>• Not attending patrol if you have any symptoms;</li> <li>• Consider getting a COVID test 72 hours prior to patrol and after patrol;</li> <li>• Being vaccinated prior to undertaking any lifesaving activity;</li> <li>• Be familiar with your club safety plan and follow club directives.</li> </ul>

# First Aid and Rescue Protocols – COVID-19

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## Personal Protective Equipment (PPE)

The purpose of this section is to provide guidance and information on the correct procedure to don and doff PPE. The procedure provided has been reproduced from guidance and information that the NSW Government Clinical Excellence Commission have outlined on their website - [NSW Government Clinical Excellence Commission](#)

### Prior to First Aid Treatment Procedure



**1** perform hand hygiene



**2** put on long sleeve impervious gown



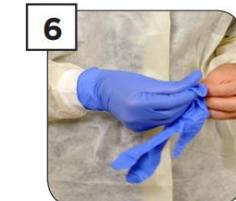
**3** put on P2/N95 mask



**4** put on eye protection



**5** perform hand hygiene



**6** enter patient zone then put on gloves

### Following First Aid Treatment Procedure



**1** remove gown and gloves and dispose



**2** perform hand hygiene then leave patient zone



**3** remove eye protection



**4** perform hand hygiene after cleaning reusable eye protection



**5** remove mask and dispose



**6** perform hand hygiene

The following [video](#) outlines donning and doffing PPE to reduce the risk of infection and members may also decide to review the SLSA [COVID-19 Patient Treatment Guidelines](#).

## 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

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Dear Members,

We wanted to thank you for your patience and support over the past few months while we have waited for the COVID-19 situation to unfold. Earlier this week, the NSW Government announced the roadmap for easing restrictions once NSW has hit the 80% double vaccination target and beyond.

## What we know

- From October 9<sup>th</sup> 2021 patrols will be able to revert back to full patrolling numbers and be inclusive of patrolling members under the age of 16.
- Members will be expected to complete their annual Skills Maintenance requirements by December 31<sup>st</sup> 2021.
- There are specific requirements for members undertaking SLS activities as the various vaccination targets are met to align with the NSW Government's roadmap. We therefore encourage you to regularly review the relevant information that SLSNSW, Branch and the club have provided you and make informed decisions when undertaking patrols.

## Staying safe

For your information, we have attached our COVID-19 Safety Plans for Lifesaving and for general use of the club house. Some of the ongoing measures in place this season to help us to ensure your safety when undertaking patrols include:

- Scaling back the practical skills maintenance (proficiency) requirements for the Bronze Medallion – this season, the practical proficiency will consist of a run-swim-run and tube rescue or solo paddle, conducted at the start of your patrol.
- Modifications 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 face shields, masks and other PPE items) 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.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times.

Kind Regards,  
Director of Lifesaving