



# COVID-19 Information Pack

## Training and Education

4 November 2021 (Version 4.4)



## Training and Education

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### COVID-19 – Roadmap to Recovery

In late September 2021 the NSW Government announced the roadmap for easing restrictions based on vaccination rates.

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 **SLNSW COVID-19 Activity Matrix** on the SLNSW 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high frequency of changes that are occurring throughout the COVID-19 pandemic, the guidance within this document may be out of date if downloaded or printed.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:

- Lifesaving
- Sport
- Junior Activities

### COVID-19 Checklist (Training and Education)

- Work with your club to develop your 2021/22 season training calendar aligned with the roadmap for easing restrictions (documented on the SLNSW website).
- 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, sanitiser stations and cleaning schedules).
- Communicate with trainers, assessors and facilitators (see **example email template** below).
- Communicate with participants for each course (see email **example template** below).

### Useful Links

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[SLNSW COVID 19 Updates](#)

[Australian Skills Quality Authority for FAQ on COVID-19 compliances for face to face training](#)

[Australian Industry and Skills Committee's advice on first aid training](#)

## FAQs

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### **Will I need to be double vaccinated to deliver training or assessment, or to be a participant on a course?**

Yes, however exemptions do provide for critical training and assessment to proceed. Clubs are strongly advised only to use trainers and assessors who are double vaccinated. From 15 December or when the state reaches 95% vaccination rate, under the Public Health Order, all activities will be open to all regardless of vaccination status.

SLSNSW continues to seek expert guidance from various sources with respect to any future requirement for mandatory vaccination requirements for members in various roles within Surf Life Saving and is currently undertaking an internal risk assessment and member consultation.

### **What if our club or branch feels strongly about implementing a policy for mandatory vaccination requirements?**

Clubs and branches are not precluded from setting their own policies. Prior to implementing any new policies, risk assessments and member/stakeholder consultation must be undertaken to ensure that the policies are lawful and reasonable. The information on this topic is continuously evolving and clubs and branches are advised to refer to guidance from Safe Work Australia on this issue.

### **Does our club need to check vaccination status of those aged 16+ before granting entry to non-critical training activities?**

Yes. Additional information relating to this requirement can be found [here](#). Information on how proof of vaccination can be shown can be found

[here](#). Clubs and branches are advised to share this information with their educators and participants.

### **What if I live in a LGA of concern? Can I deliver critical training and assessment?**

Ideally, your club/branch will be able to meet critical education needs without engaging members from LGAs of concern. If this is not possible, you can assist, but you must:

1. Apply for a [Service NSW permit](#).
2. Complete the [SLSNSW Travel Exemption Request](#).
3. Have had at least your first vaccination dose.

You will not be permitted to travel to the club/service if your club/service is within an LGA without restrictions.

### **What if I don't feel comfortable training or assessing this season?**

Members will not be compelled to train or assess if they do not feel comfortable to do so. Not assisting due to COVID-19 concerns will not negatively impact on future TAF re-endorsement processes.

Clubs should have open conversations with their members as soon as possible so that training and assessment calendars can be developed to reflect members who may not wish to not train or assess until restrictions have eased.

### **What additional safeguards can I put in place to protect myself, other members and the community?**

1. Don't attend SLS activities if you feel unwell.
2. Consider getting a COVID test 72 hours prior to and after training/assessing.
3. Be familiar with your club's COVID-19 Safety Plan and follow club directives.

## Reasonable adjustments

The following table provides some guidance on how Assessors and Facilitators can provide reasonable adjustments during the COVID-19 pandemic period for SLS emergency care pathway awards. These are example options to consider after completing a risk assessment prior to training or assessment.

**Note:** For information on first aid and emergency protocols during the COVID-19 pandemic, see the Lifesaving COVID-19 Information Pack. Participants should be made aware of these protocols during their training.

| Assessment Criteria  | Reasonable Adjustment Options   |
|--|---|
| <b>HLTAID009: Resuscitation, Surf Rescue Certificate, Bronze Medallion &amp; Advanced Resuscitation Techniques</b> |   |
| Ventilations/Rescue Breaths  | Participants to take a breath and place their widely open mouth beside the manikin mouth (without contact) and blow to demonstrate inflating the lungs with a volume to achieve chest rise. Clearing the airway, positioning the head, and pinching the nose must all be carried out as normal. |
| Demonstrate Defibrillator  | Participants to correctly indicate where the defibrillator pads are placed on the manikin, pointing to the button on the defibrillator that would be pressed when prompted.   |
| Recovery Roll  | Participants to demonstrate Recovery Roll using baby manikin, verbalising movements (e.g. airway open, mouth down).<br>Participants to lay on the floor, demonstrating rolling themselves into the correct recovery position.   |
| Respond to Regurgitation/Vomiting  | Participants to place manikin in recovery position, clear airway, check for breathing.  |
| Rotation of operators  | Each participant and the trainer has a manikin. <ul style="list-style-type: none"> <li>• <b>First round</b> Participants perform CPR</li> <li>• <b>Second round (First Rotation)</b> Trainer performs CPR</li> <li>• <b>Third round (Second Rotation)</b> Participants perform CPR</li> </ul>   |
| <b>HLTAID011/002 Bronze Medallion, First Aid</b>   |   |
| Anaphylaxis  | Participant to demonstrate on themselves, verbalising the need to lay casualty down or sit on ground.   |
| Asthma   | Each participant receives an individual puffer/spacer. Rotate through manikins to deliver 4x4.  |
| Bleeding   | Participant to apply bandage to their own leg.  |
| Choking  | Participant to demonstrate treatment on a manikin.  |
| Basic care of a wound  | Participant to demonstrate basic care of a wound on themselves or manikin.  |
| Envenomation—marine creatures, snakes, and bees  | Participant to apply PIT bandage to their own leg.  |

| Assessment Criteria                                 | Reasonable Adjustment Options  |
|---|--|
| Fractures   | Participant to tie a collar and cuff and place on own wrist, demonstrate how tails make “collar”.  |
| Head, neck and spinal injuries—concussion           | Participant to treat head injury on a manikin.   |
| Secondary Survey                                    | Participant to demonstrate and verbalise Secondary Survey on themselves.<br>Participant to stand up whilst Trainer talks everyone through a physical Secondary Survey.<br>Participant to look at another participant, ask them “what happened?” “where does it hurt?”.   |
| Soft tissue injuries including sprains and strains  | Participant to treat their own sprained ankle.   |
| <b>HLTAID015: Advanced Resuscitation Techniques</b> |  |
| Pulse   | Participant to take their own pulse.   |
| Respirations  | Participant to count own breaths / observe rise and fall of chest to ascertain breathes per minute.  |
| Temperature   | Participant to use words to describe (cool, warm, dry, sweaty).  |
| Correct Use of Bag-Valve-Mask (BVM)                 | Each participant and trainer has a manikin and BVM. <ul style="list-style-type: none"> <li>• <b>First round:</b> Participants perform CPR, trainer provides ventilations using BVM.</li> <li>• <b>Second round:</b> Trainer performs CPR, participants provide ventilations using BVM.</li> </ul>  |
| Tourniquet  | Participant to apply tourniquet to their own leg (as per manufacturer instructions).   |
| <b>Surf Rescue Certificate and Bronze Medallion</b> |  |
| Water Safety Signals                                | Participant to use hands instead of signal flags or rescue tubes.  |
| Radio Communication                                 | Use waterproof or Ziplock plastic bags for radios and change or clean the bags between users.<br>Ask participants to demonstrate radio procedures on their personal mobile device using the SLSA Radio Operations Skills Maintenance Zello Channel to communicate—Zello is a mobile application that replicates the functionality of a radio. More information on Zello is available in the new SRC and BM Course Guides). |
| Carries   | Demonstrate carries using a rescue manikin wherever possible.  |
| Tube Rescue   | Allow a conscious victim to secure the rescue tube to themselves to reduce close contact, while the victim faces away from the rescuer.<br>Demonstrate a tube rescue of an unconscious victim in the water using a rescue manikin.   |

| Assessment Criteria                                     | Reasonable Adjustment Options  |
|---|--|
| Board Rescue  | Demonstrate a board rescue without a victim - paddle and negotiate water/surf conditions, simulate victim pick-up with a rescue manikin and return to the beach closer to shore. |
| Spinal Management (Dry)                                 | Use rescue manikins wherever possible to practice rescue techniques.   |
| Spinal Management (Wet)                                 | Use rescue manikins to practice rescue techniques.   |
| <b>IRB Crewperson, Silver Medallion IRB Driver, RWC</b> |  |
| Patient Pick Up   | Use rescue tubes and manikins wherever possible to practice rescue techniques.<br>Rescues performed beyond the break may reduce the risk of unnecessary physical contact.        |

## Virtual Classroom Training Options

The COVID-19 pandemic has prompted much consideration to the suitability of online delivery for training and assessment requirements.

Following these considerations, it was noted:

- Content previously delivered in 2-3+ hour classroom training sessions does not transfer well to a recorded or live video presentation of the same duration.
- Not all practical assessment requirements can be met in the context of required assessment conditions via an online delivery mode.
- Virtual delivery of emergency care courses also requires the deployment of specialised training equipment to the participant's alternative simulated training environment (e.g. an AED trainer, bandages, manikins, tourniquets).

SLSNSW is supportive of:

- Theory training and online theory assessments being completed using the online course content available within the SLS eLearning platform.
- Theory training being delivered through virtual classroom options where the use of specialised training equipment or a simulated training environment is not required.

# Email Template for Trainers, Assessors and Facilitators

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Dear [Name],

We hope that you are staying safe and well at these challenging times.

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.

## What we know

- From 8 November, restrictions for fully vaccinated people are being further eased which enables non-critical training and assessment to recommence subject to 1 person per 2sqm inside and outside, uncapped. **All participants, trainers and assessors (16+) must be double vaccinated and will need to confirm their vaccination status prior to participating. A COVID Safety Plan must be in place for events with more than 1,000 in attendance.**
- The easing of restrictions for those who are not fully vaccinated have been delayed to 15 December, or when the state reaches 95% vaccination rate. SLSNSW continues to seek expert guidance from various sources with respect to any future requirement for mandatory vaccination requirements for members in various roles within Surf Life Saving, and is currently undertaking an internal risk assessment and member consultation.

## Staying safe

While we may not need a COVID Safety Plan, we are still operating with COVID safe measures, including QR code check-ins, physical distancing, mask usage, hand sanitisation and increased cleaning and sanitisation.

## In the meantime...

Have you completed the online theory component for your skills maintenance this season? If not, take the time to jump online and complete it!

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,  
Chief Training Officer

## Email Template to Participants

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Dear [Name],

We are looking forward to welcoming you to the [Name] course on [Date].

### Staying safe

We are asking all participants to support us to meet Government requirements and stay COVID-19 safe by:

- Staying at home if you have any COVID-19 symptoms or are unwell
- Ensuring that you check in using the QR code when attending training or assessment activities
- Bringing proof of your current vaccination status ([find out more](#) about how to do this)
- Maintaining physical distancing where possible
- Bringing your own sunscreen, water bottles and towels to avoid sharing
- Where possible, showering and getting dressed at home

An infection safety briefing will be held at the start of your session to inform you of your responsibilities, and also to advise you of any modifications or reasonable adjustments we have made to training and/or assessment to keep you safe.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times. If anything changes which affects your participation in this course, we will advise you as soon as possible.

Kind Regards,

[Name]

Trainer