

# COVID-19 Safety Plan



Surf Life Saving Club details	
Surf Life Saving Club:	Newport SLSC
Plan completed by:	Brendan Menzies – Chief Instructor
Plan approved by:	Glen Borg – Club President
Plan effective:	11/10/2021

## Requirements for SLSC

As of October 11<sup>th</sup> 2021:

- Maximum group size is 30 (including trainers).
- All participants (16+ years old) must be double vaccinated to attend training.
- Unvaccinated under 16 year old training must be outside.
- Proof of vaccination status must be provided before training session.
- Masks must be worn during all indoor activities.

## Specific risks related to training and education activities

Requirements for your SLSC and the actions you will put in place to keep your SLS members, staff and other people safe.

Requirements	Actions
Clean areas used for practical training including but not limited to CPR training with detergent and disinfectant after each use.	<ul style="list-style-type: none"> <li>• Clean areas used for practical training including but not limited to CPR training with detergent and disinfectant after each person and after each use.</li> <li>• Follow the hygiene and cleaning guidelines set out in the club COVID-19 safety guidelines.</li> </ul>
Ensure all trainers, assessors and facilitators are able to disinfect CPR manikins safety	<ul style="list-style-type: none"> <li>• Ensure all trainers, assessors and facilitators are aware of the disinfecting protocols.</li> <li>• Ensure all trainers, assessors and facilitators have access to disinfectants, gloves and alcohol wipes</li> <li>• Clean all manikins with disinfectant wipes after each person and after each use.</li> </ul>
Equipment cleaning	<ul style="list-style-type: none"> <li>• Ensure that all equipment used is cleaned in between each person and each use and prior to being stored.</li> <li>• This includes rescue boards, rescue tubes, spinal boards and radios.</li> </ul>
Ensure all trainers, assessors and facilitators deliver CPR training safety	<ul style="list-style-type: none"> <li>• Avoid high risk activities when training CPR</li> <li>• Make sure radios are in bags</li> </ul>
Ensure training rooms or areas are set up safely to avoid the risk of spreading COVID-19	<ul style="list-style-type: none"> <li>• Ensure we maintain the 1.5m distancing guidelines where possible.</li> <li>• Ensure we abide by the 1 person per 4 square meter guideline.</li> <li>• Ensure hand sanitiser, disinfectant wipes and hand washing facilities are available.</li> <li>• Participants should stay in the same groups where possible.</li> </ul>
Implement measures to prevent crowding at ocean baths, such as	<ul style="list-style-type: none"> <li>• Stagger pool entries during swim training</li> </ul>

Requirements	Actions
limiting the number of swimmers to 3 per lane and ensuring physical distancing for swim training or entry-requirement swims (which can have up to 20 participants).	
Contact tracing	<ul style="list-style-type: none"> <li>Ensure participants, trainers and assessors use the contact tracing methods (either signing paper log or using the QR code).</li> </ul>

## Acceptable reasonable adjustments to training

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.

Assessment Criteria	Reasonable Adjustment Options
<b>SLS Resuscitation, Surf Rescue Certificate, Bronze Medallion, Silver Medallion Advanced First Aid and Advanced Resuscitation Certificate –HLTAID001</b> e.g., Resus AT2-3, SRC/BM AT4 and AT7, SMAFA AT 3-4, ARTC AT2-4	
Breaths	<ul style="list-style-type: none"> <li>Blow to side of manikin</li> </ul>
Demonstrate Defibrillator	<ul style="list-style-type: none"> <li>Each candidate 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.</li> </ul>
Recovery Roll	<ul style="list-style-type: none"> <li>Candidate to demonstrate Recovery Roll using baby manikin, verbalising movements (e.g. airway open, mouth down).</li> <li>Candidate to lay on the floor, demonstrating rolling themselves into the correct recovery position.</li> </ul>
Respond to Regurgitation/Vomiting	<ul style="list-style-type: none"> <li>Candidate to place manikin in recovery position, clear airway, check for breathing.</li> </ul>
<b>SLS Bronze Medallion, First Aid, Silver Medallion Advanced First Aid –HLTIAD002</b> e.g., SLS BM AT8, SMAFA AT4	
Anaphylaxis	<ul style="list-style-type: none"> <li>Candidate to demonstrate on themselves, verbalising the need to lay casualty down or sit on ground.</li> </ul>
Asthma	<ul style="list-style-type: none"> <li>Each candidate receives an individual puffer/spacer. Rotate through manikins to deliver 4x4.</li> </ul>
Bleeding	<ul style="list-style-type: none"> <li>Candidate to apply bandage to their own leg.</li> </ul>
Choking	<ul style="list-style-type: none"> <li>Candidate to demonstrate on manikin.</li> </ul>
<b>SLS Bronze Medallion, First Aid and Silver Medallion Advanced First Aid</b> e.g., SLS BM AT9, SMAFA AT4	
Basic Care of a Wound	<ul style="list-style-type: none"> <li>Candidate to demonstrate basic care of a wound on themselves or manikin.</li> </ul>

Assessment Criteria	Reasonable Adjustment Options
Envenomation – Marine Creatures, Snakes, and Bees	<ul style="list-style-type: none"> <li>• Candidate to apply PIT bandage to their own leg.</li> </ul>
Fractures	<ul style="list-style-type: none"> <li>• Candidate to tie a collar and cuff and place on own wrist, demonstrate how tails make “collar”.</li> </ul>
Head, Neck and Spinal Injuries – Concussion	<ul style="list-style-type: none"> <li>• Candidate to treat head injury on a manikin.</li> </ul>
Secondary Survey	<ul style="list-style-type: none"> <li>• Candidate to demonstrate and verbalise Secondary Survey on themselves.</li> <li>• Candidates to stand up whilst Trainer talks everyone through a physical Secondary Survey.</li> <li>• Candidates to look at another participant, ask them “what happened?” “where does it hurt?”</li> </ul>
Soft Tissue Injuries Including Sprains and Strains	<ul style="list-style-type: none"> <li>• Candidate to treat their own sprained ankle.</li> </ul>
<b>SLS Silver Medallion Advanced First Aid and Advanced Resuscitation Techniques Certificate—HLTAID006</b> e.g., SMAFA AT4, ARTC AT4	
Pulse	<ul style="list-style-type: none"> <li>• Candidate to take their own pulse.</li> </ul>
Respirations	<ul style="list-style-type: none"> <li>• Candidate to count own breaths / observe rise and fall of chest to ascertain breathes per minute.</li> </ul>
Temperature	<ul style="list-style-type: none"> <li>• Candidate to use words to describe (cool, warm, dry, sweaty).</li> </ul>
<b>SLS Advanced Resuscitation Techniques Certificate –HLTAID007</b> e.g., ARTC AT3-4	
Correct Use of Bag-Valve Mask (BVM)	<ul style="list-style-type: none"> <li>• Each candidate has a manikin and BVM. Trainer has manikin and BVM. First round candidates perform CPR, trainer provides BVM ventilations.</li> <li>• Second round Trainer performs CPR and candidates provide ventilations using BVM.</li> </ul>
<b>Surf Rescue Certificate and Bronze Medallion</b> e.g., SRC/BM AT3-7, BM AT10-11	
Water Safety Signals	<ul style="list-style-type: none"> <li>• Candidate to use hands instead of signal flags or rescue tubes.</li> </ul>
Radio Communication	<ul style="list-style-type: none"> <li>• Use waterproof or Ziplock plastic bags for radios and change or clean the bags between users, OR 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).</li> </ul>
Spinal Management (Dry)	<ul style="list-style-type: none"> <li>• Use rescue manikins wherever possible to practice rescue techniques.</li> </ul>

Assessment Criteria	Reasonable Adjustment Options
Spinal Management (Wet)	<ul style="list-style-type: none"> <li>• <i>Use rescue manikins wherever possible to practice rescue techniques.</i></li> </ul>
Carries	<ul style="list-style-type: none"> <li>• <i>Demonstrate carries using a rescue manikin wherever possible.</i></li> </ul>
Tube Rescue	<ul style="list-style-type: none"> <li>• <i>Demonstrate carries using a rescue manikin wherever possible.</i></li> </ul>
Board Rescue	<ul style="list-style-type: none"> <li>• <i>Allow the victim to secure the rescue tube to themselves to reduce close contact.</i></li> <li>• <i>Demonstrate rolling a face-down unconscious victim overusing a rescue manikin.</i></li> </ul>
<p>SLS IRB Crewperson, Silver Medallion IRB Driver, Silver Medallion Rescue Watercraft e.g., IRBC AT4, SMIRD AT2</p>	
Patient Pick Up	<ul style="list-style-type: none"> <li>• <i>Use rescue tubes and manikins wherever possible to practice rescue techniques.</i></li> <li>• <i>Rescues performed beyond the break may reduce the risk of unnecessary physical contact.</i></li> </ul>