



# COVID-19 Information Pack

## Lifesaving

28 August 2020 (Version 1.0)



## When not to attend SLS activities

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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

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### 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

# First Aid and Rescue Protocols – COVID-19

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## 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.