

Memorandum

To: Directors of Lifesaving and Patrol Captains
Cc: Club Administrators
From: Nick Pavy, Lifesaving Coordinator
Date: 27 March 2020
Rev: 1.1 (Updates denoted in red)
Pages: 5
Subject: Work practice guidelines with respect to COVID-19

Directors of Lifesaving / Patrol Captain,

The health and safety of SLSWA frontline personnel is of the highest priority at all times with particular consideration made during the evolving COVID-19 situation. Given the rapid nature in which global and local situations continue to change, we are issuing the below guidelines to Clubs to enable delivery of services requirements in the safest possible manner. These guidelines may be superseded or repealed as new information comes to hand. Please regularly monitor for updates to this document.

Maintaining hygiene while on patrol

Hygiene is to be maintained while on patrol so far as practicable. At a minimum, this should include wiping down key and high-contact surfaces upon opening and closing of each patrol as well as at each patrol team changeover time (if relevant). Surfaces include, but is not limited to:

- Tabletops, chairs and door handles (i.e. those found in Observation Towers, Lookout Towers, etc.)
- Radios, radio bags and loudhailers
- Devices including phones and tablets
- Drone related equipment (where relevant) including drone outer surface, remote controller, screen, batteries etc.
- Interior and exterior of First Aid Kit and Oxy Kit bags or other storage cases
- Steering wheel, radio / dashboard controls, door handles, seatbelt latches, handbrake and gear selectors in vehicles (SSV's and Utilities)

A suitable spray cleaner with disposable wipes or paper towel should be used.

All other equipment (Rescue Tubes, Rescue Boards, IRB's, RWC's, etc.) that can be hosed down must be thorough washed at the end of each shift.

Lifesavers are encouraged to maintain hydration during each shift but must not share water bottles.

Lifesavers should be advised to only eat food while off the beach / not on patrol, when there is adequate opportunity to thoroughly wash hands prior to eating and after eating. If snacks are eaten while on patrol, please enable opportunities for Lifesavers to wash hands prior to doing so. At all other times, you are encouraged to provide opportunities to Lifesavers to maintain hygiene during each patrol by rotating them through hygiene breaks (to wash hands or, generally, use toilet facilities). Hygiene breaks should only be taken when the operating environment warrants a safe opportunity to do so (i.e. quieter periods, low numbers of people in the water, adequate number of Lifesavers on patrol, etc.). Hygiene breaks should be completed as promptly as possible to avoid service disruption.

If hand sanitiser can be provided on patrol for Lifesavers please do so.

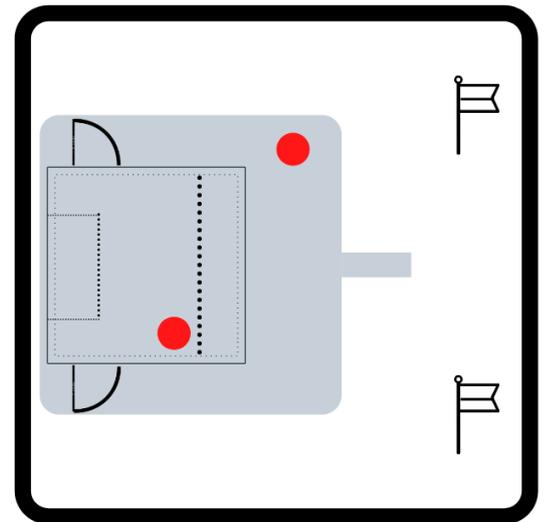
Lifesavers should be encouraged to regularly wash allocated uniforms and are to wear a washed uniform for each patrol. If additional uniform items are required please advise the Lifesaving Coordinator. Under no circumstance should patrol uniform items, including whistles, be shared between patrolling members. Shared PPE items like PFD's and helmets must be thoroughly washed down after every use.

Mitigating the transmission of COVID-19 between patrolling members while on patrol

Lifesavers are to apply the following work practices to maximise “social distancing” guidelines while still fulfilling patrol responsibilities. It is not expected these work practices can be applied while responding to an incident but attempts should be made. It is, however, expected they can be applied at all other times in line with setup / pack-up and beach management requirements.

- **General**
 - Avoid unnecessary contact including handshaking, high fives, hugging, etc.
 - Wherever possible, keep a distance of at least 1.5metres between each other
 - Spend less than 15 minutes of face to face contact at a distance of less than 1.5m
 - Spend less than 2 hours with others in a closed space, at a distance of at least 1.5m
 - When in an enclosed space, meet the requirement of one Lifesaver per 4sqm

- **Observation Towers (*Lotterywest-type*)**
 - Doors to remain open
 - Only one Lifesaver to be stationed inside the Observation Tower at any one time (see image right)
 - The alternate Lifesaver is to be stationed on the gantry outside the Observation Tower (see image right)
 - Lifesavers should rotate positions every 30mins
 - If viable, based on patrol team size, both Lifesavers should be changed out prior to fourth position swap.
 - Shelter under the tower should be used for additional Lifesavers in preference of using the cabin
 - If inclement weather occurs, a maximum of three (3) Lifesavers may be within the Observation Tower at the same time however the General practice noted above is to be applied and, if possible, door/s left ajar to promote ventilation



- **Surveillance Towers / Lookout Towers (*pod-style or towers integrated into buildings*)**
 - Doors / windows to remain open to promote ventilation
 - The number of Lifesavers stationed in a Surveillance Tower / Lookout Tower at any one time is dependant on the ability to achieve the General practice noted above.
 - Lifesavers should rotate positions every 30-60mins
 - If inclement weather occurs, additional Lifesavers may be within the Surveillance Tower / Lookout Tower at the same time however the General practice noted above is to be applied and, if possible, door/s left ajar to promote ventilation
- **Patrol Shelters (*trailer type*)**
 - Weather blinds / awnings to remain open
 - The number of Lifesavers stationed inside the shelter at any one time is dependant on the ability to achieve the General practice noted above
 - Additional Lifesavers should be stationed on the sand immediately in front of the shelter. Sun protection must be worn.
 - Lifesavers inside and outside of the shelter should regularly alternate positions including rotating through roving patrols.
 - If inclement weather occurs, Lifesavers may be within the shelter at the same time however the General practice noted above is to be applied and, if possible, blinds / awnings to be left partially raised to promote ventilation
- **Patrol Tents (*pop-up gazebo type*)**
 - The number of Lifesavers stationed under a tent at any one time is dependant on the ability to achieve the General practice noted above

- Vehicles (*Utility-type*)
 - At least two windows (preferably one front and one rear) should be fully lowered during the first and last 10mins of each patrol to adequately ventilate the vehicle. All windows can be fully raised thereafter or during inclement weather.
 - The recirculate function should not be used with climate control (heating or air conditioning). When climate control is used, at least two windows should be slightly ajar to circulate air through the cabin of the vehicle.
 - Open windows should be used in lieu of air conditioning so far as practicable
 - **Passengers should only be carried when General practice noted above can be achieved (i.e. driver and passenger in rear left seat). Passengers must not be transported in the tray of a ute. It is recommended that a ute is used by a suitable trained Lifesaver. An SSV should be actively monitored by the remaining patrol team in the event the Lifesaver operating the SSV responds to an incident and requires additional support.**
- SSV's
 - **SSV's should not carry passenger (driver only). Passengers must not be transported in the tray of the SSV. It is recommended that an SSV is used by a suitable trained Lifesaver. An SSV should be actively monitored by the remaining patrol team in the event the Lifesaver operating the SSV responds to an incident and requires additional support.**
- RWC's
 - RWC use should always maximise the opportunity for a crew member at all times, however, it is recommended that crew are positioned on the sled in favour of being seated behind the driver.

Mitigating the transmission of COVID-19 from members of the public while on patrol

Lifesavers are to apply the following work practices to maximise “social distancing” guidelines while still fulfilling patrol responsibilities. It is not expected these work practices can be applied while responding to an incident but attempts should be made. It is, however, expected they can be applied at all other times in line with beach management requirements.

- Avoid unnecessary contact including handshakes
- Wherever possible, keeping a distance of at least 1.5metres from members of the public during any specific interaction or roving foot patrols
- Spend less than 15 minutes of face to face contact at a distance of less than 1.5m
- Consider use of loud hailers to conduct communication from a distance
- Consider the effective use of signage to mitigate the reliance on verbal one-on-one communication with members of the public (daily report signs, hazard signage, etc.)

Precautions while providing treatment

- General
 - During “danger to self” checks, if feasible ask the patient or people accompanying the patient if they have travelled to identified areas in the last two months and if so, increase PPE, minimise number of Lifesavers involved in the treatment and isolate the patient until paramedics arrive
 - Lifesavers who have been directly exposed to a confirmed Coronavirus case must immediately:
 - Thoroughly wash their hands with soap and water
 - Isolate themselves from others at the location, and
 - Once released from their patrol, depart the beach, self-isolate and seek medical attention
- Gloves
 - When treating a first aid casualty, Lifesavers must wear gloves, when available, regardless of how minor the interaction may be. Upon conclusion of treatment, Lifesavers are to remove gloves as described in the following YouTube video <https://www.youtube.com/watch?v=S4gyNAsPCbU>. Dispose of the gloves in a ziplock bag and discard the bag in a rubbish bin at the end of the patrol or as soon as possible. Immediately after disposing of the gloves, Lifesavers are to wash their hands with soap and fresh running water, making a concerted effort not to touch the taps with their clean hands. This can be achieved by using paper towel to turn the tap.
 - Patrol Captains are reminded to check for the availability of sufficient quantities PPE prior to each patrol
- CPR
 - Continue to apply normal protocols and use of PPE as per existing protocols with all patients. If a Lifesaver is not confident they are adequately protected from a patient that requires resuscitation then consider the application of compression only CPR. Mouth-mouth, mouth-nose and mouth-mask should be avoided. Based on the availability of skillset (ART-Aid or ARTC) and equipment in the patrol, Lifesavers should then move from compression only CPR to using the bag-valve mask at compression rates of 30:2 with oxygen. This is considered

preferable to ensure delivery of oxygen while avoiding mouth-mouth, mouth-nose, or mouth-mask. Regular gear checks before, during and after patrol is a requirement of current procedures.

This memorandum will be updated with further advice regarding specific treatments as modifications become known and the health authorities provide advice.

Beach management considerations

The SLSWA Lifesaving team is monitoring beach usage behavior as the COVID-19 situation, and imposed government restrictions, evolves.

The safety and health of our members must be the first priority in all decisions made concerning beach management and patrols.

Please be conscious of the following scenarios that may have an impact on how each beach needs to be managed:

- Patrol team design
 - Consider the opportunity to reduce patrol resource requirements to minimum levels starting with the number of people.
 - Reduce on-duty time for individual Lifesavers
 - With minimum patrolling numbers in place consider the skillsets required including ART-Aid / ARTC
 - Define specific positions and maximise position rotations; but consider the need to clean equipment between users (table tops, seats, vehicles, SSVs, RWCs). If possible / necessary, Lifesavers should remain in a set position.
 - Ensure sufficient time is allowed for at the start and end of patrol to clean / restock equipment and PPE
- Unexpected increase in beach visitation by “non-typical” users
 - Be aware of less competent swimmers
 - Be aware of more people walking / running along beaches
- Social distancing being applied and beachgoers being spread out along the beach including swimming outside the flags
 - Consider alternate beach management strategies including Between the Flags and Open Beach approaches
 - Consider conducting more regular roving patrols with particular attention paid to areas with limited / impeded surveillance from a fixed location
 - Seek intel from other neighbouring services or support services (SurfCom and Lifesaver 68/69) regarding visitation in areas that have compromised direct surveillance outcomes
 - Consider use of signage to identify hazards outside of the flags
 - Consider use of loudhailers to conduct updates of beach conditions outside of the flags
 - Consider the need to conduct localised surveillance (on water or aerial) in non-typical areas of a beach compared to what has previously been required. Review launch and retrieval locations.
- Lifesavers with increased levels of stress / anxiety
 - Open dialogue within the patrol team prior to start of each patrol. Brief all Lifesavers about considerations and how to look after their own safety in relation to Covid-19.
 - Define specific positions and maximise position rotations
 - Consider alternate duties for Lifesavers distracted by current affairs and consider directing them to a Peer Supporter (contact SurfCom for more assistance if required).
- Beachgoers with increased levels of stress / anxiety
 - Consider conflict management strategies and empathy when dealing with beachgoers who are less receptive to necessary safety directives by Lifesavers
 - Be aware of beachgoers demonstrating at-risk (i.e. self-harm) behaviour
 - Escalate to SurfCom promptly to seek assistance from other parties

Role and responsibility

Lifesavers are not required to instruct, direct or by any other means enforce social distancing requirements outlined by government bodies. Instead Lifesavers should educate and advise beachgoers of social distancing requirements where appropriate. This may include:

- Friendly ad hoc reminders via loud hailer announcements (“Just a reminder to please enjoy the beach while observing social distancing requirements. Your safety both in and out of the water is important to us”).
- A-Frame beach safety signs posted at beach entrance points which includes the following information in order of priority:
 1. Specific beach safety information (conditions or hazards)
 2. “Please remember 1.5m social distancing”



Lifesavers should also lead by example and practice social distancing requirements at all times during a patrol.

Lifesavers are required to monitor compliance to social distancing and mass gathering requirements and report any non-compliance to SurfCom immediately. This reporting is to be conducted in line with the relevant procedure "Reporting beach usage and beachgoer behaviour with respect to COVID-19".

If you have any further questions relating to this memorandum, please contact the SLSWA Lifesaving team. Further information on the COVID-19 virus can be found here:

- SLSWA Website - <https://www.mybeach.com.au/members/covid-19/>
- Australian Government - www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert
- WA Department of Health - www.healthywa.wa.gov.au/coronavirus
- World Health Organisation - www.who.int/emergencies/diseases/novel-coronavirus-2019
- Centres for Disease Control and Infection - www.cdc.gov/coronavirus/2019-nCoV/index.html

Kind Regards,

Nick Pavy
Lifesaving Coordinator