

Gyllyngvase SLSC COVID-19 Activity Plan

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Activity Plan version 1, issued 23 03 2021

Note: This plan will be reviewed and re-issued as the Government Covid threat level changes and /or we receive specific instructions from SLSGB (Our National Governing Body)

Please all carefully read this document before attending club training sessions, either as an athlete or support, along with beach safety wardens and lifeguard training courses.

We are extremely happy to be able to resume training but to be able to continue training and safety patrols we must cohere to the rules and regulations.

STEP dates are provisional subject to 5 weekly Government review and only confirmed if COVID data permits

Dates	29 th March	12 th April	17 th May	21 st June
Step	Step 1	Step 2	Step 3	Step 4
Government Guidance	Formally organised outdoor activity permitted for adult and Under 18's NOT subject to gathering limits	Pools are Open		All restrictions end
Requirements	Must comply with NGB Guidance (as below)	Activity only permitted for under 18's	Adult pool activity permitted	
Permitted Club Activity	<ul style="list-style-type: none"> Club must have an SLSGB Trained Covid-19 Safety Officer and an SLSGB Approved activity plan (AAP)* Activity must comply with SLSGB National Safety Guide ratios and safety requirements Note: Gov Guidance permits up to 15 parents Activity must be outside Access to equipment permitted but procedure must comply with AAP Groups should be limited to 10 participants (Coaches, Lifeguards and helpers are added) 	Must comply with Pool Operator guidance		

* Club must have an SLSGB Approved COVID-19 Safety Officer and an approved activity plan prior to starting any Club activity

Please note: All Socialising Activity must be followed until Step 4 . This is particularly relevant to Parents, carers etc supporting younger members of the club during training activities .

Steps 1 and 2- Rule of 6 and two households outdoors no indoor activity- minimise travel

Step 3 - Up to 30 persons outdoors- Rule of 6 or two households indoors- No travel restrictions

Step 4- Club can be fully opened for all activity outdoors and indoors with no restrictions

Section 1- What you must remember about COVID 19

Insurance Reminder

During COVID-19 SLSGB member insurance will only be valid if Club Activity has been approved by SLSGB.

So far, SLSGB has approved the following activities:

Beach Warden Patrols

10 Person Bubbles (any club Lifesaving related activity)

The condition of approval of the activities is that all involved must be full members of SLSGB and those involved must follow protocols established by SLSGB that has included training.

Lifeguards/Lifesavers and all other volunteers must consider the “3 Important Questions” prior to any volunteer engagement:

1. Have I had flu like symptoms in the last 7 days?
2. Does any of my household have flu like symptoms?
3. Have I been in close contact with anyone in the last 14 days that displayed flu like symptoms?



Lifeguard/Lifesaver, Level 2 Coaches and Activity Leads - Person in Charge Principles

There are 3 main C-19 procedures to always keep in mind:

1. **Distance:** All activity members should keep their distance in line with the latest C-19 recommendations (all updates can be found on the SLSGB website) and ensure that minimal numbers are in one space at one time, such as a club or any enclosed facility (NOTE: 2M CAN BE REDUCED TO 1M ONLY WITH USE OF FACE MASKS OR OTHER PPE)
2. **Regular handwashing:** All involved to wash hands often for at least 20 seconds using warm soapy water and especially if about to come in close touching contact with a patient or after. (sanitise if washing facility not available)
3. **Personal Protective Equipment (PPE):** ensure all who need to know fully understands the need for the wearing of PPE at times of incidents and are fully aware of how to don (put on) and doff (remove) equipment correctly, and the correct method for decontamination or disposal.

Prior to Activity

- The lead coach for the activity will oversee the covid safety protocols, assisted by the session volunteer.
- Equipment to be used should be through cleaned with a Suitable cleaning agent to help sanitise surfaces, clothing and equipment.
 - All shared leaning equipment
 - Communications
 - Boards
 - First Aid equipment

After Activity

- All equipment used should be washed down with a Suitable cleaning agent to help sanitise surfaces
- All personal kit used should either be bagged and hot washed at home or use washing bin to cleanse equipment immediately.
- Note: Equipment that needs to be shared during a training session may be washed off in the sea before being passed on to another participant. Similarly, if a different participant is using the equipment immediately after a session has concluded, it can be washed in the sea and used again.

Section 2- Club Activity and Training

As of the 29th March 2021, Gyllyngvase SLSC will commence training **within 10 person bubbles**.

Please read carefully before attending training and do not turn up if you can answer 'yes' to any of the questions at the beginning of this document.

This guidance is to assist with management decisions about use of Club facilities and equipment when club facilities are opened during COVID-19 and as permitted by the latest Government guidance, currently for member activity of up to 30 people.

It is issued at the time when the Government Risk is at Level 3 when the Virus is active and transmitting. Although the Government has reduced social distancing with interventions to 1m (e.g. Face masks and screens) they are still advising 2m social distancing and have not relaxed the need to take all precautions to avoid close contact with COVID-19 transmission risks.

Throughout all training, please remain in your allocated pod of 10 and adhere to social distancing.

Note for all coaches: Please set up beach signage to inform other beach users that we are an authorised club undertaking surf life saving training.

Prior to Activity

- Sanitize hands at the entrance to the beach (near where people queue for Gylly Beach Café)
- Please stay within allocated group (there will be barriers and flags to separate groups).
- Please only attend if you have prebooked a training space.
- Please arrived changed and ready to start training, this will limit time spent changing and being close proximity with others.
- Do no congregate in large groups
- Shared equipment will be cleaned by C19 regulator
- If possible, bring own equipment
- **Do not** enter board storage unit, there will be a dedicated person to take equipment in and out.

During Activity

- Individuals will be allocated into bubbles, please remain in these bubbles throughout the training session.
- Do not share equipment
- Please remember social distancing where possible (2 meters).

After Activity

- Leave equipment in the designed “dirty area” area to be cleaned.
- Please leave as soon as possible and DO NOT congregate
- If possible, leave in wetsuit and change at home.
- Do not enter club storage unit
- Maintain 2-meter distancing

4.4 Ratios Table

The table below indicates the minimum ratios for the number of Trainees per Trainer or Coach (the Person in Charge) for training, coaching and examination sessions in an open water environment.

This is only a guide to be used as a starting point and will be varied in accordance with the ARA and the DRA for the session.

The ratios advised assume that safety cover as determined by the ARA and DRA is provided.

Example Situation	Indicative ratios of Coach/Trainer to Trainees	Further explanation
Coach/Trainer is not acting as qualified safety cover and safety cover is provided to meet ARA and DRA	1:10*	Prevailing conditions and physical capability of Trainees must be considered, and ratios may change to meet these factors
Coach/Trainer is not acting as qualified safety cover and separate cover is provided and a buddy system is utilised with participants with appropriate competency awards for the situation	Above 1:10*	Prevailing conditions and physical capability of Trainees and experience of Buddies must be considered, and ratios may change to meet these factors
Coach/Trainer is acting as qualified lifesaver cover in reasonable proximity to participants who are; A) with floating Craft or in Shallow Water or B) are Competency qualified and out of depth	1:8*	Prevailing conditions and physical capability of Trainees must be considered, and ratios may change to meet these factors
Coach/Trainer is acting as qualified lifesaver cover and in reasonable proximity to participants who are out of depth and non-competency qualified - subject to risk factors	1:6*	Prevailing conditions and physical capability of Trainees must be considered, and ratios may change to meet these factors

A reminder, although the virus is still active and transmitting, we are increasingly seeing serious lapses in both social distancing and proper attention to respond to the risks. This is already causing local spikes. Please make sure that Surf Lifesaving sets and maintains the standards in our community.

Ensure that familiarity (or careless/lazy behaviour) does not lead to unsafe contact or relaxation of regular personal and shared space distancing and sanitising

Section 3- Beach Safety Warden Instructions

It is compulsory to read the SLSGB COVID-19 Club Operations Document before beginning voluntary patrols.

In Preparation:

- Ensure you have written your name into the google spreadsheet and unless I have spoken with you, buddy up with another volunteer so you are not patrolling alone
- Ensure your beach warden training is complete and qualifications up to date

On the day:

- Ensure your phone is charged
- Ensure you have plenty of water and food
- Bring/wear appropriate clothing/suncream/hat/glasses and the kit you have been provided with

When you arrive at the beach:

- Clean all equipment prior to use, maintain 2-meter distancing
- Assess the beach and post the following on the fb group:
 - Date /time
 - Weather and conditions - wind direction strength/wave height
 - Any important info (i.e offshore wind signs out)
- Put up the Gylly fags (NOT LG FLAGS) as a base so we can be easily spotted

Whilst on patrol:

- Keep a minimum of a 2m distance from other volunteers and general public
- Behave appropriately (you are representing the club so please be sensible)
- Unless the time slot after you is empty, please let the people who come after you know any key info that is not on the fb post and update your post
- Radios are to be used in line with the LOP
- Ensure everything is wiped down to avoid cross contamination
- When we have access to the kit store follow Covid Operating procedure
- Kit store should remain locked at all times, with the exception of getting kit out and putting it away

At the end of the last patrol:

- When you finish your patrol, please ensure all kit is put away and wiped down
- Make sure the kit store and board bin are locked.
- Radios should be wiped down and returned to the club house following the clubhouse covid procedure

Useful information:

- All important documents will be on the Gylly patrols/surveillance fb page- please familiarize yourself with these prior to starting
- NOPs and Contacts will be duct taped where the radios are for reference (Until we have access to the hut they will be in the board bin code 9999)

Section 4- Teaching Courses

Please refer to section 2 when taking part in a beach session.

Beach work will take place in small groups and family members will be used as casualties.

All other teaching will take place on Zoom.