



## Crackington Surf Life Saving Club

### Covid-19 – Member Briefing

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As you are aware we have been planning how we may be able to operate our coaching sessions in line with the guidelines and regulations set out by the Government and our Governing Body, SLSGB.

Whilst we cannot eradicate all risks the procedures we have developed are designed to minimise the risk of transmission. In order to maintain this it is imperative that everyone follows the instructions provided. Anyone failing to comply will not be able to participate – **we will be very strict about this.**

### Overarching Principals

- **Social Distancing** must be observed at all times, >2m distance. This may be reduced to >1m with the use of face masks or other PPE.
- **Regular hand washing** should take place prior to leaving home, on arrival and prior to leaving. This should be for 20s using warm soapy water or hand sanitizer if warm water not available.
- Members must be able to answer **NO** to the following 3 questions in order to attend club activities.
  - Q1: Have I had symptoms of coronavirus in the last 7 days?
  - Q2: Has anyone in my household had symptoms of coronavirus in the last 14 days
  - Q3: Have I been in close contact (less than 2m) with anyone with coronavirus symptoms in the last 14 days.
- Club Volunteer Lifeguards/Lifesavers must have completed the SLSGB Covid-19 CPD update.
- **Personal Protective Equipment (PPE)** processes must be understood by all those that may need to use them.
- All activities must adhere to the prevailing UK Government and SLSGB guidance and regulations.

### Clubhouse

At this stage the clubhouse facilities will remain closed with no access to changing rooms, lockers or the shower.

- Access to the equipment store should be kept to the minimum number of people required to safely retrieve or replace equipment. It is anticipated this would not be more than 2.
- Masks must be worn inside.
- All equipment must be sanitized before and after use using the provided pressure spray.
- Members with disabilities, or special circumstances, should contact the Club's Covid-19 Safety Officer if they require access to changing facilities in order to access the sessions.

## Training Sessions

We plan to operate club training outside, generally this will be in groups up to 10 participants.

- Start / finish times for each group will be staggered to avoid congestion around the clubhouse.
- There will be no access to the clubhouse.
- Participants should arrive changed and ready to start the sessions.
- A one-way system will be operated to minimize congestion and parents / guardians should not enter the area in front of the clubhouse. Younger participants should be dropped off at the entrance and collect them from the exit (at the top of the steps).

Given the varying nature of the tides, sea state, weather, and general busyness of the beach there will need to be some flexibility in timings. If it is not possible to safely operate the sessions then we would need to cancel. Whilst we hope to be able to do this in advance an unanticipated change in conditions may result in cancellation on the day.

Communication will be sent out by your coaching team, setting out the plan for the session. You will be required to confirm attendance by the deadline. Following the deadline a final communication will be sent specifying specific group members and start times where multiple groups are required to cover all participants.

We will be monitoring how things work and may introduce changes to improve the running of the sessions, or in response to changing Government or SLSGB guidelines.

The participant guidance sets out your responsibilities as members, parents and guardians. I'm afraid there is a lot of 'you must'. It is important that we all maintain strict adherence to these principles in order to be able to run the sessions as safely as possible for all attendees.

By doing so we hope to be able to run fun and fulfilling sessions, giving our members the opportunity to get back to the beach and into the sea, and to experience the physical and mental health benefits it provides.

Any questions or concerns should be directed to the Club's Covid-19 Safety Officer detailed below:

Simeon Leete

Tel: 01840 230769

Email: [secretary.crackingtonslsc@gmail.com](mailto:secretary.crackingtonslsc@gmail.com)

## Participant Guidance

You must be able to answer **NO** to the following 3 questions in order to take part in the sessions.

Q1: Have I had symptoms of coronavirus in the last 7 days?

Q2: Has anyone in my household had symptoms of coronavirus in the last 14 days

Q3: Have I been in close contact (less than 2m) with anyone with coronavirus symptoms in the last 14 days.

UK Government currently list the following symptoms for self-isolation, but a wide range of symptoms has been reported.

- a new continuous cough.
- a high temperature.
- a loss of, or change in, your normal sense of taste or smell (anosmia)

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You must confirm attendance prior to session in accordance with the communications.

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You must arrive on time for your allocated group, and should be changed and ready to start your planned activity.

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Participants should wash / sanitize hands before leaving home and on arrival.

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Social distancing must be maintained at all times. There should be no interaction between groups either before or after the session.

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During the sessions Members must stay in their group.

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Any club equipment will be sanitized before and after use, and anytime it is transferred to a different participant

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Consider bringing your own minor first aid kit and any drinks or food you may need.

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Up to date contact information must be provided.

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Strictly follow all instructions and guidance provided.

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If members have any pre-existing medical conditions that may make them more susceptible to, or at greater risk from, Covid-19 you must notify the secretary so that we can discuss your requirements and the risk mitigations in place.