



Crackington Surf Life Saving Club

Covid-19 Operating Plan

Version	Date	Author	Comments
0.1	30/03/2021	Simeon Leete	Draft
1.0	09/04/2021	Simeon Leete	Approved by SLSGB

1. Introduction

This document sets out how Crackington Surf Life Saving Club intends to reasonably protect participants, volunteers and the public from the risk of Covid-19. The protocols listed within this document are reviewed and changed accordingly if measures or guidance changes.

It should be read alongside the following important documents:

- Surf Life Saving GB – **Club Operations Guidance During Covid -19 Pandemic (COG)**
- Surf Life Saving GB – **National Safety Guide – Training & Coaching (NSG)**
- Crackington Surf Life Saving Club – **Local Operating Plan (LOP)**
- Crackington Surf Life Saving Club – **Emergency Action Plan (EAP)**
- Crackington Surf Life Saving Club – **Member Briefing & Participant Guidance (MBG)**

2. Overarching Principles

- **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. Where social distancing has been compromised, e.g. through emergency action, volunteers should follow guidance set out in the **COG** – Rescue Activity Guidance.
- **Regular hand washing** for 20s using warm soapy water or hand sanitizer if warm water not available.
- **Personal Protective Equipment (PPE)** processes must be understood by all those that may need to use them.
- 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.
- All activities must adhere to the prevailing UK Government and SLSGB guidance and regulations.

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

Simeon Leete
Tel: 01840 230769
Email: secretary.crackingtonslsc@gmail.com

3. Safeguarding

The protocols set out in this plan may present additional pressure on limited volunteer resources in the club. Effective Covid-19 protocols are clearly important but must not be at the expense of other safeguarding activity.

Safety cover must take into account the activity and prevailing conditions and be provided in line with the **NSG**.

New volunteers must undergo required safeguarding checks and those performing regulated activity will be subject to DBS checking.

Parents and guardians of members under 18 should remain in reasonable proximity to the sessions in case contact is required. Whilst there are restrictions on spectators at this time parents and guardians, of participants who are under 18, may monitor the sessions from a safeguarding perspective. They must not interact with others from outside their household.

4. Clubhouse Facilities

4.1. Changing Rooms and Showers

Due to the small size of the Clubhouse it will effectively remain closed until further notice with no access to changing rooms or showers. 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.

4.2. Equipment Store

Access to the equipment store should be kept to the minimum level required to safely retrieve or store equipment. It is anticipated that under most circumstances this would not exceed 2 people.

Masks should be worn inside and all equipment must be sanitised before and after use in line with the guidance in the **COG**.

A wash area will be established for all sessions, usually the lower grass area. All equipment must be thoroughly cleaned after the session prior to storage.

4.3. Cleaning

The equipment store must be washed / wiped down at the end of each session with Bioguard solution provided. Particular attention should be paid to high touch areas such as door handles and taps and surfaces.

5. Coaching and Training Sessions

To avoid congestion coaching and training sessions will take place in groups with staggered start times. Group sizes would not normally exceed 10 participants. Safety ratios must always be in line with the **NSG** and prevailing conditions.

High tide at Crackington Haven can be particularly challenging, with little beach and potentially dangerous shore break. If it is not possible to operate sessions in line with the **COG** then sessions will be cancelled.

PPE bag and First Aid kit must be available for each session and stored close to activity. Care should be taken to keep kit secure and avoid contamination.

Each session will have a declared person responsible for ensuring adherence to this plan. This may be the club's Covid-19 Safety Officer or delegated competent person.

5.1. Pre-attendance & Registration

All participants and volunteers must be able to answer **NO** to the following questions:

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.

Participants will be assigned to a group and associated start time for each session in advance. They should arrive changed and ready to start the scheduled activity.

Participants should wash hands prior to leaving home and sanitize on arrival.

Up to date contact details are required for all participants. All participants must register on arrival for their session.

Participants, parents and volunteers should not 'mingle' prior to or after the sessions.

5.2. Session Start and End

A one way system is in operation outside the clubhouse with signed entrance and exit points. Only session participants and volunteers supporting the sessions should enter this area.

Care must be taken to ensure social distancing is observed by all participants.

All parents and guardians should remain outside this area.

All equipment should be washed and disinfected prior to being stored. Equipment store touch points to be wiped and disinfected after each session.

5.3. Session Duration

Care should be taken to ensure social distancing is maintained between volunteers, participants and the public at all times.

Equipment may be shared between participants during a session but must be effectively sanitized before transferring. A thorough washing in sea water is acceptable practice.

Ocean rescue training should be performed with manikins.

Resuscitation training should generally be compression only. Wipe the chest, forehead and face with disinfectant wipes between each participant and allow to dry naturally.

Where assessment of rescue breaths is required replace and dispose of manikin lungs and airways after each training session. Wipe the face of the manikin with 70% alcohol wipes after each learner uses it and allow the surface to dry naturally before the next learner takes their turn.

6. Patrolling

The club currently operates only Beach Warden patrols for the general public at Crackington Haven beach. Patrols will be led by trained Beach Safety Wardens acting at a safe distance.

7. Lifeguards & Lifesavers

All Lifeguards and Lifesavers must have undertaken the online SLSGB COVID-19 CPD update.

7.1. Donning & Doffing PPE

The following Public Health England posters provide details of the procedure for donning and doffing PPE and will be displayed at designated donning & doffing sites:

- [PHE - Donning PPE](#)
- [PHE - Doffing PPE](#)

Take extra care when doffing PPE. Self-contamination is very common when taking off contaminated PPE.

7.2. C-19 Incident

Any volunteer who has had close physical contact with a participant / casualty must consider if they are now a suspect C-19 victim and act accordingly.

Where a breach has occurred volunteers should follow the decontamination process, don a face mask and remove themselves from the club. Follow guidance from NHS Track & Trace.

8. Waste Management

All personal waste of a C-19 suspected person such as tissues, first aid (non-blood stained) items, the disposable PPE worn, must be binned in the dirty bin, blood stained first aid with the clinical waste bag and procedures followed: -

Items should be placed into a disposable rubbish bag in a designated area (away from general activity). These bags should then be placed into another bag and left aside for at least 72 hours before being disposed of as normal protocols allow. 72 hours is the recommended time by PHE that the virus is still alive.