



Crackington Surf Life Saving Club

Covid-19 – Member Briefing – July 2021

Following the change to Government regulations on 19th July 2021 we are issuing the following updated guidance to club members. Cases are rising rapidly across the country and we must still work to protect ourselves and those around us.

SLSGB guidance is to enjoy the Summer, but be careful, be aware of the risks and continue to take actions to keep yourselves and others safe.

Outdoor activities propose a significantly reduced risk of transmission particularly in the sea. We will therefore be removing the restriction on numbers for club beach and sea sessions. Indoor restrictions will still apply to the clubhouse and the COVID procedures and use of PPE should be adhered to by all lifesaving personnel.

Overarching Principals

- Members **should not attend** club activities if they are suffering symptoms of Coronavirus, or have been requested to self-isolate.
- **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.
- 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 all club training outside, there will no longer be a limit on participants from a Covid perspective, although effective safeguarding ratios must be maintained at all times in line with SLSGB National Safety Guidance.

- There will be no access to the clubhouse.
- Participants should arrive changed and ready to start the sessions.

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 the start time for the sessions.

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

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 or been instructed to self-isolate.

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)

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

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

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

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

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

Up to date contact information must be provided.

Strictly follow all instructions and guidance provided.

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.