



# Affiliate Virtual Meeting – May 19

## Guidelines for Reopening Pools & Waterfronts

Introduction

Guidelines Document, Acknowledgements

Recommendations for Progressive Reopening

Recommendations for Aquatic Staff Training

First Aid, Resuscitation and PPE

Recommendations for Cleaning, Decontamination & Safe Water Management

WorkSafeBC

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# Guideline Development

Guidelines developed to assist owners, operators & lifesaving trainers to adapt facility operation to mitigate risk to staff & public health posed by COVID-19.

Reflects the best available data at the time, may require revision as new information becomes available.

Do not replace or supersede local, provincial/territorial or federal legislation or regulations or directives from the Ministry of Health and Provincial Health Officer.



# Recommendations for Progressive Reopening of Pools and Waterfronts

- Employee Equipment
- Employee PPE
- Facility Admission & Access
- Communicating Physical Distancing Measures
- Aquatic Facility Amenities
- Programming Aquatic Facilities
- Organized Activities
- Appendices – Models, Checklist



# Staff Training

## **Key message: Protect staff & public through training in COVID-19 specific protocols**

1. After a prolonged absence from work aquatic staff must be ready to provide effective safety supervision to the public
2. Employers are responsible for the health and safety of their staff therefore new protocols should be in place to minimize the risk of COVID-19 transmission between aquatic staff and the public
3. Aquatic staff should be trained and competent in new protocols prior to reopening aquatic facilities



# Staff Training

Training should be provided in COVID-19 specific protocols for all facility staff. Use a blended learning approach to train your returning staff prior to in-person training.

1. Develop training plans to reactivate returning staff
2. Develop a recertification schedule
3. Document all training



# Review COVID-19 Adapted Protocols

## Facility Safety Plans

Facility Operations: disinfection protocols, the use of the facility's amenities, and amended program schedules

Personal health and physical distancing requirements for staff

Physical distancing measures for patrons within the facility

Safety education and rule enforcement practices

In-water rescue protocols

First aid and resuscitation protocols

PPE equipment for all aquatic and facility staff

Conduct a Rescue Ready Assessment of safety supervision staff



# Guidelines for Safety Supervision, First Aid & Resuscitation

All returning staff should undergo a Rescue Ready Assessment and COVID-19 specific training

During training staff should be supplied with their own PPE and personal first aid equipment

Avoid person-to-person contact during first aid or resuscitation skill assessments or practice situations

Disinfect all training equipment before, during and after training

Wherever possible, provide surveillance and scanning from elevated platform to promote physical distancing



# Appendices

Rescue Ready Assessment

COVID-19 In-Water Rescues

COVID-19 Protocols for Safety Education and Rule Enforcement.

COVID-19 First Aid and Resuscitation Protocols

COVID-19 Lifeguard Personal Protective Equipment

COVID-19 Staff Training for Instructional Program (yet to come)

COVID-19 Lifesaving Sport Return to Practice Safety Plan (yet to come)





# Reminders

Prepare a plan to manage a possible COVID-19 outbreak in your facility.

Ensure you have a check-in and check-out for staff and patrons to assist public health with contact tracing should an outbreak occur.



# PPE

Lifesaving Society to source:

- Fanny packs
- Pocket masks with viral filter
- BVM with viral filter
- Gloves
- Face shields
- Surgical masks
- Gowns

More to come





# Cleaning, Decontamination and Safe Water Management

- Personal Protection
- Where to Clean
- Cleaning Products
- Cleaning Procedures
- Safe Water Management

# COVID-19 Safety Plan

Employer must develop and post a COVID-19 [Workplace Safety Plan](#)

WorkSafeBC will not be reviewing or approving plans but inspector will ask about steps taken to protect workers.

Step 1: Assess the risks at your workplace

Step 2: Implement protocols to reduce the risks

Step 3: Develop policies

Step 4: Develop communication plans and training

Step 5: Monitor your workplace and update your plans as necessary

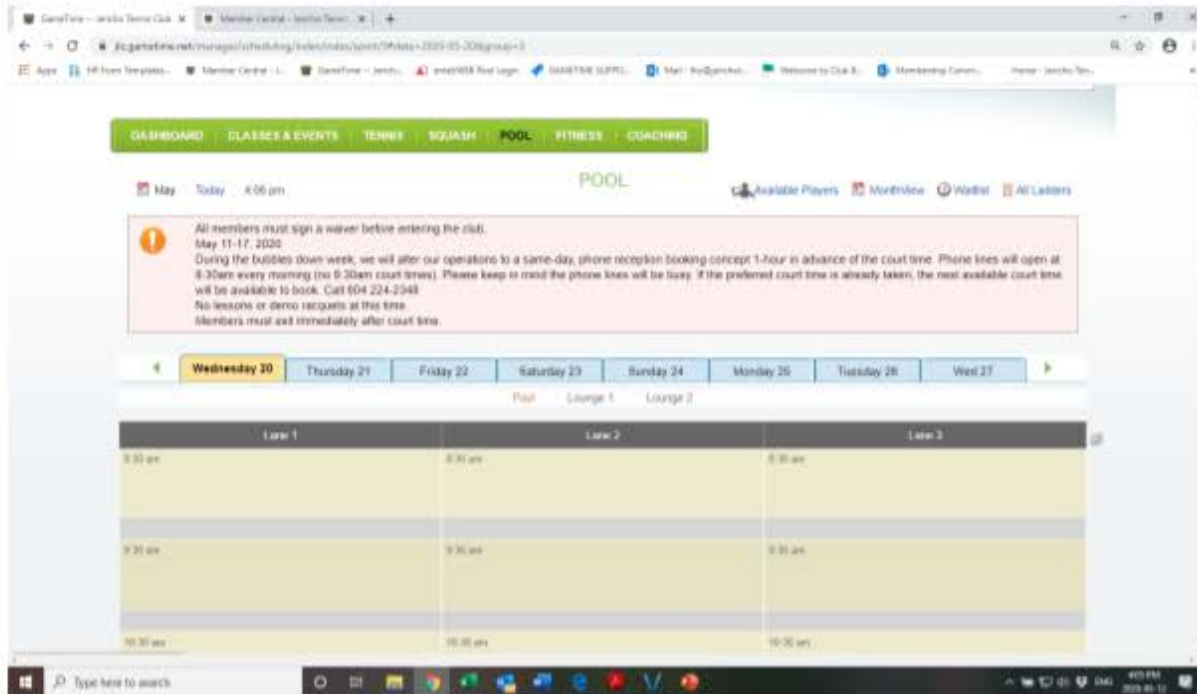
Step 6: Assess and address risks from resuming operations

Involve Joint Health and Safety Committee

# COVID-19 Levels of Protection

1. Elimination – Limit number of workers in one place, physical distancing
2. Engineering controls – Plexiglass barriers
3. Administrative controls – Rules, guidelines such as cleaning protocols
4. Personal Protective Equipment – Add PPE in combination with other measures

# Booking a Pool Lane



Members may book a swimming lane 3 days in advance, using GameTime. Swimming lanes are 45-minute bookings. Those who book a swim lane are entitled to use the swim lane and hot tub within the 45-minute booking window. There are 3 numbered chairs on the south west end of the pool to place your belongings. The maximum number permitted in the hot tub is 8, which allows for proper physical distancing. No guests permitted at this time.



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# Resuscitation & First Aid Recommendations



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

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Telephone: 613-746-5694  
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## Information Bulletin

### COVID-19 Resuscitation & First Aid Recommendations

Release Date - 15 May 2020

#### Background

When the process of drowning begins, the outcomes are often fatal. Unlike other injuries and many diseases, survival from drowning is determined almost exclusively at the scene of the incident and depends on two variable factors: how quickly the person is removed from the water, and how quickly effective resuscitation is performed.

In the COVID-19 era, lifeguards now face a decision about how to balance their own safety while providing life-saving care. There is much media attention on how dangerous the virus can be, however, several things must be considered:

- Individuals with moderate or severe infections are unlikely to be participating in water-related activities. Bather assessment by operators prior to entering the facility will reduce the exposure to those who exhibit symptoms of the disease.
- Most individuals who become infected will experience only mild or no symptoms.
- Proper personal equipment, hand hygiene and screening at sites can help decrease the risk to rescuers.
- Rescuers should always assess the risk of providing care. This includes an assessment of their own health status. Rescuers with other health problems are more likely to contract severe forms of the disease, and during times with high infection rates should consider doing other duties that does not involve direct public interaction.





# Resuscitation & First Aid Recommendations

Recognizes three factors:

1. That COVID-19 poses additional risks to lifeguards and any attempt at resuscitation may result in self-contamination
2. There is no one-size-fits-all solution to how we manage this new issue; thus, we need to approach it from a principle perspective
3. Mitigating risk of disease transmission principles do not replace first aid treatment skills but provide supplemental considerations



# Resuscitation & First Aid Recommendations

Reinforces drowning as a hypoxic environment wherein delay in ventilations negatively impacts victim outcome.

While other training agencies are moving to a compression-only resuscitation model, we are prioritizing appropriate PPE for ventilations to continue to provide best victim outcome and keep our lifeguards safe.



# Appendix D. First Aid & Resuscitation Guidelines for COVID-19

- Modified Rescue Process
- Identification of high-risk and low-risk treatment
- Identification of Proper PPE and when it should be donned
- Examples of how to organize, clean and store PPE



# Modified Rescue Process

Disease transmission principles that do not replace first aid treatment

Examples:

Scene Assessment now includes collecting information about the health status of the victim

Primary Assessment includes a decision about contact and whether physical distancing (2m) can be maintained without compromising the victim outcome

Added a Post Rescue Process which includes personal decontamination as well as more stringent guidelines for cleaning treatment area



# Identification of High-risk and Low-risk Treatment

Treatment protocols have been divided into two categories: low-risk and high-risk

Low-risk includes anything that does not generate aerosol during the protocol

High-risk includes treatments that do generate aerosol

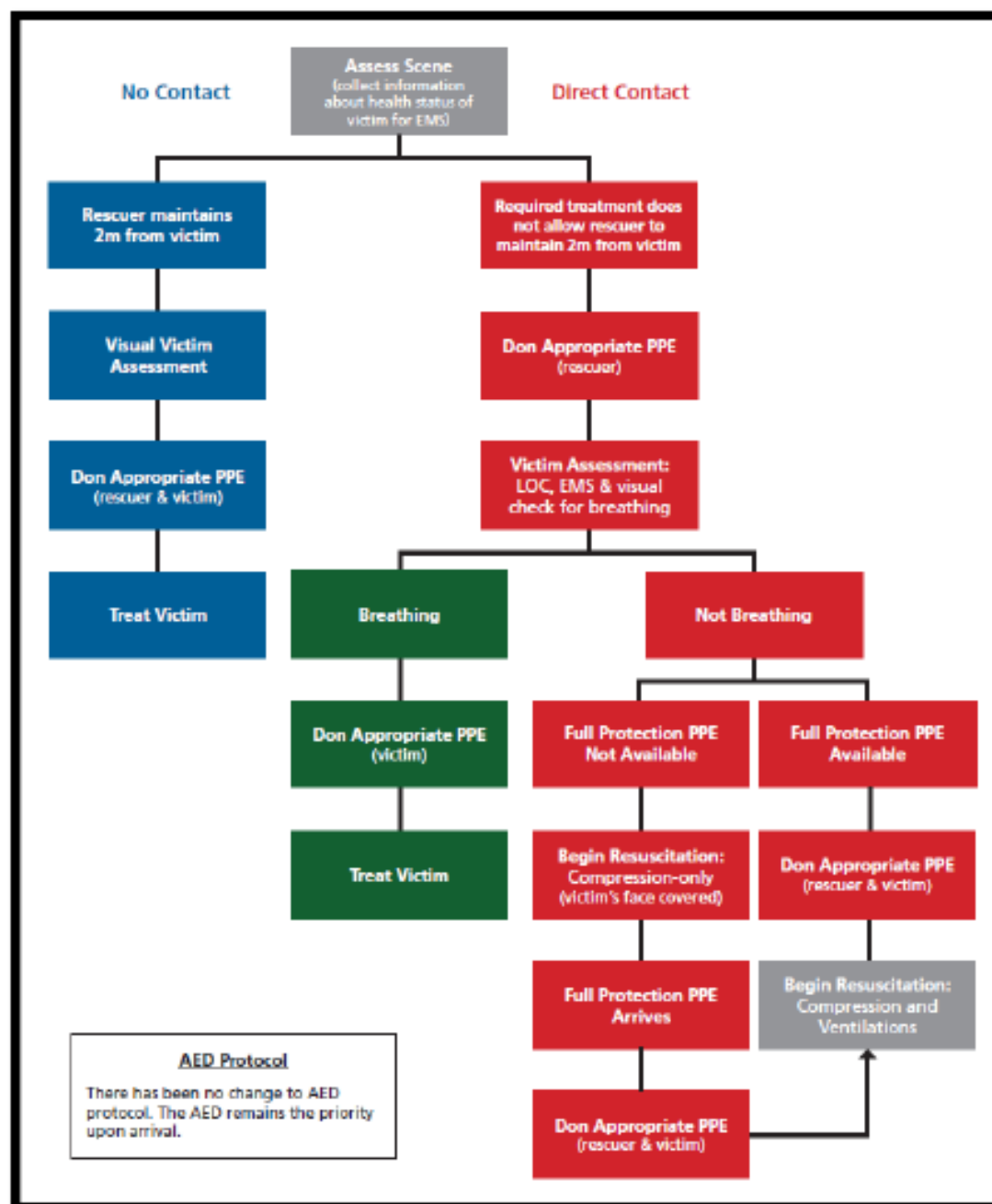
- Chest compressions
- Ventilations
- High-flow oxygen administration (greater than 5 lpm)
- Suction
- Abdominal thrusts/back blows

Each category has assigned PPE

## Appendix E. Lifeguard Personal Protective Equipment

NO CONTACT	DIRECT CONTACT	
2m physical distancing is maintained between the rescuer and victim	<b>LOW-RISK</b> Non-aerosol-generating treatment  2m physical distancing will compromise victim outcome	<b>HIGH-RISK</b> Aerosol-generating treatment  2m physical distancing will compromise victim outcome
<b>RESCUER:</b> face shield/goggles, gloves, surgical mask  <b>VICTIM:</b> surgical mask	<b>RESCUER:</b> face shield/goggles, gloves, surgical mask  <b>VICTIM:</b> surgical mask	<b>RESCUER:</b> face shield/goggles, gloves, N95/surgical mask, gown  <b>VICTIM:</b> (in order of preference) BVM with viral filter & continuous seal <u>OR</u> Pocket mask with viral filter & continuous seal <u>OR</u> Non-rebreather face mask with supplemental oxygen and open airway <u>OR</u> Pocket mask with viral filter and head strap (single rescuer only) <u>OR</u> Surgical mask (compression-only CPR)  <b>NOTE:</b> When continuous seal cannot be maintained during compressions, a pocket mask with a head strap to maintain a seal must be put over the victim's mouth and nose (i.e. while the AED is being applied).

## COVID-19 Decision Tree For First Aid & Resuscitation





# Keeping PPE Organized, Clean & Dry

Certain types of PPE become ineffective when wet (e.g. masks & viral filters)

Will require an adjustment to Pool Safety Plans

- First contact PPE (2 surgical mask & gloves) in freezer zip-top inside fanny packs
- PPE dry container with enough PPE for 2 rescuers, the victim and a bystander





# Affiliate Training Support

Lifesaving Society will provide:

- An inservice outline that is a mixture of blended and in-person, including the list of documents your staff will need
- Skills video and evaluation criteria for items such as BVM and Modified Rescue Process
- Training for Trainers, NLIs and FAIs through a virtual model to learn skills and how best to teach them



Questions?