



Patrols, training and patient treatment during COVID-19

August 2020



Introduction

In light of the COVID-19 pandemic it is important that appropriate processes are implemented to ensure the safety of our members while participating in life saving activities.

The COVID-19 virus spreads through respiratory secretions or by touching contaminated surfaces. Currently the most effective measure in reducing the spread is through maintaining physical distance from other people. As this is not always possible when participating in SLS activities this document aims to provide guidance on appropriate measures for minimising the risk of infection.

Taking the lead from the Department of Health and the Australian Resuscitation Council (ARC), SLS recommends implementing the following COVID-19 safe processes for patrols and training.

Recommendations for patrols

- Follow the below guidance on PPE, patient treatment and CPR.
- Minimise cross-contamination between members by cleaning surfaces and equipment regularly using warm soapy water.
- Members over the age of 65 and members who live with chronic illnesses or are immunosuppressed should consider not participating in public facing roles in surf clubs.
- New safety measures must be clearly outlined to members upon commencement of the patrol including their responsibilities for maintaining social distancing, not attending the patrol if showing any signs of sickness and reporting any signs of sickness following their patrol in a timely fashion.
- It is recommended that members in high risk areas are temperature tested. Anyone above 37.5 degrees can be retested after 10-15 minutes, however, should be sent home if still giving a high reading.
- An infection safety briefing should be conducted to ensure all members are aware of the new requirements and their responsibilities to adhere to them.
- Warm soapy water should be used to wash down all equipment following a rescue and patrol. Disinfectant wipes can be used as an alternative.
- SLSA recommends that members participating in patrol activities receive the flu vaccination.
- SLSA strongly recommends that all patrolling members download the [COVIDSafe app](#).

Recommendations for training

Due to the differing levels of government restrictions currently in place each state will have different limitations so please refer to your state specific guidelines in addition to these recommendations.

- Clubs must have approval from their state before commencing any training.
- All relevant government requirements must be adhered to during training including social distancing measures, class size restrictions, hygiene stations and regular cleaning of surfaces and equipment with warm soapy water. Disinfectant wipes can be used as an alternative.
- A risk assessment should be completed before commencing training. A template risk assessment can be downloaded from <https://sls.com.au/covid-19>.
- New safety measures must be clearly outlined to participants upon commencement of training including their responsibilities for maintaining social distancing, not attending training if showing any signs of sickness and reporting any signs of sickness following their training in a timely fashion.
- Maintaining daily attendance records including current contact details for all participants so that should a participant test positive for COVID19 all trainers, assessors and participants that have been in close proximity to the member can be notified. An attendance record template can be downloaded from <https://sls.com.au/covid-19/>.
- Training that requires contact should be postponed until the government restrictions have been lifted to allow for this.
- SLSA strongly recommends that all trainers, assessors and participants download the [COVIDSafe app](#).

Correct donning and doffing of Personal Protective Equipment (PPE)

As the risk of infection increases significantly through contact, it is imperative that PPE is used and that the donning and doffing of these is done carefully and correctly.

The following video shows how to correctly don and doff frequently used PPE.



SLS Donning and Doffing of PPE video v2020

Patient treatment guidelines during COVID-19

A print version of this poster is available from sls.com.au/covid-19/

COVID-19 Patient Treatment Guidelines



THE FOLLOWING PROCESS SHOULD BE FOLLOWED IF APPROACHED BY ANY PATIENT WHILE ON PATROL:

Ask all patients the following questions before treatment:

1

HAVE YOU TRAVELLED TO A KNOWN COVID-19 HOTSPOT IN THE LAST 14 DAYS?

NO

If the patient or their guardian answers NO to all questions:

Provide assistance, with a heightened awareness for COVID-19. Use PPE and follow hygiene principles.

2

HAVE YOU BEEN DIAGNOSED YOURSELF, OR BEEN IN CONTACT WITH SOMEONE WHO HAS COVID-19 IN THE LAST 14 DAYS?

YES

If the patient or their guardian answers YES to any of the questions:

1. Move to a safe distance to avoid the risk of infection
2. Isolate the patient, if possible
3. If available, provide the patient with a P2/N95 mask or surgical mask and instruct them on how to fit it (unless this will aggravate any existing breathing difficulties)
4. Reassure the patient and call 000/SurfCom for assistance
Treatment should only continue if you can do so from a safe distance. If you can remain at a safe distance of at least 1.5m in a well-ventilated area, provide reassurance and assist the patient as best you can. You may need to talk them through first aid steps, including how to apply a bandage, clean a wound, remain still for a spinal injury. If it is not life-threatening, refer them to seek further medical assistance, instructing them to call ahead. All waste needs to be placed into a medical disposal bin.

If you are unable to treat the patient from a safe distance, provide reassurance and call 000/Surfcom for assistance, mention your COVID-19 concerns.

3

DO YOU CURRENTLY, OR HAVE YOU HAD ANY OF THE FOLLOWING SYMPTOMS IN THE LAST 14 DAYS: FEVER, COUGH, RUNNY NOSE, SHORTNESS OF BREATH?

UNRESPONSIVE

If it is a life-threatening situation and the patient cannot respond to questions:

Ensure your own safety as a priority, including the use of a P2/N95 mask, eye protection and gloves. If no P2/N95 mask is available use a surgical/P1 mask.

Upon completion of care remove and dispose of PPE correctly.

Note: If you are in a COVID-19 hotspot or you suspect there is a risk of COVID-19 you should follow the DRSABCD if there is a risk of COVID-19 chart.

STAY COVID SAFE

For more information visit sls.com.au/covid-19/

DRSABCD if there is a risk of COVID-19

A print version of this poster is available from sls.com.au/covid-19/



DRSABCD if there is a risk of COVID-19

Follow this chart if you suspect any risk of COVID-19 or are in a high prevalence area/hotspot.

D

DANGER

- Check scene for any dangers
- Don PPE, following the correct process

**DO NOT
ATTEND PATIENT
WITHOUT PPE**

R

RESPONSE

Is the patient conscious?

- Assess response from **1.5m away**
- If no response, approach and check response to touch and talk

S

SEND FOR HELP

- Call 000/SurfCom for assistance
- Inform service you are wearing PPE

A

AIRWAY

- Assess airway in the position the patient is found
- If required, roll onto side and allow fluids to drain without assistance

**DO NOT USE
SUCTION**

**DO NOT USE
OP AIRWAYS**

B

BREATHING

- Apply oxygen via a therapy mask at 8LPM, if qualified
- Do not use more than 8LPM

DO NOT USE BVM

**DO NOT GIVE
RESCUE BREATHS**

C

COMPRESSIONS

- Start compressions at a rate of 100-120 per minute
- Compress to 1/3 of the depth of the chest

D

DEFIBRILLATION

Early defibrillation saves lives

- Attach AED and follow prompts

SAFE

SAFELY REMOVE PPE

- The risk of contamination is highest during the removal of PPE
- Carefully remove PPE following the correct order and process
- Have a buddy watching you and ensure you do not touch your face

**DO NOT COMPLETE
REPORTS WHILE
WEARING PPE**

STAY COVID SAFE

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