

COVID-19 Safety Planning

Junior Activities

Effective 2nd September 2020

COVID-19 Safety Plan

Surf Life Saving Club details	
Surf Life Saving Club:	South Maroubra
Plan completed by:	Greg Turton
Plan approved by:	Emma Ryan – Covid Coordinator Junior Activities
Plan effective:	2 nd September 2020

Requirements for SLSC

Requirements for your SLSC and the actions you will put in place to keep your SLS members, staff and other people safe.

The following plan is specific for Sunday morning nippers as well as the mid-week training exercises.

Requirements	Actions
Wellbeing of SLS members, staff and other people	
Members are asked not to attend to any Surf Life Saving related activities if they have been near an identified hotspot or are a close contact of someone who has been at near a hotspot.	<ul style="list-style-type: none"> • Ensure this requirement is clearly communicated to members • Ensure members are aware that the NSW Government has implemented restrictions on those who have been in Victoria to assist containing this and may introduce further restrictions for those who have travelled through NSW hotspots.
Communicate regularly with SLS members, staff and other people to remind everyone that they should not come to the SLSC if unwell with respiratory symptoms or fever. Encourage testing of anyone with symptoms in line with advice from NSW Health.	<ul style="list-style-type: none"> • Create a communications plan that includes a schedule of communications as well as the appropriate communication tools, e.g., social media, email, SMS, SurfGuard • Regularly update and refer members to your SLSC or SLSNSW COVID-19 updates webpage—have their messaging align. • Include a small reference and hyperlink to this with any club newsletters to avoid over-saturation of COVID-19 messages and only draw more attention to the webpages when significant changes have been made, e.g., following NSW Government updates.
Exclude SLS members, staff and other people who are unwell.	<ul style="list-style-type: none"> • Display signage with large font and/or images at entry points requesting those who are unwell not to enter the building or designated space and participate in activities. • Communicate on club webpages and through social media channels that people who are unwell should not attend or participant in SLS activities.

Requirements	Actions
<p>Provide SLS members, staff and others with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick person or victim.</p>	<ul style="list-style-type: none"> Refer people to COVID-19: What It Is, How to Prevent Spread online awareness course (Est. Duration 5-7 minutes) created by SLSA eLearning provider eTrainu Refer people to the eLearning course for COVID-19 infection control training (Est. Duration 30 minutes) created in partnership by The NSW Department of Health and Aspen Medical. Refer people to the NSW Health public COVID-19 Clinics and free COVID-19 GP Respiratory Clinics in NSW. Recommend testing if someone has a fever, cough, sore throat or shortness of breath and meets the current testing criteria.
<p>Physical Distancing</p>	
<p>Assess the safe capacity of communal facilities (one person per 4 square metres), such as offices, meeting or training rooms, showers, change rooms and lockers. Display signs at entrances with the maximum safe capacity for that space or room and have strategies in place to reduce crowding and promote physical distancing.</p>	<ul style="list-style-type: none"> Heritage room to be limited to 50 people at any one time. May be used for training purposes. Restrict access to showers, change rooms to reduce the risk of infection. Communicate with members that they should shower and change at their personal residence
<p>Ensure gym, sport, recreation or any other classes, or sport activities, have no more than 20 participants, plus the instructor and any assistants, per space and comply with one person per 4 square metres.</p> <p>There may be multiple classes in a room if there is sufficient space to accommodate this and the classes remain separate. Ensure participants maintain 1.5 metres physical distance where practical.</p>	<ul style="list-style-type: none"> Restrict gym entry to up to 20 members if the space safely allows within the limits of a safe area capacity (One person per 4 square meters of space) Communicate on club webpages and through social media channels the safe capacity limits of the club gym and conditions of gym entry.
<p>Ensure the number of people does not exceed one person per 4 square metres (including staff, members and spectators) to a maximum of 500 people.</p>	<ul style="list-style-type: none"> Communicate on club webpages and through social media channels the maximum number of people allowed in a club at any one time Nippers will run over two (2) time periods to limit numbers on the beach at any one time. 8 am and 9.30 am start times U14,13,12,12 & 7 start at 8 am U10,9,8 & 6 start at 9.30 am Parents – will be directed to ‘drop and go’ for the duration of the activities
<p>Have strategies in place to prevent parents, participants and/or spectators from co-mingling between groups.</p>	<ul style="list-style-type: none"> Parents of the older age groups will be directed to ‘drop and go’ for the duration of the activities. Parents of younger age groups will be asked to move away from the zones and social distance. Zones A, B, C, D will be clearly marked on the beach with only nippers and parents with relevant awards allowed inside the zone. Movement to and from the zones will marked with Red and Yellow arrows with site maps displayed outside the club. The site maps will also be communicated via electronic media. Communicate on club webpages and through social media channels the COVID plan for nippers on Sunday.
<p>Have strategies in place to manage gatherings that may occur immediately outside the premises or after an activity has finished. Such as with drop off and pick up zones or staggered start/finish times.</p>	<ul style="list-style-type: none"> Remind participants of the ‘get in, get active and get out’, and no-gathering zones within and around the surf club—include this information in any communications Staggered start times to disperse crowds
<p>Implement and take reasonable steps for children and young person’s activities and recreation, to ensure parents supervising or supporting children are physically distancing.</p>	<ul style="list-style-type: none"> Communicate ‘one person per child’ message—focusing on parents and carers and asking parents and/or spectators to stay at home Communicate on club webpages and through social media channels areas for parents and/or spectators to gather safely

Requirements	Actions
	<i>as well as how they should move between places to avoid gatherings and maintain safe physical distancing,</i>
Reduce crowding wherever possible and promote physical distancing with markers on the floor, including where people are asked to queue.	<ul style="list-style-type: none"> • <i>Cancel BBQ</i> • <i>Move sign on and sign off to zones on beach to reduce the number of people around the grass area at the clubhouse.</i> • <i>Signage at top of ramps to show people which way to move on the access to and from the beach</i> • <i>Encourage members to use canteen facilities for take away only</i>
Use telephone or video platforms for essential meetings where practical.	<ul style="list-style-type: none"> • <i>All nippers committee meetings will be held virtually</i> • <i>Where meetings in person social distancing guidelines will be adhered to</i>
Where practical, stagger the use of communal facilities. Strongly encourage everyone to shower/change at home where possible.	<ul style="list-style-type: none"> • <i>Restricted access to communal showers and change rooms.</i>
Hygiene and Cleaning	
Adopt good hand hygiene practices.	<ul style="list-style-type: none"> • <i>Promote clean your hands as per recommendations from NSW Health – shown in their posters (6 steps, 20 seconds).</i>
Avoid shared food and drinks.	<ul style="list-style-type: none"> • <i>Encourage member to bring their own food and drinks, e.g., bring your own water bottle</i> • <i>Encourage everyone to bring their own water bottle, sweat towels, exercise mats and equipment.</i>
Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions.	<ul style="list-style-type: none"> • <i>Follow manufacturer's instructions for disinfectant solutions</i>
Encourage contactless payment options.	<ul style="list-style-type: none"> • <i>Use the SLS Payment Gateway for online transactions (apply to use with Form F079 on SLSA IT Helpdesk)</i> • <i>Encourage the use of the online membership joining webpage and the SLS Members Area to renew membership</i>
Ensure processes are in place to clean or launder shared clothing items after use, such as wetsuits, rash shirts and caps used for training or water safety as well as PPE for IRB crews.	<ul style="list-style-type: none"> • <i>Water safety to use personal rashie only</i> • <i>IRB vests to be disinfected and hung out to dry post use</i>
Have hand washing facilities or alcohol-based hand sanitiser at key points around the site, such as entry and exit points.	<ul style="list-style-type: none"> • <i>Have hand washing facilities or alcohol-based hand sanitiser at entry and exit points.</i>
Reduce sharing of equipment (including SLS equipment, hire equipment, tools and machinery used at the SLSC) where practical and ensure these are cleaned with detergent and disinfectant between use.	<ul style="list-style-type: none"> • <i>Equipment – boards, buckets etc to be wiped down in between age groups and at end sessions</i> • <i>Post program wash zone for final wipe down pre storage</i> • <i>Use of gloves</i>
SLS members and staff are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water.	<ul style="list-style-type: none"> • <i>SLS members are required to wear gloves and other PPE whilst carrying out cleaning duties.</i>
Record keeping	
Cooperate with NSW Health if contacted in relation to a positive case of COVID-19 at your SLSC and notify SafeWork NSW on 13 10 50.	<ul style="list-style-type: none"> • <i>The Club's President will notify SafeWork NSW on 13 10 50 and be the first point of contact should this occur</i>
Keep a record of name and a mobile number or email address for all staff, volunteers, participants, contractors and other people for a period of at least 28 days. Ensure records are used only for the purposes of tracing COVID-19 infections and are stored confidentially and securely. It is the role of the COVID-19 Safe Hygiene Marshall to ensure the accuracy and legibility of records.	<ul style="list-style-type: none"> • <i>One or all the following methods will be used to capture this data</i> <ul style="list-style-type: none"> • <i>Create an online QR code to increase accessibility and availability of real time data</i> • <i>Nippers names are taken each Sunday and Training session as per their sign in.</i>

Requirements	Actions
Paper sign-in is permitted, but premises must digitise these within 24 hours and provide immediately on request. QR Code sign-in is encouraged	<ul style="list-style-type: none"> Parents will be asked to scan the clubs QR Code on arrival and will register their age group through the app.
Make your SLS members, staff and other people aware of the COVIDSafe app and its benefits to support contact tracing if required.	<ul style="list-style-type: none"> This will be promoted through the existing communication channels

Specific risks related to junior activities

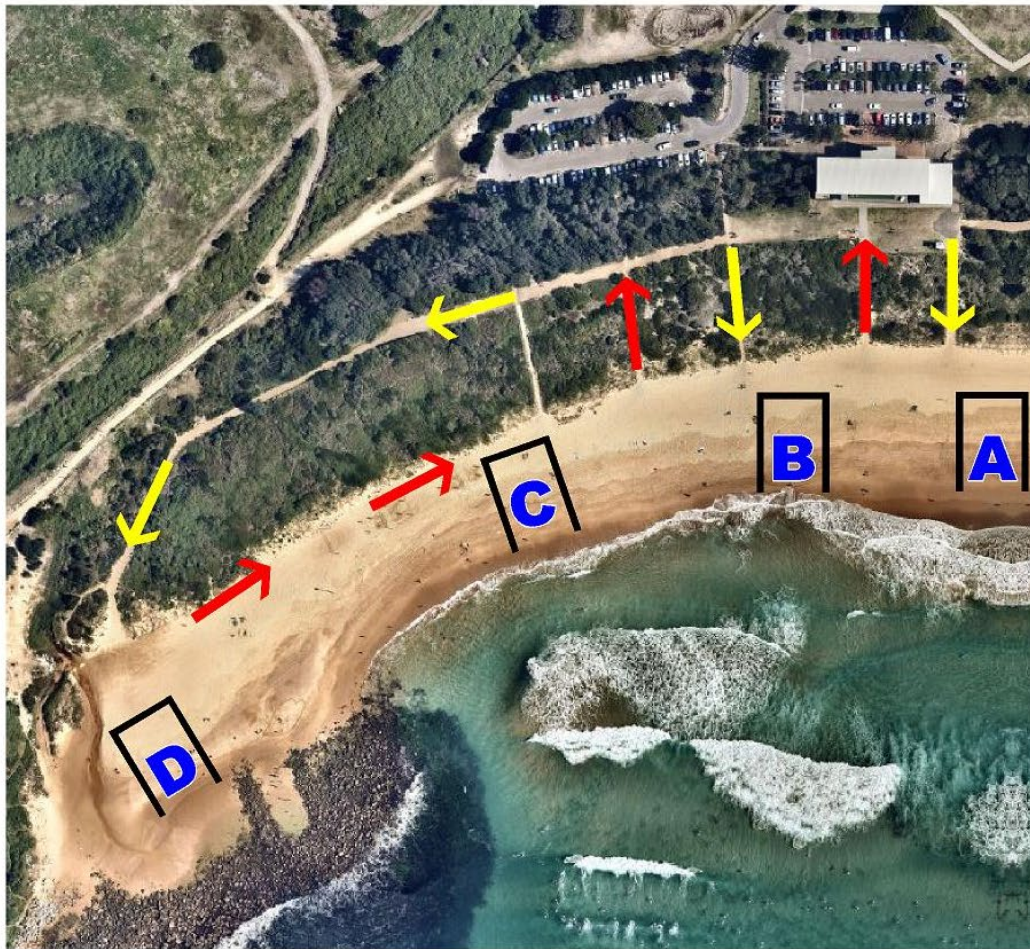
Requirements for your SLSC and the actions you will put in place to keep your SLS members, staff and other people safe.

Requirements	Actions
Junior Activities	
Ensure that only qualified members are on the beach as part of the delivery of nippers and training.	<ul style="list-style-type: none"> Age Managers, Coaches and Junior Activity Chairs wear clearly marked club shirts, and qualified water safety personnel wear the orange rash vest and cap while on duty (as per SLSA water safety policy) Everyone involved in nippers has required award for role and uniform Age Managers, Assistants, COVID marshals – age managers award and clearly marked shirt and cap. Water safety - bronze or SRC
Ensure that designated beach training areas as well as their entry and exit points are clearly marked out for nipper training and groups to comply with one person per 4 square metres of space rule	<ul style="list-style-type: none"> Use hazard cones to mark out designated beach training zones Have clear and simple signposts at training area entry and exit points at a height for both adults and children to see and/or read Display Zone Maps at clubhouse and have direction arrows to move people to and from the zones. Covid Marshalls at entry to Zones registering parents and applying hand sanitizer to hands. Covid Marshalls at Exit of Zone signing out nippers and removing cap and rashie.
Mid-week Training (Water, Sand, R&R and March Past)	<ul style="list-style-type: none"> Group sizes limited to 20 per coach Nippers not to attend if they are sick No shared equipment Parents to drop and go. If staying must social distance Registration of participants documented
Weather and strong surf conditions	<ul style="list-style-type: none"> Beach Closed – Cancel Nippers Thunderstorms – Cancel Nippers



south maroubra
NIPPERS

PLEASE READ
THEN FOLLOW THE ARROWS & ALL DIRECTIONS



NIPPERS SITE PLAN

START TIME 8am	U14, U13 U12, U11 U7	(ZONE A) (ZONE B) (ZONE D)	FINISH 9.15am	START TIME 9.30am	U10 U9 U8 U6	(ZONE A) (ZONE B) (ZONE C) (ZONE D)	FINISH 10.45am
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ALL SIGN ON AT AGE ZONES NOT THE CLUBHOUSE



**Live Together? Sit Together.
Otherwise:**



SPRINT AREA

EXIT

ENTRY

FLAGS

FLAGS

CLEANING/
DISINFECTANT
EQUIPMENT

WATER AREA

