

LIFEGUARDING DURING COVID-19

JUNE 8, 2020



LIFESAVING SOCIETY

THE LIFESAVING SOCIETY

PROMOTES

SAFE INTERACTIONS

WITH WATER TO

PREVENT DROWNING

AND OTHER INJURIES

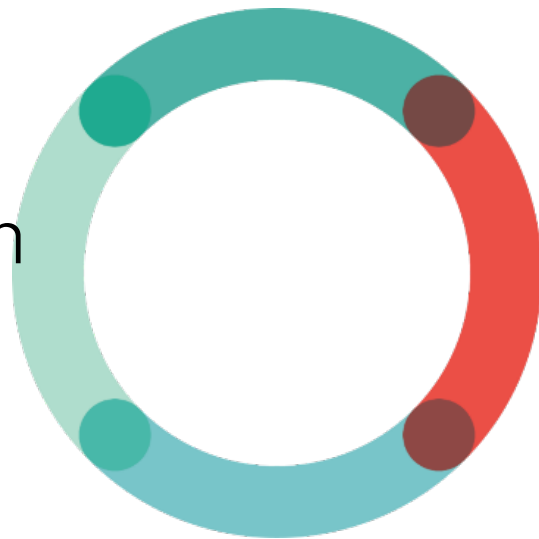
LIFEGUARDING DURING COVID-19 - COLLABORATION AND RESEARCH

- Methodology and research
- Concerted action and collaboration

Partner for occupational health and safety



Association paritaire
pour la santé et
la sécurité du travail,
secteur «affaires municipales»



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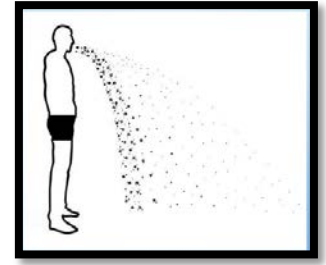
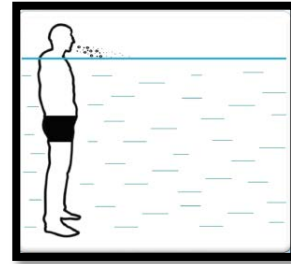
IN THIS WEBINAR

- 1) Introduction
- 2) Potential modes of transmission of COVID-19 in bathing areas
- 3) Water Quality
- 4) Preventative measures
 - i. 2 m distancing
 - ii. Hygiene: hand washing and respiratory etiquette
 - iii. Disinfection: equipment and common surfaces
- 5) Lifeguarding
- 6) Lifesaving
- 7) First aid and resuscitation in case of drowning
- 8) Lifesaving Society Harassment and Misconduct Policy
- 9) Questions and Answers

MODES OF TRANSMISSION OF COVID-19 IN BATHING AREAS

Person-to-person (main mode of transmission)

- By droplets
 - Expelled through the mouth or nose
 - Talking, coughing or sneezing
 - Found on surfaces or in water



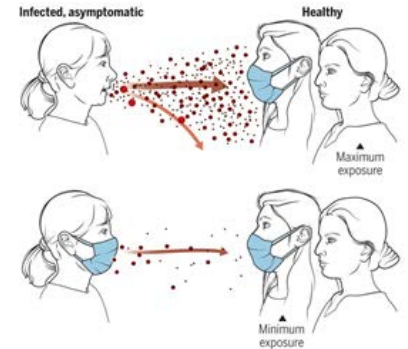
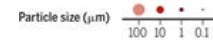
Surfaces (minor risk)

- Objects: balls, kick boards,...
- Safety Objects: PFDs
- Emergency equipment: reaching poles, rescue tubes
- Chairs, benches, lockers in locker rooms
- Lifeguard chairs

Water (low risk)

Masks reduce airborne transmission

Infectious aerosol particles can be released during breathing and speaking by asymptomatic infected individuals. No masking maximizes exposure, whereas universal masking results in the least exposure.



GRAPHIC: V. ALTOUNIAN/SCIENCE

WATER QUALITY

What is the survival rate of SARS-CoV-2 in water?

- The virus is vulnerable and treated pool water does not promote the survival of the virus.
- Limited risk at a beach given high dilution.

"The main risk of transmission of COVID-19 in bathing areas remains close proximity to an infected person."

Preventative measures

- Taking a shower
 - At home
 - At the swimming pool (2 m distancing)
- Chlorine: 0.8 to 3.0 ppm (outdoor)
- pH : 7,2 à 7,8
- Mandatory closures when required
- Monitor data from the water quality registry

PREVENTATIVE MEASURES

Self-diagnosis, if you or a patron have :

1 symptom among these	OR	2 symptoms among these
<ul style="list-style-type: none">• Emergence or exacerbation of a cough• Fever (temperature of 38 °C and higher, temperature taken orally)• Difficulty breathing• Sudden loss of sense of smell without nasal congestion, with or without loss of taste		<ul style="list-style-type: none">• A general symptom (muscle pain, headache, severe fatigue or significant loss of appetite)• Sore throat• Diarrhea

For pool users and pool staff who are not infected with COVID-19, but who have symptoms compatible with COVID-19: do not return to the pool area and wait at least 24 hours after their symptoms have subsided before returning to the pool area.

Anyone experiencing one or more of these symptoms, or who has been in contact with an infected person or who may be infected, is encouraged to contact the COVID-19 information number at 1-877-644-4545.

Case and symptom management:

<https://www.apsam.com/theme/risques-biologiques/covid-19-coronavirus/mesures-de-prevention-generales-recommandees/gestion-cas-symptomes>



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PREVENTATIVE MEASURES

DISTANCING MEASURES

Physical distance of 2 m

In and out of the water

Strategies

- Reduce capacity
- Reservations for 1h to 2h
- Markings on the ground
 - Direction of travel
- One-way swimming lanes
- Family Zones

MESURES D'HYGIÈNE

- Bathing prohibited if symptoms are present: wait at least 24 hours.
- **Hand washing**
- Wearing a facial mask:
 - do not wear it in the water
- **Respiratory etiquette**
- Do not swallow water
- Post hygiene rules
- Access to showers and toilets

Disinfecting your hands



1

Apply some of the cleaning product to your hands (liquid, gel or foam).



2

Scrub your fingertips.



3

Rub the inside of your hands and thumbs.



4

Scrub between your fingers.



5

Scrub the backs of your hands.

**RUB YOUR HANDS TOGETHER UNTIL THEY ARE DRY;
DO NOT USE PAPER TOWELS.**

Québec.ca

Votre
gouvernement

Québec 

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Washing hands, simple and effective!



1 WET HANDS



2 APPLY SOAP



3 RUB FOR 15
TO 20 SECONDS



4 SCRUB NAILS



5 RINSE



6 DRY



7 TURN OFF WITH
A PAPER TOWEL

13/05/04 - Gouvernement du Québec, 2012

msss.gouv.qc.ca/grippe

Santé
et Services sociaux
Québec



SO DOES HYGIENE:



Wash your hands
regularly for 20 seconds



Sneeze and cough into
your elbow



Discard tissues
immediately after use



Do not share tools, or
disinfect them after use



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DISINFECTION: EQUIPMENT AND SURFACES

AVOID LENDING OBJECTS

Toys: balls, buckets, sea noodles, etc.

Training accessories: kickboards, etc...

Because of the risk of surface contamination by users who could be infected.

In addition, these objects sometimes have porous surfaces that make them more difficult to clean.

With approval from your manager allow bathers:

- to bring their own flotation devices: floaties, dorsal balls (bubbles).
- to bring their own chairs for outdoor facilities.

If this is not possible, clean the chairs on the site after each use.

LENDING PFDS

For safety reasons and to prevent drowning, personal flotation devices (PFDs) must remain accessible.

Cleaning if lending PFDs:

1. Immerse the PFD in the pool water for 15 minutes on each side.
2. Dry quickly

Lending PFDs on beaches:

1. Immerse PFDs in a 3 ppm bleach solution for 15 minutes (one drop (0.06 ml) of bleach per litre of drinking water).
2. Allow to dry quickly.

Note: Refer to INSPQ procedures.

DISINFECTION: EQUIPMENT AND SURFACES

Clean after each use by a lifeguard

- chairs (especially common surfaces),
- buoys and tubes

Things to remember

- The virus responsible for COVID-19 can survive for a certain period of time, but is easily eliminated by most regular cleaning and disinfecting products.
- Common cleaning and disinfecting products are effective against the COVID-19 virus.
- Always follow the manufacturer's instructions when using these products.
- It is important that the product has sufficient contact time with the surface being disinfected. This contact time is usually specified by the manufacturer of the products.
- Surfaces most frequently touched by bathers are more likely to be contaminated.

AQUATIC SUPERVISION

Scanning

- Polarized sunglasses

Positioning

- Visibility of the entire bottom of the pool in a constant manner
- 2 m from swimmers and other lifeguards

Rotation

- Wash hands before each rotation
- Disinfection of the chair (common surfaces) and ladder
- Wash hands after disinfection
- 2 m away from swimmers when moving



RESCUES

DROWNING VICTIM

- Use a rescue aid to maintain a distance of 2 m from the victim:
 - Ex. Pole or rescue tube/can
- If contact is necessary: keep away from the victim's face as much as possible.
- Observing the victim's state and comforting post-drowning :
 - If it is necessary to go to the first aid room, the lifeguard must put on a procedural mask, eye protection and gloves if the 2 m distance cannot be kept.
- The lifeguards must dry themselves including their face and wash their hands before putting on a procedural mask.

CARING FOR A NON-BREATHING VICTIM

- Rapid ascent while protecting the airway: use a towing/carrying method to maintain a distance from the victim's airway when out of the water.
- Exit the water - with assistance: the lifeguard who assists must wear: procedural mask, eye protection and gloves.
- Out of the water: once out the lifeguard must dry off and put on a procedural mask, eye protection and gloves to carry out the assessment (ABC) at a distance from the victim.
- Begin resuscitation according to the procedure that will be presented.



PERSONAL PROTECTIVE EQUIPMENT (PPE) AND INTERVENTION BY ORDER OF PREFERENCE FOR RESUSCITATION IN DROWNING SITUATIONS

PPE	Situations	Interventions
-Procedural mask -Gloves -Glasses -Pocket mask with filter (recommended)	Drowning	#1 CPR with two lifeguards: <i>one lifeguard holds the pocket mask with filter tightly during compressions and performs ventilations (wears protective glasses and gloves)</i> <i>One lifeguard performs chest compressions (wears a procedural mask, gloves and eye protection).</i>
		#2 CPR with one lifeguard: a pocket mask with a filter and a head strap can be placed over the victim's face creating a seal
		#3 Close family members trained to intervene
	Not a drowning	Adult: Cover victim's face; AED; continuous compressions (no ventilation) Children : CPR and ventilation with pocket mask with antiviral filter (AED)

THE PROBABILITY THAT A DROWNING VICTIM IS INFECTED WITH COVID-19 IS SMALL

RESUSCITATION



COVID (COMPRESSION-ONLY OR VENTILATIONS IN DROWNING) CPR ALGORITHM

Drowned person removed from water unconscious

English

Mouth-to-Mouth In-Water ventilations **SHOULD NOT** be performed!

- Call EMS/Ambulance
- Put on PPE ⁽¹⁾
- Get ventilation device

Perform Adapted Breathing Assessment ⁽²⁾

Is the person breathing?

YES

Provide First Aid assessment and treatment

Monitor until emergency responders arrive

NO

Evaluate Resuscitation risk level ⁽³⁾

Is this a Low-Risk Resuscitation?

YES

NO

Is the person a child?

YES

CPR with ventilation + AED

with safe ventilation method ⁽⁴⁾

NO

Is there a trained relative or household member willing to ventilate?

YES

NO

Compression-Only CPR + AED

VERY IMPORTANT!
FOR A CORRECT APPLICATION OF THIS ALGORITHM, ORGANISATIONS SHOULD HAVE READ AND UNDERSTOOD THE FULL TEXT WITH RECOMMENDATIONS (AVAILABLE THROUGH THE QR CODE).

Additional Information

(1) Personal Protective Equipment (PPE)

- Minimum required:
- Gloves
 - Face mask with eye protection

(2) Adapted Breathing Assessment

- Check if the chest is moving or if there are signs of breathing **WITHOUT GETTING CLOSE**
- **DO NOT** bring your cheek close to the mouth to feel the person's breathing.

(3) Low-Risk resuscitation

- PPE available.
 - Safe ventilation method can be used
- And at least one of the following:**
- Facility screening process in place.
 - Low prevalence of disease locally.
 - Low-risk Rescuer (younger age, healthy).

(4) Safe Ventilation Method

- (in order of preference)
- 2-rescuer bag-mask ventilation (BVM) with HEPA filter.
 - Mouth-to-mask with head strap and HEPA filter.
 - Supplemental oxygen with non-rebreather mask and head strap.

Post-Resuscitation Care

- Wash hand with soap and water or an alcohol-based sanitizer.
- Dispose or decontaminate safely all equipment.



INTERNATIONAL
MARITIME RESCUE
FEDERATION



Click or scan QR code to access the full text and the latest updates.

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FIRST AID

For all first aid interventions follow these recommendations:

1. **Lifeguards must ensure their own safety at all times.** They must also ensure the safety of the person they are saving, if possible, and that of other lifeguards or witnesses present.
2. Whenever possible, keep **a minimum distance of two meters from the victim.**
3. If an **intervention at less than two meters** is necessary: **take the appropriate measures** (except if in water), and wear **a procedural mask, protective glasses, gloves and a gown (optional if changing after the interventions)**
4. The **victim** is **encouraged to wear a procedural mask** if he or she tolerates it.
5. **After the lifesaving intervention**, the lifeguards must properly dispose of any protective equipment they have used and **wash their hands** before continuing their duties.

For all first aid interventions follow these recommendations:

<https://www.inspq.qc.ca/sites/default/files/covid/2996-premiers-soins-milieux-travail-covid19.pdf>



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COMMENT RETIRER DES GANTS



- 1 Pour retirer les gants, saisir la surface extérieure d'un des gants en le pinçant au niveau de la paume.



- 2 Écarter le gant de la paume en le tirant doucement vers les doigts pour éviter les éclaboussures. Le retourner sur lui-même.

- 3 Le chiffonner en boule et le garder dans la main gantée.



- 4 Glisser l'index et le majeur dénudés sous la bande de l'autre gant sans toucher l'extérieur.



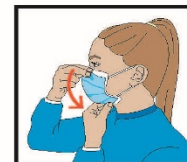
- 5 Écarter le gant de la paume en le tirant avec les doigts puis le retourner sur lui-même. L'étirer pour que le premier gant entre. Puis jeter les gants dans le contenant approprié. Se laver les mains.



Comment le mettre et le retirer

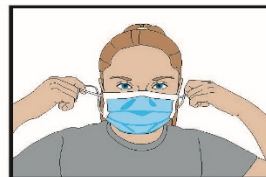
COMMENT METTRE LE MASQUE

1. SE LAVER les mains avant de prendre un masque
2. PASSER les courroies derrière les oreilles
3. DÉPLIER le masque du nez jusqu'au menton
4. S'ASSURER que le masque adhère aux joues
5. MODELER la pince nasale à la forme du nez



COMMENT RETIRER LE MASQUE

1. SE LAVER LES MAINS puis retirer le masque en saisissant les courroies
2. SE RELAXER LES MAINS après avoir retiré le masque



ATTENTION !



NE PAS
TOUCHER
le masque



NE PAS
RETIRER
le masque
pour parler
avec une
autre
personne

CHANGER DE MASQUE

- LORSQU'IL EST SOUILLÉ
- LORSQU'IL EST HUMIDE ET INCONFORTABLE
- SELON LES RECOMMANDATIONS DE VOTRE ÉTABLISSEMENT



THINGS TO REMEMBER

- **Wash your hands** frequently
- **Distance of 2 m** :
 - Prevention and lifesaving interventions
- Practice respiratory etiquette
- **Wear appropriate PPE** for procedures within 2 m
- **Disinfect** surfaces and objects
- Check with your employer to verify the accessibility of the required emergency and protective equipment.
- **Keep informed** on developments



LIFESAVING SOCIETY'S HARASSMENT AND MISCONDUCT POLICY

The Lifesaving Society is committed to promoting any principle or action aimed at establishing a healthy, respectful and safe environment to encourage harmonious relations among its members.

To this end, a Harassment and Misconduct Policy is currently in effect and applies to all official activities, training and recertification courses.

We invite you to consult your dashboard at www.sauvetage.qc.ca to see its applicability.

DISCLAIMER

- The National Safety Standards of Lifesaving Society Canada are based on the recommendations of coroners and the latest research findings, and reflect best practices in the aquatic industry at the time of publication.
- In the rapidly evolving COVID-19 era, the Lifesaving Society Canada will continue to update the newsletters related to COVID-19 as data from the most recent research become available. The information contained in this document does not replace or supersede the guidelines set out by local, provincial/territorial or federal health authorities.
- In the context of the COVID-19 pandemic, it is important to follow the guidelines of the Institut national de santé publique du Québec (INSPQ) and the Réseau de santé publique en santé au travail (RSPSAT) to avoid contamination. APSAM and the Lifesaving Society has translated some of these guidelines into work methods to help workplaces take charge of occupational health and safety prevention. The recommendations are based on the sum of the readings as of June 6, 2020 and are subject to change.

QUESTIONS ET ANSWERS
SPECIAL REPORT: WWW.SAUVETAGE.QC.CA
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CORONAVIRUS
COVID-19
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