

LIFEGUARDING DURING COVID-19

FOR AFFILIATE MEMBERS
OF THE LIFESAVING SOCIETY

8 JUIN 2020

**LA SOCIÉTÉ DE
SAUVETAGE
FAVORISE LES
INTERACTIONS
SÉCURITAIRES
AVEC L'EAU AFIN
DE PRÉVENIR LES
NOYADES ET
AUTRES
TRAUMATISMES**



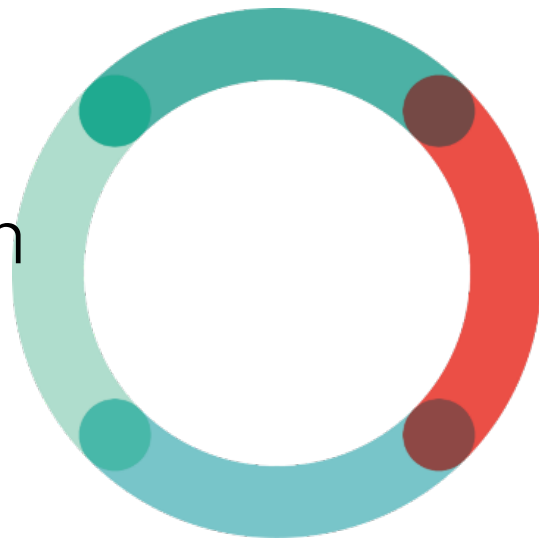
LIFEGUARDING DURING COVID-19 - COLLABORATION AND RESEARCH

- Methodology and research
- Concerted action and collaboration

Workplace Health and Safety Partner :



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



IN THIS WEBINAR

- 1) The Lifesaving Society in the context of COVID-19.
- 2) Lifeguarding and COVID-19: a collaborative research effort
- 3) Lifesaving Society Newsletters
- 4) Potential modes of transmission of COVID-19 in bathing areas
- 5) Pandemic Preparedness
- 6) Activity template: Welcoming groups of children
- 7) Preventative measures
- 8) POSS : equipment required
- 9) First aid and resuscitation in case of drowning
- 10) Question Period: use the Q&A

LIFEGUARDING DURING COVID-19

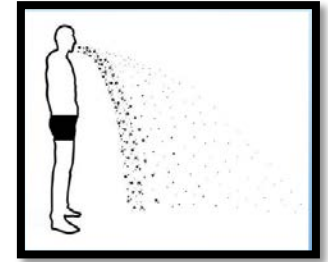
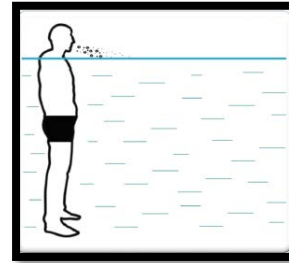
- How the webinar works
 - Questions & Answers
- Lifesaving Society
 - Working from home
 - Gradual return
- Pending Courses
- Validity of patents
- alerte@sauvetage.qc.ca



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



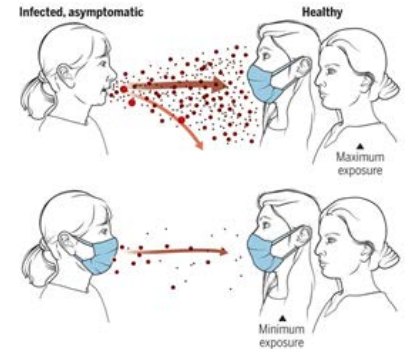
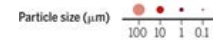
Surfaces (minor risk)

- Objects: balloons, water boards,...
- Safety Objects: PFDs
- Emergency equipment: pole, tube buoys
- Chairs, benches, lockers in locker rooms
- Lifeguard's chair

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

GESTION DE LA SÉCURITÉ

La Société de sauvetage est reconnue comme un leader dans le développement des normes pour les activités dans l'eau, sur l'eau et près de l'eau. Par le biais de sa Commission des normes de sécurité, la Société établit des normes nationales pour les environnements aquatiques et clarifie les règlements provinciaux et territoriaux en vigueur.

Les normes de sécurité nationales de la Société de sauvetage Canada sont établies à la lumière des recommandations de coroners et des plus récents résultats de la recherche, et reflètent les meilleures pratiques du secteur de l'aquatique au moment de leur publication ou de leur révision. L'objectif de ces normes est d'inciter les législateurs et les propriétaires, gestionnaires et exploitants de piscines, plages et parcs aquatiques à adopter ces normes afin de prévenir la noyade.

Les normes de sécurité nationales de la Société de sauvetage Canada ne remplacent et n'annulent aucunement les lois et règlements municipaux, provinciaux ou territoriaux et fédéraux, mais sont considérées comme étant les normes que les exploitants d'installations aquatiques doivent tenter de respecter afin d'améliorer la sécurité dans le cadre de leurs activités et de prévenir la noyade et les incidents associés à l'eau.

Les divisions de la Société aident les gestionnaires d'installations aquatiques à maintenir et améliorer la sécurité des piscines et des opérations des plages. Les représentants des divisions effectuent sur demande des audits sur la sécurité, et ils agissent comme témoins experts dans des causes juridiques impliquant la sécurité aquatique. Certaines divisions sont aussi les hôtes de symposiums sur la sécurité destinés aux gestionnaires d'installations aquatiques.

[Norme pour les installations aquatiques](#)

[Norme pour les piscines](#)

[Norme pour les plages](#)

[COVID-19](#)

<https://www.lifesaving.ca/safety-management-services-fr.php>



SOCIÉTÉ DE SAUVETAGE

GESTION DE LA SÉCURITÉ

Depuis l'apparition de la COVID-19, la Société de sauvetage Canada suit de très près la progression du virus au Canada et dans le monde. L'Agence de la santé publique du Canada (ASPC) a recommandé des stratégies qui permettront de réduire et retarder la transmission et la vitesse d'apparition des cas pour retarder et réduire le pic d'activité du virus dans la collectivité.

La Société de sauvetage Canada continuera de suivre de près la situation et d'actualiser l'information au fur et à mesure que celle-ci évolue.

COVID-19 communique - mars 17

COVID-19 prolongement de la validité des certificats - avril 21

Bulletin d'information - Recommandations sur les premiers secours et la réanimation - mai 15

Bulletin d'information - Nettoyage, décontamination et gestion de la qualité de l'eau dans les installations aquatiques - mai 15

Bulletin d'information - Recommandations pour la réouverture progressive - mai 15

Bulletin d'information - Recommandations sur la formation du personnel - mise à jour mai 28

Lignes directrices en vue de la réouverture progressive - mai 28

Reprise sécuritaire des activités sportives communique - mai 28

<https://www.lifesaving.ca/covid-19-fr.php>

INFORMATION BULLETINS

- Minimizing the risks in case of intervention
- Cleaning and disinfecting public spaces
- Water Quality Management
- PPE for pool staff
- Guidelines for staff training (supervision, first aid and CPR)

GUIDELINES

- Calendar
- Staff and facilities
- Employee equipment
- PPE
- Admissions
- Access to facilities
- Deliveries
- Communications
- Toilets
- Diving boards, slides, tarzan ropes
- Wading pools
- Playgrounds (water features)
- Water parks
- Whirlpools, saunas and steam baths
- Aquatic programming
- Bathers' equipment
- Recreational Swimming
- Swimming lanes
- Day Camps
- Swimming / fitness classes

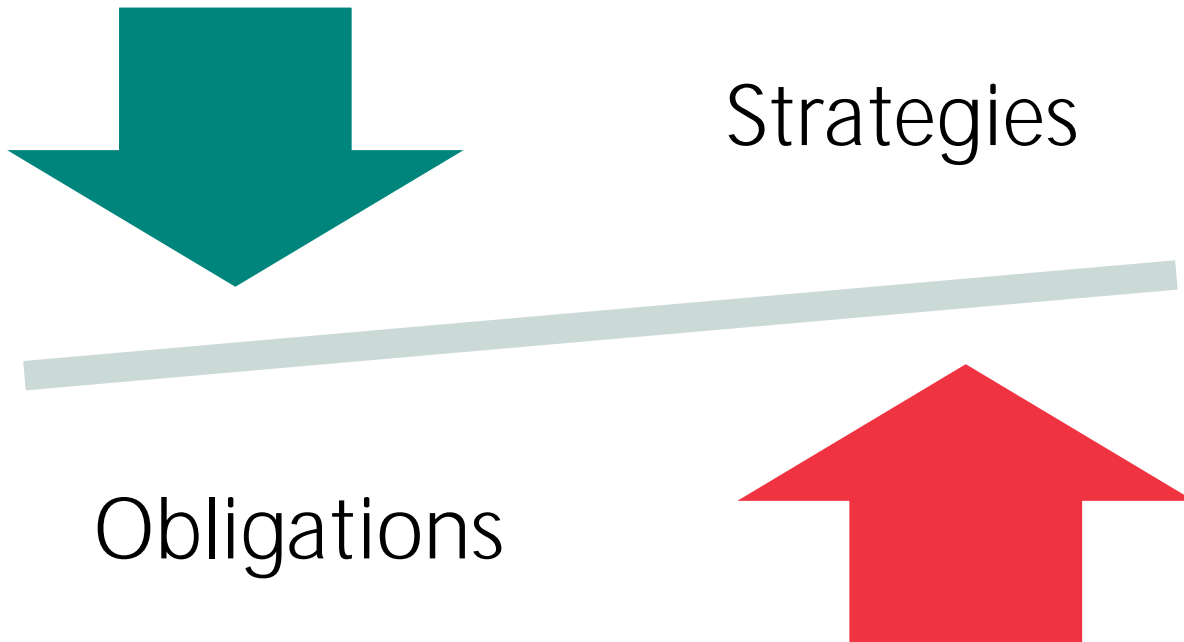
GUIDE RpIA

GUIDE DE RÉOUVERTURE PROGRESSIVE DES
INSTALLATIONS AQUATIQUES EN CONTEXTE COVID-19



www.araq.net section « Info COVID-19 »

LIFESAVING SOCIETY RECOMMENDATIONS



MAXIMUM NUMBER OF BATHERS

A review of what is currently being proposed in the world:

- 7 square meters
- 10 square meters
- 50 % reduction of usual capacity
- 1 swimmer per lane
- Swimming in a circle
- Mandatory closures

MAXIMUM NUMBER OF BATHERS

Tool to help calculate capacity

We offer a "hands-on" approach that takes into account facilities, activities and patrons.

It is important to ensure that swimmers can circulate in the water and have space to practice their activities.

MAXIMUM NUMBER OF BATHERS

Tool to help calculate capacity (Québec)

For long distance swimming :

- 10 square meters per bather
- Swimmers must swim in 2 lanes (outward in the first lane and inward in the second).
- Bathers coming from the same address in the same corridor
- Promote swimmer etiquette: The swimmer wishing to pass touches the foot of the swimmer in front inviting the swimmer to wait upon reaching the wall.

MAXIMUM NUMBER OF BATHERS

Tool to help calculate capacity

For public swimming:

- 7 square meters per bather

MAXIMUM NUMBER OF BATHERS

Tool to help calculate capacity

In general, when an operator has a high level of confidence that the physical distance rules are being respected, the following ratios may be applied:

- Locker rooms: 5 square meters per bather
- On the pool deck: 7 square meters per bather

The capacity granted for swimmers out of the water should not exceed what can usually be expected. For example, if swimming time is limited to 1 hour, there will be few bathers out of the water and they should be excluded from the calculation.

WELCOMING BATHERS

Self-diagnosis, if you or a patron have :

1 symptom among these	OU	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>

INDICATIONS - COVID-19 DIRECTIONS

(CENTRE AQUATIQUE DE SAUMUR)



DISINFECTION: EQUIPMENT AND SURFACES

AVOID LENDING OBJECTS

Toys: balloons, buckets, sea snakes, 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.

In agreement with your manager allow bathers :

- to bring their own flotation devices (floats, dorsal balls).
- 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 close to 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 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 areas),
- 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.

WELCOMING GROUPS OF CHILDREN

DISTANCING MEASURES

Physical distance of 2 m

- In the water and
- Out of the water

Strategies

- Reduce capacity
- Reservation for 1h to 2h
- Ground markings: direction of travel
- Access to toilets
- Encourage changing before bathing

SECURITY MEASURES

Strategies

- Assess swimming skills
- Teach children about the water's depths
- Loan PFDs
- Encourage people to bring their PFDs
- Inform and train the children's guardians
- Sunscreen and soap-free shower (outdoor pool)

WELCOMING FAMILIES

PUBLIC SWIMMING AND FREESTYLE SWIMMING

DISTANCING MEASURES

Physical distance of 2 m

- In and out of the water

Strategies

- Reduce capacity
- Reservation for 1h to 2h
- Ground markings: direction of travel
- One-way lanes
- Family Zone

HYGIENE MEASURES

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

LIFEGUARDING AND LIFESAVING ORGANIZATION PLAN (POSS)

Lifeguarding

Visual scanning

- Polarized sunglasses

Positioning and rotation

- Visibility of the entire bottom of the basin in a constant manner
- 2 m from swimmers and other lifeguards
- Wash hands before each rotation
- Disinfection of the chair (common surfaces) and ladder
- Wash hands after disinfection
- Masks: not necessary if lifeguarding and interventions at 2 m

First Aid

Lifesaving and Resuscitation

- First Aid Kit
 - Alcohol gel
 - Pocket mask with filter
 - Eye protection
 - Procedural mask (surgical)
 - Gloves
- Rescue manikins (training)
- Lifesaving aid which allows for 2 m
 - Pole, rescue tube buoy and can



LIFESAVING

DROWNING VICTIM

- Use a rescue tool 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 respiratory tract: use a towing/carrying method to maintain a distance from the victim's airway 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 to two lifeguards: <i>one lifeguard holds the pocket mask with filter tightly during compressions and performs ventilation (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 massage (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



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 allows 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>

ÉQUIPEMENTS DE PROTECTION INDIVIDUELS (ÉPI)

Pour certains pathogènes, les ÉPI peuvent être augmentés et la procédure revue.

ÉTAPES POUR METTRE LES ÉPI

PRÉPARATION

- ▶ S'assurer que les ÉPI sont sans défauts et de la bonne taille.
- ▶ Enlever les bijoux, attacher les cheveux longs.

PROCÉDER À L'HYGIÈNE DES MAINS



1 BLOUSE

- ▶ Enfiler la blouse, l'attacher au cou et à la taille.



2 MASQUE

OU

APR

- ▶ Placer un masque ou un masque avec visière sur le visage en couvrant le nez et le menton, et l'attacher.



- ▶ Modeler la pince nasale à la forme du nez.



- ▶ Prendre un appareil de protection respiratoire (APR) dans le creux de la main en laissant pendre les courroies.



- ▶ Placer l'APR pour couvrir le menton et le nez.



- ▶ Passer la courroie supérieure et la placer sur le dessus de la tête; passer la courroie inférieure et la placer autour du cou, sous les cheveux.



- ▶ S'il y a une pince nasale, la modeler à la forme du nez et vérifier l'étanchéité de l'APR.



3 PROTECTION OCULAIRE

- ▶ Mettre les Lunettes ou la visière.



4 GANTS

- ▶ Mettre les gants, couvrir les poignets de la blouse.



ÉTAPES POUR RETIRER LES ÉPI

1 GANTS

- ▶ Pour retirer les gants, saisir la surface extérieure d'un des gants en le pinçant au haut de la paume.
- ▶ Écarter le gant de la paume en le tirant vers les doigts et le retourner sur lui-même.
- ▶ Le chiffonner en boule et le garder dans la main gantée.
- ▶ Glisser l'index et le majeur nus sous la bande de l'autre gant sans toucher l'extérieur.
- ▶ Écarter le gant de la paume en le tirant vers les doigts et le retourner sur lui-même. L'étirer pour que le premier gant entre dedans. Puis jeter les gants dans le contenant approprié.



PROCÉDER À L'HYGIÈNE DES MAINS

2 BLOUSE

- ▶ Détacher la blouse sans se contaminer.
- ▶ Saisir la base des attaches du cou et ramener la blouse vers l'avant.
- ▶ Saisir l'intérieur de la manche opposée, la faire glisser sans la retourner pour dégager la main.
- ▶ Avec la main dégagée, procéder de la même façon pour retirer l'autre manche.
- ▶ Rouler la blouse en boule en évitant de toucher l'extérieur.
- ▶ Jeter dans le contenant approprié.



PROCÉDER À L'HYGIÈNE DES MAINS

3 PROTECTION OCULAIRE

- ▶ Pour retirer les lunettes ou la visière, manipuler l'équipement par les côtés ou l'arrière et en évitant de toucher le devant. Jeter dans le contenant approprié.



4 MASQUE

OU

APR

- ▶ Pour retirer le masque, détacher les attaches du bas et celles du haut (ou saisir les élastiques).
- ▶ Tirer le masque vers l'avant à l'aide des attaches en évitant de toucher l'extérieur.
- ▶ Jeter dans le contenant approprié.



PROCÉDER À L'HYGIÈNE DES MAINS ET SORTIR DE LA PIÈCE

- ▶ Pour retirer l'APR, pencher la tête légèrement vers l'avant, passer la courroie inférieure par-dessus la tête puis la courroie supérieure en évitant de toucher le filtre.
- ▶ Jeter dans le contenant approprié.



PROCÉDER À L'HYGIÈNE DES MAINS

LIST OF REQUIRED EMERGENCY EQUIPMENT

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.

THINGS TO REMEMBER

- Frequently **wash your hands**
- **Distance of 2 m** :
 - Prevention and lifesaving interventions
- Protocol for reported cases involving staff and team management
- Provide appropriate PPE (interventions within 2 m)
- **Disinfecting** surfaces and objects
- **Organize lifesaving courses**
- Verify with your employees **the availability of the required emergency and protective equipment.**
- **Keeping abreast** of developments

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. The APSAM and the Lifesaving Society has translated some of these directives 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

 **SOCIÉTÉ DE SAUVETAGE**