



**AUSTRALIAN LIFESAVING ACADEMY NSW / SURF LIFE SAVING NSW (RTO ID: 90394)**

**CORONAVIRUS NOTICE (23 MARCH 2020)**

***CORONAVIRUS, TRAINING AND WHAT WE'RE DOING TO PROTECT YOU.***

Surf Life Saving NSW (RTO ID: 90394) is closely monitoring advice from health authorities and Australian Resuscitation Council (ARC) in relation to Coronavirus (COVID-19).

At this stage there is no formal change to the First Aid Training Package.

After assessing the associated risks of cross infection and consulting with our industry counterparts, we will be making some minor adjustments to how we assess competency in providing rescue breaths as part of the provision of CPR, this will be in place until further notice.

**Adaptation to training component for HLTAID001 - Provide cardiopulmonary resuscitation (CPR) Training (Mouth to mouth component):**

*Perform at least 2 minutes of uninterrupted single rescuer cardiopulmonary resuscitation (CPR) (5 cycles of both compressions and ventilations to be demonstrated **with breaths beside the manikin without direct contact**) on an adult resuscitation manikin placed on the floor.*

All participants will still be trained and assessed in mouth to mouth ventilations of CPR but we will be modifying the technique to ensure risk minimisation as follows:

- During the ventilation component of CPR the trainer will demonstrate as normal;
- When it comes to the participants demonstrating competency in this area we will be asking participants to perform ventilations **BESIDE** the manikin rather than into the manikin;
- For mouth to mouth ventilation, it is reasonable to give each breath in a short time (one second) breath beside the manikin without direct contact, take a breath and place your widely open mouth beside the manikin mouth (without contact) and blow to demonstrate inflating the lungs with a volume to achieve chest rise;
- Clearing the airway, positioning the head and pinching the nose must all be carried out as normal.

**To reduce the risk of spreading** Coronavirus (COVID-19), Surf Life Saving NSW (SLSNSW) advises the following:

- If you have any of the following symptoms you **MUST NOT** attend a SLSNSW training course:
  - Fever
  - Flu-like symptoms such as coughing, sore throat and fatigue
  - Shortness of breath.
- If you have tested positive for coronavirus (COVID-19) you must not attend a SLSNSW training course until you have been given a medical clearance.

- If you have travelled overseas in the 14 days prior to your course date you must not attend any SLSNSW training course.
- If you have been in close contact with someone who has tested positive for coronavirus you should also stay at home (self-quarantine) and not attend a SLSNSW Training course for 14 days after last contact with infected individuals.
- If you are diagnosed with a confirmed case of coronavirus within 14 days after attending a SLSNSW course must contact SLSNSW immediately on 02 9471 8000.

### **Social Distancing Requirements**

Social distancing is one way to help slow the spread of viruses such as COVID-19. Social distancing includes staying at home when you are unwell, avoiding large public gatherings if they're not essential, keeping a distance of 1.5 metres between you and other people whenever possible and minimising physical contact such as shaking hands, especially with people at higher risk of developing serious symptoms, such as older people and people with existing health conditions.

During training it's the participants responsibility to try and be at least 1.5 metres away from each other. However, there are assessment requirements of the First Aid Training Package that will require participants to be in closer contact (i.e. demonstrating recovery rolls and administration of an adrenaline autoinjector). Consequently, immediately following these assessment requirements all participants will need to wash their hands thoroughly and equipment will be wiped down with alcohol wipes.

For all onsite training requirements our clients are responsible for providing a suitable training room to accommodate the social distancing requirement of 1.5 meters between seated participants. If the number of participants that require training will not meet the social distancing requirements in our clients training room then we advise our clients to book as many sessions as needed to adhere to the social distancing requirements.

**Courses can be rescheduled at no cost if individuals are admitted to a health facility or required to self-quarantine as a result of coronavirus concerns. Please phone 02 9471 8000 or [training@surflifesaving.com.au](mailto:training@surflifesaving.com.au) to reschedule your course.**

### **SLSNSW trainers ensure that disinfection and hygiene practices are followed before, during and after training:**

**Washing Hands:** Each person to follow personal hygiene requirements - wash their hands for at least 20 seconds with soap and water or use an alcohol-based sanitiser with at least 60% alcohol prior to commencing their practical assessment.

**Mouth to Mask:** Single use face shield/wipe use is now in place per manikin, per scenario. To promote good hygiene, each participant will be given a new protective face shield for use on manikin ventilation scenarios and a new alcohol wipe for cleaning the manikin face before/after use. This will be distributed for each resuscitation scenario the assessment requires.

**Manikin Hygiene:** Our trainers will continue to ensure lung bags are changed and manikin faces are disinfected and cleaned thoroughly on a per course basis. Trainers have been encouraged to purchase antiseptic aerosol spray to utilise over hard surfaces within the training facility.

Our thoughts are with those affected, and we will continue to support our clients and participants to manage health concerns.

## **Postponed: Public Training Courses**

On 22<sup>nd</sup> March, 2020, the Australian Government announced the closure/cessation of all non-essential services. In response to this government directive, it is with sadness that we must advise you of the unprecedented decision to postpone all Surf Life Saving NSW (RTO ID: 90394) / Australian Lifesaving Academy NSW public training courses scheduled to be held between **Tuesday 24<sup>th</sup> March 2020 and 31<sup>st</sup> May 2020**.

Although we are aware that this may inconvenience many people who have already booked into our courses during this period, our obligation to safeguard the health of our participants, training course facilitators, as well as the general community is paramount.

We are offering all participants the following options:

- Participants may re-book into a course later in the year; or
- We will issue you a full refund.

Please email [training@surflifesaving.com.au](mailto:training@surflifesaving.com.au) or contact 02 9471 8000 to confirm which option you would prefer.

You can find our other public course locations and dates by following this link to our website <https://www.surflifesaving.com.au/first-aid-courses>

## **Distance Learning Offering: Coming Soon!**

Please note, we are currently developing Distance Learning Offering for CPR training to enable us to deliver the learning component online, and more importantly for you to learn the vital lifesaving skills during this unique time. We will be in touch shortly with additional information regarding this learning pathway. this option.

The current situation is evolving and we are together facing what is uncharted territory for us all as organisations, a nation and as individuals. We will continue to monitor the situation but protection of our team and stakeholders remains our overriding priority.

Our thoughts are with those affected, and we will continue to support our clients and participants to manage health concerns.

SLSNSW will continue to provide updated training notices here also:

<https://www.surflifesaving.com.au/coronavirus-notice-australian-lifesaving-academy-nsw>