

Surf Lifesaving Association of Wales Cymdeithas Achub Bywd o'r Mor Cymru



Guidance on delivering training and assessment of lifesaving awards during COVID – 19

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Introduction

The following guidance has been created to support Clubs and Trainer Assessors (TAs) who wish to train and assess lifesaving awards during the period of COVID-19.

This guidance is not intended to be exhaustive. SLSA Wales advise using other guidance, as well as guidance from Public Health Wales, Welsh Assembly Government, Resuscitation Council UK and other relevant bodies (links can be found in section 10 - appendices).

It is important that all involved in lifesaving (i.e. club committee members, trainers, and members) to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of a virus.

Please note this is an everchanging environment and this guidance will be updated regularly following changes to guidance from the government and other relevant sources of information, therefore please ensure you have the most recent version.

This document is intended to be used alongside the revised syllabus for the NVBLQ and must be followed at all times when conducting training and assessment.

These adaptations should remain in place until government guidance changes. Should you have any questions please do not hesitate to contact us at covidfaq@slsawales.org.uk or by contacting **Darren Williams – Lifesaving Development Tutor on 07795 083613**.

Please note the at this time, the guidance contained within this document relates to the National Vocational Beach Lifeguard Award (NVBLQ), Beach Lifesaver level 1 and level 2 only.



1. About COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.

There are two common routes people could become infected:

1. Secretions can be directly transferred into the mouths or noses of people who are nearby or possibly could be inhaled into the lungs.
2. It is possible that someone may become infected by touching a person, a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as shaking hands or touching door handles and then touching their own face).

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

With the rapidly changing nature of the COVID-19 outbreak, information and advice from the Government can change quickly. For all the latest Government information on COVID-19 and the measures the Government, and devolved Governments, are taking, please visit the relevant Government's website.

Employers have a responsibility to educate, install and maintain systems of work which reduce the likelihood of infection in the workplace. The provisions of the Health and Safety at Work Act 1974 and the associated regulations require employers to consider COVID-19 as they would any other hazard in their risk assessments and controls. By extension, the term 'employers' also refers to lifesaving clubs and commercial training providers. It is the responsibility of each Club/training provider to conduct a comprehensive risk assessment and ensure that appropriate control measures are put in place to reduce the risks presented by COVID-19 as far as reasonably possible.

2. General Guidance

Training and assessing must only take place where it is permissible in accordance with the UK/local Government and devolved administrations or regional restriction.

Where possible, all contact with trainees, trainers, assessors and those acting as casualties should be carried out while maintaining current physical distancing guidance. However, due to the nature of our activities, in some circumstances this may not be possible. The guidance that follows is designed to help Clubs implement suitable control measures that should be in place in order for lifesaving training and assessments to be carried out without compromising on standards.



3. Training and Assessment Principles

The following principles must be followed when delivering training or assessments:

General

- Always follow local Government guidance
- Put the health and safety of your members, trainees, trainer assessors and others at the forefront of all activities
- Ensure a process for preventing those with possible COVID-19 symptoms (fever, a new cough or loss of smell/ taste) from entering the training room is in place.
- Have in place a process to manage instances of people who develop symptoms of COVID-19 during the delivery of any training/assessment
- Ensure TAs and candidates understand the signs and symptoms of COVID-19

Cleaning and hygiene

- Maintain/increase hygiene standards within the training environment
- Increase frequency of cleaning particularly in well-used areas
- Provide appropriate hand washing facilities and hand sanitisers for use by all who use Club facilities
- Ensure hand washing facilities/hand sanitisers are well equipped and checked regularly
- It is important to remind trainees to sanitise the area they are working at, on a regular basis for example, before & after using equipment, having breaks, before moving in/out of areas, between sessions.
- All equipment that is used must be thoroughly cleaned before and after use by each user.

Risk Assessment and reducing risk

- Risk assessments for training and assessment must be completed and where possible all risks of possible spread of COVID-19 should be mitigated
- TAs should consider the size of the training environment, available equipment and any local or regional government guidance in order to determine the number of candidates that can be permitted during a training session, course or assessment.
- When using an indoor facility, ensure that the room is well ventilated
- When training and practising skills, if a candidate demonstrates a skill correctly the TA should limit risk by not requesting to see the skill repeatedly.
- When candidates are needed to be used to act as a casualty throughout training or assessment, it is advisable to maintain the same small group or partners to minimise the risk of a spread of infection.

Social distancing

- TAs must design training and assessment to ensure that current distancing guidance is maintained between all candidates and TAs (where close contact is absolutely necessary for teaching or assessment purposes it is detailed within this guidance document).



3.1 Before commencing training or conducting assessments

Consideration needs to be given to the following:

- Discuss and highlight any increased risk or requirement for close contact with other trainees prior to delivering training or conducting an assessment.
- Check that all candidates and people within candidates' households are not suffering with any symptoms of COVID-19 or are currently self-isolating (refer to NHS COVID-19 symptoms).
- Consider the need for a temperature check.
- Ensure the facilities have suitable modifications in place to make them 'COVID secure'
- Ensure that the appropriate consent form is completed (countersigned by parent/guardian for U18's)

3.2 Session management

The following points should be highlighted at the beginning and enforced throughout training sessions and assessment:

- Prior to entering the training/assessment venue, all participants and TA's must wash and/or sanitise their hands thoroughly
- Hand must be sanitised before and after any practical training/assessment tasks and at regular intervals throughout the session
- All candidates should be shown how to apply and remove the various PPE required to be used at various stages throughout training and assessment
- If participants need to cough or sneeze, they should cover their nose and mouth with a tissue and put any used tissues in the bin. Failing this, they should cough or sneeze into a bent elbow and immediately wash their hands
- Participants should be reminded to avoid touching their face
- Workstations should be regularly wiped with antibacterial wipes or disinfectant
- Participants should be regularly reminded about following social distancing measures where possible

3.3 Use of casualties

Throughout training and assessment, a candidate may choose to bring someone from their own household to act as casualty.

Where a casualty (that is not a candidate) is used during practical skills within training or assessment they must be of a similar size and weight of the candidate. For those that are under 18 years of age, the training or assessment organiser MUST obtain parent/guardian consent in writing.

Where a casualty (that is not a candidate) is used for training or assessment in the water, it is important that their swimming ability is checked by the Trainer Assessor in a controlled environment. Note that a controlled environment does not necessarily mean a swimming pool. If a casualty is under 18 years of age, their swimming ability in open water in a variety of conditions must also be confirmed by the parent/guardian.

4. Equipment

This section covers the range of equipment which required for elements of training and assessment, how it should be used and cleaned.

4.1 Equipment for training and assessing

Equipment	How they should be used and cleaned
Candidate manuals and E-learning	<ul style="list-style-type: none"> • SLSA Wales E learning materials are the preferred source of training resources. Trainees should be encouraged to use this in the first instance. • Manuals (if required) should be ordered from your Regional Tutor. They should be wiped prior to issuing to trainees
Pens and note paper	<ul style="list-style-type: none"> • Candidates should be advised to bring their own pens and note paper to training/assessment
First Aid bandages and dressings	<ul style="list-style-type: none"> • Bandages and dressing should be issued to each participant for the duration of the training sessions and/or assessment • They should not be shared between trainees
Rescue tubes and rescue boards	<ul style="list-style-type: none"> • Where possible candidates should be issued with their own equipment for use throughout sessions or assessment. If this is not possible, they must be disinfected before and after use by another person • Where candidates are issued with personal equipment it should be clearly identifiable
Ruth Lee (or 'dead Fred') rescue manikin	<ul style="list-style-type: none"> • If a Ruth Lee or other industry recognised full body manikin is used, it must be disinfected before and after use by another person
Suitable equivalent to industry recognised rescue manikin	<ul style="list-style-type: none"> • A suitable full body manikin designed for use in the water may be used as an alternative. It must weigh 30kg, float with at least head and shoulders above water and not pose a risk of injury to the user
Table, chairs, mats, presentation equipment	<ul style="list-style-type: none"> • Equipment should be cleaned thoroughly before, after and regularly during training sessions and assessments



4.2 CPR manikins

Guidance for training using CPR manikins has been provided from the Resuscitation Council UK <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-training/>

There is further guidance from Laerdal regarding hygiene and cleaning procedures for CPR manikins <https://laerdal.force.com/HelpCenter/s/article/Hygiene-and-cleaning-procedures-for-CPR-manikins>

Note: it is the responsibility of the user to clean the manikin thoroughly before and after use, as well as install new lungs and sterilised faces. Trainers should provide a demonstration during the first session and as and when required.

Where candidates are issued with personal equipment it should be clearly labelled/identifiable

Disinfectant wipes or spray	<ul style="list-style-type: none"> Disinfectant wipes or spray should be available and used to clean touch points on manikins between use
Manikins	<ul style="list-style-type: none"> Where possible, participants should be issued with their own resuscitation manikin(s) (Adult, Child, Infant) for use throughout sessions and/or assessment. This will help reduce any risk of cross-contamination between others during the session, as well as reduce the need to change lungs every time Ensure resuscitation manikins are maintained to the highest level of cleanliness throughout sessions and assessments. This includes: <ul style="list-style-type: none"> Remove and discard used resuscitation manikin lungs and single use airways after each session Remove and clean manikin faces and chest with 70% alcohol wipes or hand sanitiser after each person. Allow the surface to dry naturally before the next use. After training, all resuscitation manikins should be dismantled and cleaned with suitable and sufficient disinfectant solution.
Manikin faces & lungs	<ul style="list-style-type: none"> Consider providing manikin faces to each participant if issuing an individual manikin is not possible If candidates are issued their own face and lungs this could give the same protection as if they had their own manikin Individual faces should be cleaned with suitable and sufficient disinfectant solution and may then be re-used Personal issue lungs may be re-used across multiple training sessions
Pocket Masks	<ul style="list-style-type: none"> Pocket masks used must be fully cleaned by each participant before and after use. It is acceptable to use pocket masks without filters for training and assessment purposes, as this will allow them to be cleaned and re-used by others, thus reducing cost to Clubs



5. Personal Protective Equipment (PPE)

RLSS UK recommends the use of FFP2 or surgical mask when a face mask is required.

TAs should refer to PPE manufactures guidance for length of time that PPE can be worn and may if the PPE is designed for single use. TAs may consider reusable masks can be washed and used again.

Training and assessment that required PPE should be planned and delivered together to prevent the need for PPE to be taken off and put back on. Where PPE is required during training and assessment, it is important that candidates have it immediately available.

PPE must be fit for purpose and stored so it is protected and will need to be checked prior to any training or assessment, to ensure it has not degraded or torn. Safe removal of the PPE is critical to avoid self-contamination. Guidance can be found from the NHS and Public Health.

TAs will need to provide training for use and dispose of all PPE according to the instructions and training provided by your employer or organisation.

5.1 Face coverings versus face masks

Clubs should refer to Public Health Wales and Welsh Assembly Government guidance with regards to the use of face coverings.

SLSA Wales recommends the use of FFP2 or surgical masks when physical distancing guidelines are not able to be followed (e.g. secondary survey). Where physical distancing guidelines can be followed, a suitable face covering may be worn as an alternative to an FFP2 or surgical mask.

Face masks/coverings are not required to be worn outdoors, unless specified in section 7 below (adjustments to be made during training and assessment)

5.2 Gloves

Gloves may be worn to protect trainees and acting casualties; however, protection can also be provided by candidates thoroughly washing hands and using hand sanitiser.

During training and/or assessment, TAs must ensure that all candidates and acting casualties either wear gloves or thoroughly wash/sanitise their hands **before** and immediately **after** any close contact practical skills.

In order to reduce waste, gloves do not need to be worn when demonstrating skills on a manikin as part of the assessment. Candidates must, however, verbalise that they are applying gloves and ensure that they are washing and sanitising hands before and after close contact practical skills.



6 Delivering Training and Assessment

All training and assessment must be delivered following guidance in section 7 – ‘Adjustments to be made during training and assessment’.

6.1 Design of training

When delivering training, TAs must design the practical elements to reduce contact wherever possible.

TAs should encourage and support participants to use the SLSA Wales E-learning platform. Videos are available for specific lifesaving skills, such as tube rescue, board rescue, and lift & carries, and should be used as an alternative as a physical demonstration where possible.

To enhance learning further and where possible, candidates can demonstrate practical skills on themselves, equipment (such as a manikin or simulated training aids) or a person from the same household.

When a candidate does practice the skill using a candidate on the course (with use of PPE), TAs can ask the candidates to stop once they have demonstrated that they have mastered the skill. There is no need for unnecessary repetition.

6.2 Cardiopulmonary resuscitation (CPR)

Guidance from [Resuscitation Council \(UK\)](#) must be followed when delivering CPR during a formal training course or assessment.

Rescue breaths

The skill of providing rescue breaths must still be included in CPR training and assessment, however, adjustments to protocols during the current COVID-19 outbreak must also be taught and assessed (as per Resuscitation Council UK guidelines).

The COVID CPR algorithm can be found in section 9

6.3 First Aid practical

Where close contact is necessary and the teaching is related to a situation where a first aider/ lifeguard would be expected to wear PPE, PPE must be used as detailed in the following pages. Please see section 5.2 regarding the use of gloves.

6.4 Assessment day – changing procedure

On the day of the assessment, candidates must ensure they adhere to the rules of the Club/training facility with regards to changing in and out of wetsuits. This means that unless otherwise stated, participants would be expected to change outside the building. Participants should be made aware of this before they arrive, in order to bring suitable clothing to change (e.g. dry robe etc.)

7 Adjustments to be made during Training & Assessment

Skill/Knowledge	Casualty type	PPE required	Adjustments for training and assessment during COVID-19
Theory assessment (Quizdom)	N/A	<ul style="list-style-type: none"> Face mask (candidate and others in the room) 	<ul style="list-style-type: none"> Candidate must wash and sanitise hands prior to entering the room Consider smaller group sizes to ensure physical distance rules can be followed – based on both the size of the room and ability to see the screen Candidates should ensure equipment used (i.e. handset) is cleaned before and after use
Hand, flag and whistle signals	N/A	<ul style="list-style-type: none"> Face mask (candidate and others in the room) 	<ul style="list-style-type: none"> If demonstrated indoors, PPE as described must be worn If outdoors, consider smaller group sizes to ensure physical distance rules can be followed – based on both the number of participants and the ability of each person to hear instructions clearly
Turning a casualty face up and action for vomit	Another candidate or a person from the same household	<ul style="list-style-type: none"> Gloves (candidate) Face mask (candidate, casualty and others in the room) Face shield (candidate) 	<ul style="list-style-type: none"> Candidate and casualty must wash and sanitise hands prior to making contact with each other Minimise repetition of skills once demonstrated correctly
Primary survey	CPR manikin	<ul style="list-style-type: none"> Gloves – optional (candidate) Face mask (candidate, casualty and others in the room) 	<ul style="list-style-type: none"> Replace live simulated casualty with manikin for both training and assessment Candidate must wash and sanitise hands prior to making contact with the manikin See section 4.2 for detailed cleaning guidance
Secondary survey & recovery position	Another candidate or a person from the same household	<ul style="list-style-type: none"> Gloves (candidate) Face mask (candidate, casualty and others in the room) Face shield (candidate) 	<ul style="list-style-type: none"> Candidate and casualty must wash and sanitise hands prior to making contact with each other Minimise repetition of skills once demonstrated correctly
Adult, Child and Infant CPR	Adult CPR manikin	<ul style="list-style-type: none"> Gloves – optional (candidate) Face mask (candidate, casualty and others in the room) Note – candidate may remove face mask when delivering rescue breaths 	<ul style="list-style-type: none"> Candidate must wash and sanitise hands prior to making contact with the manikin Manikins suitably spaced out to ensure physical distancing can be maintained Issue one manikin per person for the duration of the training session or assessment if possible. If this is not possible, manikins must be thoroughly cleaned before use by another person Candidates must be issued with their own set of manikin lungs If possible, each candidate should be issued with their own manikin face. If this is not possible, they must thoroughly clean and sanitise manikin faces before and after use See section 4.2 for detailed cleaning guidance
COVID specific guidance for dealing with an unconscious person	N/A	<ul style="list-style-type: none"> Face mask (candidate, casualty and others in the room) 	<ul style="list-style-type: none"> Candidate to describe the measures to be implemented when managing an unconscious casualty during the COVID pandemic Trainer Assessors to use flowchart in section 8 as reference material

Skill/Knowledge	Casualty type	PPE required	Adjustments for training and assessment during COVID-19
Adult, Child and Infant choking	CPR manikins	<ul style="list-style-type: none"> Gloves – optional (candidate) Face mask (candidate, casualty and others in the room) 	<ul style="list-style-type: none"> Replace live simulated casualty with manikin for both training and assessment Candidate must wash and sanitise hands prior to making contact with the manikin See section 4.2 for detailed cleaning guidance
External Bleeding and Shock	The candidate themselves, another candidate or a person from the same household	<ul style="list-style-type: none"> Gloves – optional (candidate) Face mask (candidate, casualty and others in the room) 	<ul style="list-style-type: none"> Candidates to practice and demonstrate on themselves (e.g. bandaging their leg) Issue one bandage to each candidate at the start of the session/assessment. This should be kept by the candidate for used at all training sessions and should not be shared with others
Support and Elevation sling	Another candidate or a person from the same household	<ul style="list-style-type: none"> Gloves (candidate) Face mask (candidate, casualty and others in the room) Face shield (candidate) 	<ul style="list-style-type: none"> Candidate and casualty must wash and sanitise hands prior to making contact with each other Minimise repetition of skills once demonstrated correctly
Fitness assessment – 400m swim	N/A	<ul style="list-style-type: none"> Face mask (when indoors in a pool environment) Wetsuit (open water) – optional Goggles – optional 	<ul style="list-style-type: none"> If a pool is not available, the following may be used as a substitute: <ul style="list-style-type: none"> 400m swim in calm water with minimal waves in 9 minutes 200m run – 200m swim – 200m run in 9 minutes
Casualty recognition	N/A	<ul style="list-style-type: none"> Face mask (when indoors in a pool environment) Wetsuit (open water) – optional Goggles – optional 	<ul style="list-style-type: none"> If a pool is not available, the following may be used as a substitute: <ul style="list-style-type: none"> Demonstration in open water Candidate describes each casualty type
Underwater search	N/A	<ul style="list-style-type: none"> Wetsuit (open water) – optional Goggles – optional 	<ul style="list-style-type: none"> If a pool is not available, the following may be used as a substitute: <ul style="list-style-type: none"> Demonstrate a surface dive to pick up sand (1.5m depth) Candidate describes how they would conduct a search for a submerged casualty
Defences & releases	Another candidate or a person from the same household	<ul style="list-style-type: none"> Gloves (candidate & casualty) Face mask (candidate, casualty and others in the room) Face shield (candidate) 	<ul style="list-style-type: none"> Techniques to be demonstrated dry Candidate and casualty must wash and sanitise hands prior to making contact with each other Casualty to be from same household or training bubble Gloves to be worn by candidate and casualty Minimise repetition of skills once demonstrated correctly (during both training and assessment)
Lift & carry	Another candidate, person from the same household or an approved full body manikin (see section 4.1)	<ul style="list-style-type: none"> Gloves (candidate & casualty) Face mask (candidate, casualty and others in the room) Face shield (candidate) 	<ul style="list-style-type: none"> Techniques to be demonstrated dry Candidate and casualty must wash and sanitise hands prior to making contact with each other Casualty to be from same household or training bubble Gloves to be worn by candidate and casualty Minimise repetition of skills once demonstrated correctly (during both training and assessment)

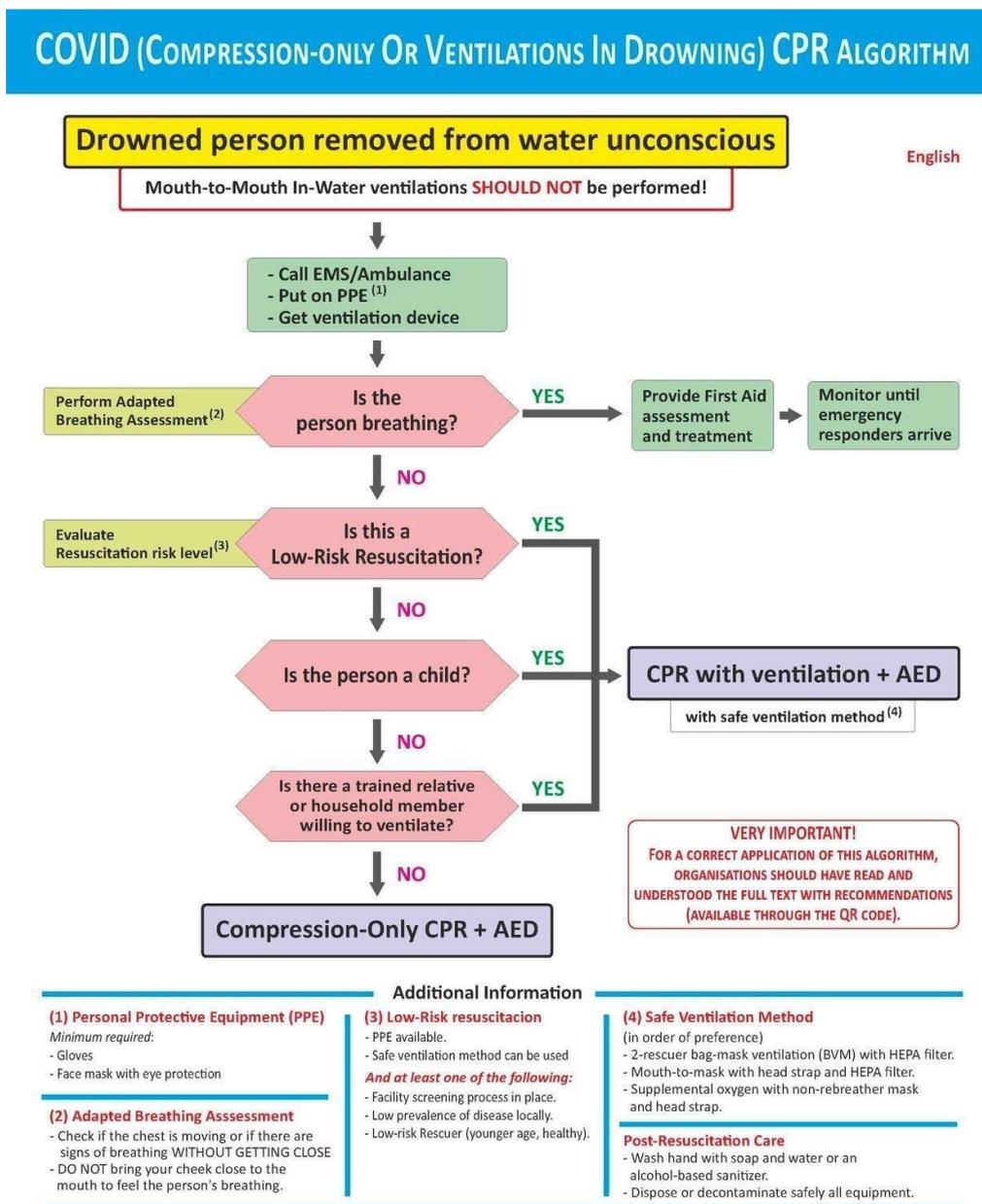
Skill/Knowledge	Casualty type	PPE required	Adjustments for training and assessment during COVID-19
<p>Run 200m, swim 100m, conscious casualty tube rescue, run 200m</p>	<p>Another candidate, a person from the same household or manikin</p>	<ul style="list-style-type: none"> • Face masks (boat crews) 	<ol style="list-style-type: none"> 1. If either the candidate or casualty are not comfortable performing this rescue using a 'live' person, a suitable ¾ full orange manikin may be used. <ul style="list-style-type: none"> ○ Candidates should be briefed to control the manikin when in the surf zone to avoid being hit from behind ○ Manikins should not be used in heavy surf ○ Boats should be used to transport manikins out to sea where possible ○ Touch points on manikins and rescue tubes to be disinfected between users 2. Where a live simulated casualty is used, the following additional control measures must be applied: <ul style="list-style-type: none"> ○ Casualties should swim out to the appropriate point beyond the surf zone where possible. If this is not possible, 1 person at a time may be transported in an IRB ○ If an IRB is used to transport casualties, an additional assessor must be afloat observing the assessment ○ Casualty must be clipped into the rescue tube from behind, or the casualty clips themselves into the tube ○ Candidate to explain the technique for protecting the casualty from breaking waves – not demonstrated ○ Technique for supporting a conscious casualty in the shallows and onto dry land should be explained, not demonstrated <ul style="list-style-type: none"> • Minimise repetition of skills once demonstrated correctly (during both training and assessment) • Touch points on rescue tubes must be disinfected between users • Boat crews should wear masks
<p>Run 50m, swim 25m, unconscious casualty tube rescue</p>		<ul style="list-style-type: none"> • Face masks (boat crews) 	<ul style="list-style-type: none"> • Guidance for this rescue as per 1. and 2. above (conscious tube rescue), with the following additions: <ul style="list-style-type: none"> ○ No in water breathing check or rescue breaths ○ If a live casualty is used, they should be briefed to avoid exhaling sharply when being rolled over (face down to face up). Candidate and casualty to keep heads facing away from each other when securing rescue tube <p>7.1 Lift and carry should not form part of this assessment</p>

Skill/Knowledge	Casualty type	PPE required	Adjustments for training and assessment during COVID-19
Rescue board skills and casualty rescue (conscious & unconscious)	Another candidate or a person from the same household plus a suitable full-sized manikin if required	<ul style="list-style-type: none"> • Face masks (boat crews) 	<ol style="list-style-type: none"> 1. If either the candidate or casualty are not comfortable performing this rescue using a 'live' person, a suitable full body manikin (not orange manikin) may be used. <ul style="list-style-type: none"> ○ Candidates should be briefed to control the manikin when in the surf zone to avoid being hit from behind ○ Manikins should not be used in heavy surf ○ Boats should be used to transport manikins out to sea where possible ○ Touch points on manikins and rescue tubes to be disinfected between users 2. Where a live simulated casualty is used, the following additional control measures must be applied: <ul style="list-style-type: none"> ○ Casualties should swim out to the appropriate point beyond the surf zone where possible. If this is not possible, 1 person at a time may be transported in an IRB ○ If an IRB is used to transport casualties, an additional assessor must be afloat observing the assessment ○ No in-water breathing check or rescue breaths ○ Candidate and casualty's heads must face away from each other during the roll onto the board ○ Casualty must be clipped into the rescue tube from behind, or the casualty clips themselves into the tube ○ Technique for supporting a conscious casualty from the water should be explained, not demonstrated <ul style="list-style-type: none"> • Lift and carry should not form part of this assessment • Minimise repetition of skills once demonstrated correctly (during both training and assessment) • Rescue boards must be disinfected between users • Boat crews should wear masks
Contact tows	Orange manikin	Wetsuit (open water) – optional	<ul style="list-style-type: none"> • Live simulated casualty must be replaced with an orange manikin (3/4 full) • Manikins should not be used in heavy surf • Touch points on manikins must be disinfected between users • Boats should be used to transport manikins out to sea where possible

8. Certification during COVID-19

During COVID-19, NVBLQ qualifications will be awarded as normal, as the full assessment criteria will be trained and assessed. The only difference during COVID-19 is the way in which certain competencies are assessed in order to minimise risk of COVID transmission where possible.

9. COVID CPR Algorithm



(1) Personal Protective Equipment (PPE)

Minimum required:

- Gloves
- Face mask with eye protection

(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 DROWNING Researcher Alliance

INTERNATIONAL LIFE SAVING

INTERNATIONAL MARITIME RESCUE FEDERATION

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



10. Appendices & references

1. IDRA-ILS-IMRF joint Position Statement: Resuscitation of the drowned person in the era of COVID-19 disease (see also algorithm in section 8)
<https://www.ilsf.org/wp-content/uploads/2020/06/IDRA-ILS-IMRF-COVID-CPR-recommendations.pdf>
2. Resuscitation Council UK (see section 4 of the link below)
<https://www.resus.org.uk/covid-19-resources/statements-covid-19-hospital-settings/resuscitation-council-uk-statement-covid-1>
3. Welsh Government: Guidance on sport, recreation and leisure
<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html#section-44228>
4. Welsh Government: Guidance to support youth work services
<https://gov.wales/sites/default/files/publications/2020-08/covid-19-guidance-support-youth-work-services-safe-phased-increase-operations.pdf>
5. UK Government: Guidance for the safe use of multi-purpose community facilities
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>

