

DATE : March 19, 2020 – **Updated March 24, 2020**
TO : Lifesaving Society Affiliate Members
Lifesaving Society Instructors
SUBJECT : Coronavirus COVID-19
Teaching and Coaching Protocols

Considering the Québec government's directive to close any company that does not manufacture or provide essential services as of 11:59 p.m. on March 24, 2020, the Lifesaving Society is revising its Teaching and Coaching Protocols. The Lifesaving Society is now asking all of its affiliate members and instructors as well as private and public aquatic facilities to cease all training and coaching activities involving employees in order to limit the spread of COVID-19.

Therefore, please disregard the notice on Teaching and Coaching Protocols issued on March 20, 2020, and refer instead to the above guidelines.

March 19, 2020 – Teaching and coaching protocols

The Lifesaving Society has been informed that some aquatic centres are keeping lifeguards on staff and some managers are considering taking advantage of the closures to train their staff. The Lifesaving Society does not encourage these initiatives and asks its members to do what is necessary to prevent the COVID-19 transmission.

It is important to stipulate that teaching and coaching must comply with the rules of hygiene and distancing put in place by the government. During these training sessions it is essential to avoid any contact between participants (turning over victims with spinal injuries, taking care of immersed victims, etc.). It should be noted that these measures will result in an invalid certification, since the assessment will be incomplete.

It is also important to remember that there is little risk of spreading COVID-19 in aquatic environments. Although coronaviruses can be present in pool water due to fecal matter and nasal secretions, they are generally vulnerable to the effects of chlorine and are not likely to survive in the water of aquatic facilities. Nevertheless, although coronaviruses do not survive in chlorinated water, they spread very easily in humid environments, where they are known to thrive.

To avoid the risk of contagion, the Lifesaving Society stresses the need to take every hygiene precaution possible to limit the spread of the disease. To do so, the Lifesaving Society encourages you to follow these recommendations:

- For pool staff trainings that are a preparation for lifeguard recertification:
- Maintain the locker rooms and the pool deck clean and disinfected;
- Maintain a minimum distance of one metre between anyone on the pool deck or in the water;
- Only practice skills that can be done individually;
- Avoid practising any skill that requires teamwork or rescuing victims, however, skills that require rescuing a victim in water can be practiced with a manikin;
- The supervision of pool trainings must comply with the Regulation respecting safety in public baths standards.

As part of the trainings:

- Maintain a minimum distance of one metre between anyone on the pool deck or in the water;
- Maintain a minimum distance of one metre between each participant in the classroom;
- Always wear gloves and make sure that participants have access to, know how to use and actually use barrier devices;
- Follow any recommendations issued by the Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST) regarding CPR training in classrooms:
 - As an alternative to practice, elaborate on the insufflation technique. The instructor must demonstrate it on the manikin in front of the whole group;
 - Explain to participants that insufflations are essential for resuscitation and that these preventative measures are in place only for the duration of the pandemic.

The Lifesaving Society takes the COVID-19 crisis seriously and meets the government's requirements. As such, the Lifesaving Society reiterates its commitment to ensuring the well-being and safety of all those involved in the

pursuit of its mission. The Lifesaving Society is in constant contact with government authorities, public health organizations and the Lifesaving Society's national office to ensure that all is in place to mitigate the risk of contagion.

For more information, please contact us by e-mail at alerte@sauvetage.qc.ca.

