

Water Safety Ireland



Returning to Water Safely

Outlining the Reopening of Phases

Version 2 (01/07/2020)

Primary Objectives

- 1. Follow Government and HSE Advice***
- 2. Maintain Social Distancing**
- 3. Observe Hygiene Rules**
- 4. Mitigate risk - Using the water safely by promoting water safety awareness**

Primary Groups

- 1. Recreation - Information regarding all members of the Public using beaches, pools and waterways**
- 2. Instruction - Information regarding persons engaging with Lifesaving Classes/Courses**
- 3. Sport - Information regarding persons training to compete at lifesaving competitions**

**Important to remember that Guidelines and Dates may change depending on government advice. Revisions of this plan will be made as required.

Phases Overview

ACTIVITY		Phase 1 - 18 th May	Phase 2 - 8 th June	Phase 3 - 29 th June	Phase 4 - 20 th July	1 st Sept Onwards
Social Distancing		2 Metres	2 Metres	2 Metres	2 Metres	Pending Review
Primary Group	Recreation	Yes	Yes	Yes	Yes	Pending Review
	Instruction	No	No	No	See Phase 4 – Pg 8	Pending Review
	Sport	No	No	No	See Phase 4 – Pg 8	Pending Review
Group Size		4	8	12	No travel restriction	Pending Review
Travel from Home		5km	20km	Outside Local Area	Outside Local Area	Pending Review
Equipment	Own	Yes	Yes	Yes	Yes	Pending Review
	WSAC Equipment	No	No	Yes (see page 6)	See Phase 4 – Pg 8	Pending Review
Location	Pools	No	No	Yes	Yes	Yes
	Open Water	Yes	Yes	Yes	See Phase 4 – Pg 8	Yes
Key Activities Overview	Summer Weeks	Cancelled	Cancelled	Cancelled	Cancelled	Pending Review
	Lifesaving Sport	Personal Only	Personal Only	Yes (see page 7)	See Phase 4 – Pg 8	Pending Review
	Instructor CPD	Cancelled	Cancelled	Cancelled	Yes	Pending Review
	Professional CPD	Cancelled	Cancelled	Online Available	Online Available	Pending Review
	CRBI/IRB Activity	Cancelled	Cancelled	Pending Review	Pending Review	Pending Review
	Risk Assessment Activity	Cancelled	See Page 4	Yes. See Page 4	Yes. See Page 4	Pending Review
	Water Safety Classes	Cancelled	Cancelled	Cancelled	Cancelled	Pending YES

Important considerations when:

⇒ **Choosing an activity:**

- Personal responsibility – Each person is to take personal responsibility for their own health, safety and decision making.
- Compliance COVID-19 restrictions – Awareness of COVID-19 restrictions that exist at the time of returning to water .
- Is the activity compatible with Water Safety Ireland and the Government's Guidelines?
- Is there a safer alternative option?
- Is the likelihood of injury low?
- What is the likelihood of assistance being required?
- Have all risks been reasonably mitigated? For example: Use of personal flotation devices, swimming at lifeguarded waterway etc.
- Are you following Water Safety Ireland's safety guidelines for this activity?
- Does the activity match the level of ability for the people taking part in the activity?

⇒ **Engaging in an activity with other people:**

- Are these people physically healthy, and are they showing any symptoms or COVID-19?
- Are the skills sets of the people suitable for the environment you are in? Are these people able to self-rescue?
- Can these people be guided/instructed to self-rescue without requiring physical contact?

Further Information

⇒ COVID-19: Answers to FAQ

<https://watersafety.ie/covid-19/>

⇒ Lifesaving Sport

- Water Safety Ireland will not hold any further lifesaving sport competitions for any age group for the remainder of 2020, therefore the planned regional & national open water competitions are now cancelled.
- There will be no Water Safety Ireland sanctioned lifesaving sport training or use of Water Safety Area Committee (or lifesaving training centres) sports equipment for any nipper groups (8yr – 14yr) for the remainder of the year.
- National Squads: due to the cancellation of the summer National competitions, the current 2020 National Squad will be extended for an additional year. Athletes who excelled in the 2020 National Stillwater Championships may be offered places onto the current squad later in the year. The composition of Regional squads will be reviewed later in the year and we will advise on this then. There will be no further Regional or National squad camps for the rest of 2020.
- Further information regarding sport is detailed in the “Return to Lifesaving Sport” Document on www.watersafety.ie

⇒ National Awards Ceremony

- The evaluation of submitted applications will proceed, but any presentation of awards will be deferred until further notice.

⇒ Risk Assessments

- Risk Assessments can resume from 8th of June.
- A letter will be provided for risk assessors to travel.
- Front line worker status will allow Risk Assessors to carry out Risk Assessment subject to normal HSE guidelines.

Phase 3 - 29th June - Overview

Group	Guidelines
Recreation	<ul style="list-style-type: none"> ● Lifeguards on duty at specified locations: Permanent in July (locations available at www.watersafety.ie). ● Only swim at lifeguarded waterways between the red and yellow flags. If there is a red flag it is unsafe to swim. If there is no flag there are no lifeguards on duty. ● Adhere to social distancing and hygiene guidelines.
Instruction	<ul style="list-style-type: none"> ● Lifesaving classes remain cancelled. ● Water Safety Weeks cancelled. ● Pools may now open. ● Beaches are open. ● Surf School Inspection Spot Checks to resume. ● Inshore Rescue Boat activities: For the purpose of maintenance only, IRB's can be taken to water. ● Lifeguards must upskill in the use of BVM and First Aid online. ● Membership to complete on line Child Protection Course. ● Membership kept aware of Government COVID-19 hygiene and Guideline updates. ● Lifeguard Tutors must upskill in the use of BVM and first aid Guidelines for Lifeguards via on-line CPD ● On-line BLS Instruction policies to be developed for Instructors/Lifeguard Tutors during Phase 5 and onwards taking into account guidelines from ERC and PHECC. ● On-line training (CPD) modules to be developed and made available for Instructors / Teachers/ Examiners / Tutors.

	<ul style="list-style-type: none"> ● WSACs may now meet in person (or by zoom etc) to discuss how to implement the re-opening of Lifesaving and swimming classes in their areas where the location enables social distancing. ● No face to face instruction. ● Online training allowed. ● Online membership applications accepted. ● Application to be made to swimming commission for online swimming teaching courses (theory based elements).
Sport	<ul style="list-style-type: none"> ● Group Training Resumes ● WSAC's planning to recommence training sessions or allowing members to use lifesaving sport equipment, must forward the sport@iws.ie a written plan (SOP) how these protocols will be implemented locally, to be approved by the sports commission prior to commencing. ● Each WSAC must appoint an assigned safety officer responsible for managing issues and queries relating to the Covid19 pandemic and ensuring the protocols are followed. ● No training for athletes under 14 years old. ● Clear protocols finalised, agreed and adhered to by coaches, athletes & lifeguards. ● If training on a personal basis, have all risks been reasonably mitigated and all necessary precautions been taken? ● Avoid sharing equipment. ● Travel only with those persons in your household. ● Follow Government and HSE Guidelines – Social Distancing + Hygiene.

- Further information available at www.watersafety.ie

Phase 4 – 20th July - Overview

Group	Guidelines
Recreation	<ul style="list-style-type: none"> • Lifeguards on duty at specified locations: Permanent (locations available at www.watersafety.ie) • Only swim at lifeguarded waterways between the red and yellow flags. If there is a red flag it is unsafe to swim. If there is no flag there are no lifeguards on duty. • Pools Open - subject to conditions re sanitisation, numbers and distancing. • Adhere to social distancing and hygiene guidelines.
Instruction	<ul style="list-style-type: none"> • Lifesaving Classes remain cancelled (including pool classes) • Water Safety Weeks cancelled. • Pools Open - subject to conditions re sanitisation, numbers and distancing. • Beaches open. • Surf School Inspection Spot Checks to resume. • Inshore Rescue Boat activities: Training can resume. • CRBI Activities – Pending Review • Lifeguards must upskill in the use of BVM and First aid online. • Membership to complete on line Child Protection Course. • Membership kept aware of Government COVID-19 hygiene and Guideline updates. • Lifeguard Tutors must upskill in the use of BVM and first aid Guidelines for Lifeguards via on-line CPD

	<ul style="list-style-type: none"> ● On-line BLS Instruction policies to be developed for Instructors/Lifeguard Tutors during Phase 5 and onwards taking into account guidelines from ERC and PHECC. ● On-line training (CPD) modules to be developed and made available for Instructors/Teachers/Examiners/Tutors. ● BLS training modules and videos to be developed for the on-line teaching and training of BLS for Lifesaving Classes returning in Phase 5. ● WSACs may now meet in person (or by zoom etc) to discuss how to implement the re-opening of Lifesaving and swimming classes in their areas where the location enables social distancing. ● WSACs may now meet in person (or by zoom etc) to conduct instructor CPD training where the location and activities enable social distancing. ● WSAC's to liaise with their Pools regarding dates for classes to return, numbers allowed in classes, and any/all site specific COVID-19 guidelines. ● Deck Managers/WSACs to liaise with Instructors to see if Child Protection Course completed and their availability for the winter programme. ● Online training to continue. ● Resuscitation training based on Chest Compressions only – Adults only. Social Distancing in place and strict hygiene measures taken. ● WSAC CPD training for instructors and examiners. Groups no more than 12, subject to social distancing rules etc. ● Application to be made to swimming commission for online swimming teaching courses (theory based elements). ● Each WSAC must appoint an assigned Covid Compliance Officer responsible for managing issues and queries relating to the Covid19 pandemic and ensuring the protocols are followed.
Sport	<ul style="list-style-type: none"> ● Group Training Resumes ● WSAC's planning to recommence training sessions or allowing members to use lifesaving sport equipment, must forward the sport@iws.ie a written plan (SOP) how these protocols will be implemented locally, to be approved by the sports commission prior to commencing.

	<ul style="list-style-type: none"> • Each WSAC must appoint an assigned safety officer responsible for managing issues and queries relating to the Covid19 pandemic and ensuring the protocols are followed. • No training for athletes under 14 years old. • Clear protocols finalised, agreed and adhered to by coaches, athletes & lifeguards. • If training on a personal basis, have all risks been reasonably mitigated and all necessary precautions been taken? • Avoid sharing equipment. • Travel only with those persons in your household. • Follow Government and HSE Guidelines – Social Distancing + Hygiene. • Further information available at www.watersafety.ie
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1st September Onwards - Overview

Group	Guidelines
Recreation	<ul style="list-style-type: none"> • Hopeful for a return to normal operation. Future versions of this plan will provide more detail.
Instruction	<ul style="list-style-type: none"> • Safety, challenge, endurance and swim classes will resume with local pool protocols and HSE + Government guidelines.
Sport	<ul style="list-style-type: none"> • Hopeful for a return to normal operation. Future versions of this plan will provide more detail.