



Hampstead Heath, Highgate Wood and Queen's Park Committee

Date: WEDNESDAY, 3 JUNE 2020
Time: 4.00 pm
Venue: VIRTUAL MEETING (ACCESSIBLE REMOTELY)

6. **SWIMMING FACILITIES UPDATE: HAMPSTEAD HEATH SWIMMING COVID-19 TEMPORARY ARRANGEMENTS**
Report of the Director of Open Spaces.

For Decision
(Pages 1 - 36)

Item received too late for circulation in conjunction with the Agenda.

John Barradell
Town Clerk and Chief Executive

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Agenda Item 6

Committee	Dated:
Hampstead Heath, Highgate Wood and Queen's Park Committee	3 June 2020
Subject: Hampstead Heath Swimming Covid-19 Temporary Arrangements	Public
Report of: Director of Open Spaces	For Decision
Report author: Bob Warnock, Superintendent of Hampstead Heath	

Summary

This report sets out the short-term arrangements to adapt the swimming facilities in response to Covid-19, in order to introduce and maintain Social Distancing measures and to ensure the safety, health and wellbeing of Staff and visitors.

The report also provides an update on the actions taken to implement the outcomes of the Swimming Review 2020.

Recommendations

It is recommended that:

- Members agree the temporary arrangements relating to online booking and session swimming as set out in paragraphs 13-17.
- Members agree the temporary arrangements around introducing additional control measures as set out in paragraphs 18-21.
- Members agree the temporary arrangements around charges and concessions as set out in paragraphs 22-28.

Current Position

1. Following advice from the Director of Public Health due to the outbreak of COVID-19, the swimming facilities closed on Sunday 22 March 2020.
2. Throughout the lockdown the Lifeguards have been maintaining a presence at the swimming facilities to prevent unauthorised access and to undertake maintenance tasks, which include:

Lido

- Maintaining the plant room and chemical dosing system.
- Cleaning filters and carrying out regular water quality tests in order to maintain pool water standards.
- Summer Season preparations - jet washing the pool surrounds, painting exterior walls and maintain the benches.

- Assisting contractors who are carrying out essential work such as servicing of Lido plant and paddling pool.

Bathing Ponds

- Summer Season preparations - jet washing decks, cutting back vegetation, deep cleaning of the changing areas, repairing the wooden rowing boats, cleaning life rings and the limit line floats.
 - Patrolling the areas around the facilities to provide support to the Rangers and Keepers.
 - Repairs to perimeter fences. Staff have undertaken localised repairs and a Contractor will undertake further repairs in mid-June.
3. Staff from the Heath's Conservation Team completed repair works to the Kenwood Ladies' Bathing Pond dam in early May. These works were agreed with the Panel Engineer and were supervised by the City of London Corporation's Engineer.
 4. Eight Fixed Term Contract Lifeguards started on Friday, 1 May 2020. This is critical to ensure correct resources are in place for opening the facilities once it is appropriate to do so. Currently, the Fixed Term Contract Lifeguards, the casual Lifeguards and Basket Room Staff are supporting the wider Heath Team and the Highgate Wood Team by engaging with visitors around the Government's guidance and undertaking patrols and helping with waste management across the sites.
 5. The Swimming Facilities Supervisor has updated the Risk Assessments and Safe Systems of Work for the Bathing Ponds and Lido in line with the outcome from the Swimming Review. The Risk Assessments and Safe Systems of Work will be further updated in response to the latest advice in relation to Covid-19.
 6. All Lifeguards have been continuing their regular training using the Royal Life Saving Society (RLSS) online sessions. The Lifeguards have been maintaining fitness levels by individually swimming at the Lido (no team sessions). The Lifeguards have been provided with a copy of the new Open Water Lifeguard manual and are working towards achieving this qualification once the RLSS restart their assessment process.
 7. New rescue equipment has been purchased and the Lifeguards have been using this equipment at the Lido as part of their training. The equipment includes Kayaks, Stand Up Paddle boards and Surf Rescue boards.
 8. Safety signage is being updated to address a number of issues that were raised during the Swimming Review. New entry signage is also being prepared to complement the new payment messaging.

Covid-19 Swimming Facilities Recovery Plans

9. All the swimming facilities on Hampstead Heath are designated as outdoor Swimming Pools, as they have Lifeguards, changing rooms, toilets, showers etc. Due to this they will remain closed until the Government announces that we are moving into Step 3 of the Coronavirus Recovery Strategy. It is anticipated that this will be in early July 2020. However, Officers will need to ensure that the

proposals for opening the facilities comply with the Government Guidance, therefore it is likely the facilities will open no earlier than 6 July.

10. Consequently, Officers are seeking Members support to introduce short-term arrangements to adapt the swimming facilities in response to Covid-19, in order to introduce and maintain Social Distancing measures and to ensure the safety, health and wellbeing of Staff and visitors. An outline of the works required are set out within appendix 1.
11. Draft proposals for adapting the swimming facilities were discussed with the Hampstead Heath Consultative Committee on the 18 May 2020. Following the HHCC meeting, a series of virtual meetings with the Swimming Associations were arranged. These have proved helpful in preparing this report and Officers will continue to engage with the Swimming Association's as the temporary works are designed and implemented. Notable temporary changes at the facilities will include:
 - Installing Covid-19 site specific signage, temporary barriers and other temporary measures to maintain Social Distancing, such as one-way systems. These will need to be tailored to each of the swimming facilities.
 - At the Highgate Men's Bathing Pond this will involve establishing a new entrance into the facility; a new entrance to the changing compound; removal of the partition to the sunbathing area to extend the changing space to increase the capacity of the facility. Repurpose of the building used by the Lifebuoys as a changing space, allowing for the provision of additional welfare space for the Lifeguards and to allow for social distancing of our staff in their workplace.
 - At the Hampstead Mixed Pond this will require establishing a new exit from the pond with a ladder installed on the timber Lifeguarding jetty to create a one-way system avoiding congestion on the existing jetty.
 - At the Kenwood Ladies' Bathing Pond the back gate will remain closed and entry and exit managed via Millfield Lane.
 - The Lido will be lane swimming only and the paddling pool and slide will be closed.
12. There are a range of temporary measures which Members are asked to consider in relation to:
 - Online booking and session swimming
 - Additional control measures
 - Charges and concessions

Online Booking & Session Swimming

13. In order to manage the number of swimmers at each facility it is proposed to introduce session swimming administered through an online booking and payment system. A limit will be placed on the number of swimmers available to book per session.

14. The option to use cash to pay for swimming on the Heath will be withdrawn and all payments will be made online.
15. Due to the time constraints and taking account of advice from the IT Director, Officers are seeking to partner with an existing online booking provider for the short term until the Heath App has been fully developed. Whilst a number of options are being explored, it is likely that a percentage of the income generated via the online booking will be retained by the provider for this short-term solution.
16. It is proposed that the online sessions will be non-refundable, except where sessions have been cancelled.
17. These short-term temporary arrangements will be kept under review and discussed with the Swimming Associations.

Additional Control Measures

18. The RLSS Guidance (appendix 2) recommends historical rescue data is analysed to establish where interventions are known to be prevalent and to remove high risk sessions. At the Swimming Facilities the incidents of children requiring Lifeguard assistance are historically high. Consequently, to reduce this risk Officers propose to suspend swimming for under 16's at the Bathing Ponds.
19. Therefore, to provide swimming opportunities for children under 16's it is proposed that family only sessions are introduced at the Lido and administered through the online booking system.
20. Taking account of the learning from the Serpentine Swimming Club, the number of swimming sessions will initially be limited to ensure the facilities are operating safely. The number of sessions would be increased if Officers considered it was safe to do so.
21. Officers will need to retain flexibility to close the swimming facilities if necessary, to protect staff, avoid crowding and to ensure Social Distancing.

Charges and Concessions

22. Season Ticket holders have been unable to use their tickets since swimming was suspended in late March. Officers propose to honour the period of time for which a Season Ticket was valid, but unable to be used. Once the temporary Covid-19 swimming restrictions have ended, and usual operating arrangements have resumed, extensions will be applied to Season Tickets.
23. In order to have an online booking system operating from July, Officers propose to delay the introduction of the free morning swim Season Ticket for under 16's and over 60's. However, these groups will be eligible for the concession rate when booking.
24. Officers propose that the day ticket charges for the Bathing Pond, as agreed by Members at their March 2020 meeting be applied to the sessions. In addition Officers propose the morning swim charges for the Lido are applied to sessions booked at this facility, however, the Concessionary rate be adjusted to align with the Ponds as the rounding due to cash handling is not currently applicable to this charge.

- Adult Session Charge - £4.00
 - Concession Session Charge - £2.40
25. Concessions rates continue to apply to the following:
- Freedom Pass
 - Disabled Card
 - Job Seekers Allowance
 - Students
 - Under 16's
26. Whilst we acknowledge the swim session at the Lido is slightly longer, this accounts for the additional time required to safely admit the swimmers to the facility.
27. The approach to levy the same charges at the Lido and Bathing Ponds will encourage swimmers to book at the facility most suited to their swimming ability.
28. The Parliament Hill Office will be staffed to assist swimmers with making online booking and payment. Staff will also be able to assist swimmers with additional access requirements.

Contactless Payment Technology

29. Whilst it is proposed to move to online booking in the short term, the long-term intention remains to implement contactless payment as agreed the Management Committee decision of 11 March 2020.
30. Contactless payment arrangements are being progressed and Officers have been working with Lloyds Bank to procure contactless payment devices, wristband season tickets and the development of a Heath App. The current timeline for developing the Heath App is eight weeks.
31. The Heath App will enable payments to be made, wristbands to be activated and managed and will also provide the opportunity to message season ticket holders to provide a range information, such as closures and renewal alerts. It will also be possible to expand the Heath App to include the Athletics Track as a second phase of the implementation programme.
32. Radio frequency data identification (RFDI) enabled wristbands will be used for both season ticket holders and will be an option for day visitors.
33. The provision of small lockers is being investigated. These would enable safe storage of personal effects such as phones, cards and wallets. The RFDI wristband could be used to unlock the locker, avoiding issues with lost keys.
34. The option to facilitate online booking via the Heath App is also being explored. This would be more cost effective and add functionality to the online booking capability. At this stage it is not clear how long these arrangements will be required to operate. Officers will continue to engage with the Swimming Associations throughout this process.

Cyclical Works

35. Officers are working with colleagues from the City Surveyor's Department to progress works on the replacement hot water boiler for the Ladies' showers at the Lido. Works are scheduled to commence on 8 June 2020 for a period of 3 weeks.
36. The project to upgrade the 3-phase electrical cabling to the Mixed Pond is a funded project within the Cyclical Work Programme. We are discussing with the City Surveyors Department the timescales for the works. Funding bids for new fencing, sewerage pumps and control gear have been submitted for the 2021/22 Cyclical Work Programme bid process.

Capital Project

37. To implement the works identified during the Swimming Review in conjunction with the Superintendent, the City Surveyors Department have appointed a firm of Project Management Consultants and Cost Consultants to support the development of the Capital Project.
38. The works across the three Bathing Ponds and the Parliament Hill Fields Lido have been scoped in accordance with the outcomes of the Swimming Review to inform the development of a Capital Project Gateway Report for stages 1 & 2. The draft high-level programme is attached at appendix 3.
39. The Project will include the access works at the Highgate Men's Bathing Pond, the back gate and adaptations to the accessible toilet at the Kenwood Ladies' Bathing Pond, a review of the facilities at the Hampstead Mixed Pond and a review of the vacant space at the Parliament Hill Fields Lido and improvements to security and waste management.
40. The Gateway 2 Report will be discussed with Members of the Swimming Forum, Sports Advisory Forum, Hampstead Heath Consultative Committee before being presented to the Hampstead Heath, Highgate Wood and Queen's Park Committee.

Finance

41. Covid-19 is having a significant impact on the Heath Local Risk Budget, particularly in relation to a reduction in income from car parking, events, filming, leases, licences, sports bookings and swimming. In addition, expenditure has increased on signage, waste collection, disposal and staff costs. Extensive cost control measures have been introduced to manage the impact on the Local Risk budget.
42. The adaptations to the facilities in accordance with the Covid-19 recovery plans will be funded through the Superintendents Local Risk Budgets. Along with the works to introduce contactless payment technology.
43. During the Swimming Review concerns were raised with respect to the financial accessibility of the facilities. Investigations into a Support Fund have commenced and an initial meeting with the City Bridge Trust has taken place. Further work on this aspect are being prioritised.

44. A Capital Bid will be submitted to seek funding for the Capital Works identified from the Swimming Review.

Risk

45. There is a risk that the demand for access to swimming results in crowds gathering at the facilities. To mitigate this, sessions will be introduced and may initially be restricted to weekdays and early mornings. When periods of exceptionally hot weather are forecast it may be necessary to close the facilities to reduce the likelihood of crowds developing leading to a breakdown in Social Distancing measures and social disorder.
46. There is a risk that the Social Distancing measures and online booking arrangements will not be in place to facilitate an anticipated July opening, subject to Government Guidance. Officers have developed a Project Plan to coordinate the implementation of the works discussed in this report.
47. Unauthorised swimming at the Bathing facilities and the non-lifeguarded Ponds is a significant concern. Staff continue to undertake patrols around the ponds and barrier tape and signage has been deployed to discourage unauthorised swimming.
48. The Risk Assessments and Safe Systems of Work will be updated to reflect the revised temporary operating arrangements.

Communications

49. A Communications Plan is being drafted. This will outline the steps that the City Corporation will take to provide clear messaging to swimmers around the changes to the swimming facilities and the requirement to book a session online in advanced of arriving at the facilities.
50. The Communications Plan will communicate elements of the Recovery Plan to the media, Heath swimmers and visitors, Londoners and other key external and internal stakeholders, explain the new arrangements for opening safely while Covid-19 is still a risk and provide clear messaging on the entry system, online booking and payments and how people can access the Bathing Ponds and Lido.

Conclusion

51. Due to Covid-19, Officers are developing plans to introduce short term arrangements to enable the swimming facilities to reopen, in-line with Government Guidance. These arrangements will be kept under review taking account of RLSS Guidance, feedback from swimmers and Staff. A further report will be prepared in due course to review the effectiveness of the short term arrangements and consider how the facilities will be managed in the long term once Social Distancing measures are relaxed.

Appendices

- Appendix 1 – Draft Swimming Facilities Covid-19 Recovery Plans
- Appendix 2 – RLSS Guidance
- Appendix 3 - Draft High-level Programme

Bob Warnock

Superintendent, Hampstead Heath

T: 020 7332 3322

E: bob.warnock@cityoflondon.gov.uk

Appendix 1 - Draft Swimming Facilities Covid-19 Recovery Plans

Introduction

1. In line with Government Guidance on COVID-19, the Bathing Ponds and Lido currently remain closed. The City of London Corporation is keeping the situation under review and will reopen as soon as it is safe to do so. This will be done in consultation with Swimming Associations and other key stakeholders.
2. Early indications are swimming facilities may be able to open under “Step 3” of the Governments Strategy which could be introduced from 4 July 2020 at the earliest.

Planning for Summer 2020 opening

3. The Superintendent has started to prepare Recovery Plans for the Hampstead Heath Swimming Facilities.
4. Lifeguard training and fitness training is continuing, with adaptations to maintain Social Distancing. This is essential to ensure the Team are ready to resume their duties. All Full Time and Fixed Term Contract Lifeguards have completed the Royal Life Saving Society (RLSS) online training modules and have been allocated Open Water Lifeguard manuals in preparation for the qualification assessment.
5. RLSS advice will be critical in terms of performing rescues, resuscitation and Lifeguard safety. The following website is being monitored <https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19>
6. Lifeguards as first responders may have close contact with individuals with potential Coronavirus infection (COVID-19). As part of their normal roles, they may be required to provide immediate assistance requiring close contact until further medical assistance arrives.
7. In the current situation of sustained community transmission of COVID-19 in the UK, Social Distancing, the strict application of safe working practices and, where Social Distancing cannot be maintained, the use of Personal Protective Equipment (PPE) will be determined through Risk Assessments.
8. Understandably, there is a degree of anxiety amongst the Lifeguards and Rangers around their safety when undertaking their duties. Covid-19 Secure Workplace Risk Assessments have been prepared and are being discussed with staff and the recognised Trade Unions.
9. Maintenance and repairs are ongoing to ensure the facilities remain operational. The repairs to the accessible shower at Kenwood Ladies’ Bathing Pond are a priority along with the boiler replacement and terracing repairs at the Parliament Hill Fields Lido.

10. The Superintendent will continue to liaise with the Director of Open Spaces, the Director of Health, RLSS, Swim England and other outdoor swimming venues to develop suitable control measures to help control the risk of spreading Coronavirus.
11. In the short term it is proposed to use an online booking website to manage session booking and payment. In due course the intention would be to move the online booking onto the Hampstead Heath App which is currently in development. At this stage contactless payments could be introduced and integrated with season ticket wristbands. The Parliament Hill Information Office staff will be able to assist with making bookings and payments, for those who do not have on-line access.
12. The use of toilets, showers and indoor changing spaces will need to be carefully risk assessed. Currently, the Hampstead Heath Team do not have a sustainable supply of the PPE Public Health England recommend for toilet cleaning e.g. the use of disposal aprons and face masks.
13. Communications setting out the new operating arrangements will need developing and promoting through the Swimming Associations, press, website, social media and signage on site to ensure visitors are aware of the changes to the swimming arrangements to comply with Social Distancing and Lifeguard safety. A proactive social media campaign will be used to remind swimmers of the requirements to book and pay in advanced before arriving at the facilities. This will be particularly important leading up to periods of hot sunny weather.
14. These draft proposals have been discussed with the Swimming Associations and the Hampstead Heath Consultative Committee.

Parliament Hill Fields Lido - Draft Proposals

15. Move to online booking only to limit the number of swimmers using the facility and to eliminate cash handling. A range of booking limitations will be necessary to prevent block bookings by individuals and to ensure as many people as possible have an opportunity to swim.
16. Introduce timed swimming sessions. This will prevent overcrowding and allow Social Distancing measures to be introduced at the facility. It will relieve pressure on use of the toilets, changing areas as well as swimmers Social Distancing in and out of the water.
 - Session 1 – 07.00 – 08.30
 - Session 2 – 09.30 – 11.00
 - Session 3 – 12.00 – 13.30
 - Session 4 – 14.30 – 16.00
 - Session 5 – 17.00 – 18.30
17. An hour has been programmed between the swimming sessions to facilitate cleaning and preparing the Lido for the next session. This needs to be trialled, as it may be possible to reduce this time and add a further swimming session.

18. It is proposed that each session could facilitate 100 swimmers. This would need to be kept under review. The number of swimmers permitted access for the session would be able to use their time allocation for both swimming and sunbathing within the facility, whilst respecting the Social Distancing requirements.
19. Consideration will be given to providing family sessions where a ratio of 1 adult per 2 children from the same household may swim together. The children will also need to be competent swimmers.
20. To ensure the Social Distancing measures, it is proposed to introduce a flow system at the facility:
 - A. Entrance queue – 2m spacing markers on ground along entrance ramp and path. Barriers erected along path. A member of staff would hold the queue at the bottom of entrance ramp until the entry kiosk is clear then allow the next customer to move forward.
 - B. One-way system – Arrows on floor. From foyer to the changing rooms, use middle door to access poolside, swim in lanes, exit pool and use the poolside showers, use the main poolside opening to again access to and changing, use exit turnstiles at end of the changing rooms. The internal showers and toilets will remain closed. The four outdoor showers will be available for swimmers to use. Subject to securing sufficient supplies of PPE the poolside toilets could be opened.
 - C. Additional staff required to manage one-way flow in changing areas/toilets. Metal barriers with signage attached to help with flow routes and messaging to swimmers.
21. Introduction of Social Distancing to Swimming:
 - A. Lane swimming only. Proposed 20 swimmers in each lane swimming in one direction, at least 4m apart to maintain distancing. No stopping at each end.
 - B. 5 x lanes available. Lanes are 5m wide.
 - C. Lanes marked for different swimming abilities.
 - D. The beginner's lane would be divided at the 1m depth mark to provide 1/3 of the lane for shallow end, one direction swimming. The remaining 2/3 would be available for beginners.
 - E. Close children's slide.
 - F. Close the paddling pool.
 - G. Close the Sauna.
22. Poolside:
 - A. Sunbathing – if Social Distancing permits.
 - B. Café – proposed to limit the offer to teas/coffees and snacks served from door. No access to inside or seating outside.
 - C. Waste & recycling to be introduced.
 - D. Swimmers will be encouraged to use the poolside for changing to alleviate the pressure on the changing rooms.

23. Cleaning/hygiene – Staff will be briefed on how to use PPE including decontamination and disposal. The gap between sessions will provide time for cleaning to be carried out.
24. Security/Stewards – Additional staff/security need to be used outside building to manage queue, stop people climbing the perimeter wall and gaining unauthorised entry. Also, to help manage visitors who have not purchased a session ticket online.
25. The Planning Application for the external temporary fence has been submitted and the Planning Case Officer has requested additional information from the Designing Out Crime Officer (MET Police). To support the application for listed Building Consent a heritage statement is also being prepared.
26. Information – new signage installed on site to ensure visitors are aware of the changes to the swimming arrangements to maintain Social Distancing and Lifeguard safety.
27. Drinking water fountains will not be accessible.

Highgate Men's Bathing Pond – Draft Proposals

28. Move to online booking only to limit the number of swimmers using the facility and to eliminate cash handling. A range of booking limitations will be necessary to prevent block bookings by individuals and to ensure as many people as possible have an opportunity to swim.
29. Introduce timed swimming sessions. This will prevent overcrowding and allow Social Distancing measures to be introduced at the facility. It will relieve pressure on use of toilets, changing areas as well as swimmers distancing in and out of water.
 - Session 1 - 07.00 - 08.00
 - Session 2 - 08.30 - 09.30
 - Session 3 - 10.00 - 11.00
 - Session 4 – 11.30 - 12.30
 - Session 5 – 13.00 - 14.00
 - Session 6 – 14.30 - 15.30
 - Session 7 – 16.00 - 17.00
 - Session 8 – 17.30 - 18.30
30. It is proposed that each session could facilitate 30 swimmers. This would need to be kept under review.
31. 30 minutes has been programmed between the swimming sessions to facilitate cleaning and preparing the facility for the next session. This needs to be trialled, as it may be possible to reduce this time and add a further swimming session.
32. Introduce a flow system to ensure social distancing at the facility:
 - A. Entrance queue – 2m spacing markers on ground.

- B. Install a new temporary level entrance to maintain Social Distancing. This would allow the existing entrance to be used as an emergency exit from the changing compound. A simple timber open shelter will be necessary to provide a safe environment for the staff managing the entrance to the facility.
 - C. A system will need developing to manage entry and exit from the Pond to maintain Social Distancing. This would involve creating a new doorway onto pondside from the changing room to alleviate congestion.
33. Introduction of Social Distancing to Swimming:
 - A. One-way swimming arrangement will be introduced with swimmers exiting the pond from the Lifebuoys jetty.
 - B. No access to the diving board.
 34. No Sunbathing – Utilise the current sunbathing area to provide additional space for changing thus increasing the capacity of the facility. To alleviate the pinch points the partition between the sunbathing and main changing area will be removed. This will open up the area and reduce the congestion.
 35. Resuscitation and first aid – Guidance from the RLSS has been received.
 36. Cleaning/hygiene – Staff will be briefed on how to use PPE including decontamination and disposal. The gap between sessions will provide time for cleaning to be carried out.
 37. Security/Stewards – Ranger staff to manage queue and manage visitors who haven't purchased a session ticket online.
 38. Subject to securing sufficient supplies of PPE the toilets could be opened.
 39. Social Distancing measures to be in place for use of the shower.
 40. Information – new signage installed on site to ensure visitors are aware of the changes to the swimming arrangements to maintain Social Distancing and Lifeguard safety.
 41. It is proposed to repurpose of the building used by the Lifebuoys as a changing space for the Lifeguards to provide additional welfare space and to allow for social distancing of our staff in their workplace.
 42. Swimming for Children aged 8-15 is suspended.
 43. Drinking water fountains will not be accessible.

Kenwood Ladies' Bathing Pond – Draft Proposals

44. Move to online booking only to limit the number of swimmers using the facility and to eliminate cash handling. A range of booking limitations will be necessary

to prevent block bookings by individuals and to ensure as many people as possible have an opportunity to swim.

45. Introduce timed swimming sessions. This will prevent overcrowding and allow Social Distancing measures to be introduced at the facility. It will relieve pressure on use of toilets, changing areas as well as swimmers distancing in and out of water.
 - Session 1 - 07.00 - 08.00
 - Session 2 - 08.30 - 09.30
 - Session 3 - 10.00 - 11.00
 - Session 4 – 11.30 - 12.30
 - Session 5 – 13.00 - 14.00
 - Session 6 – 14.30 - 15.30
 - Session 7 – 16.00 - 17.00
 - Session 8 – 17.30 - 18.30
46. It is proposed that each session could facilitate 30 swimmers. This would need to be kept under review. The number of swimmers permitted access for the session would be able to use their time allocation for both swimming and sunbathing within the facility, whilst respecting the Social Distancing requirements. The changing rooms and indoor showers will remain closed. Social Distancing measures to be in place for use of the outside shower.
47. 30 minutes has been programmed between the swimming sessions to facilitate cleaning and preparing the facility for the next session. This needs to be trialled, as it may be possible to reduce this time and add a further swimming session.
48. Introduce a flow system to ensure Social Distancing at the facility:
 - A. Entrance queue – 2m spacing markers on ground.
 - B. Use the Millfield Lane for entry and exit. Temporary fencing will be used along access path to separate the entry and exit flows. This would require the back gate to remain closed. A simple timber open shelter will be necessary to provide a safe environment for the staff managing the entrance to the facility.
49. Introduction of Social Distancing to swimming:
 - A. One-way swimming anti clockwise.
50. Consider the use of the Meadows. Lower meadow could be used for changing.
51. Resuscitation and first aid – Guidance from the RLSS has been received.
52. Cleaning/hygiene – Staff will be briefed on how to use PPE including decontamination and disposal. The gap between sessions will provide time for cleaning to be carried out.
53. Security/Stewards – Ranger staff to manage queue and manage visitors who haven't purchased a session ticket online.
54. Subject to securing sufficient supplies of PPE the toilets could be opened.

55. Information – new signage installed on site to ensure visitors are aware of the changes to the swimming arrangements to maintain Social Distancing and Lifeguard safety.
56. Swimming for Children aged 8-15 is suspended
57. Drinking water fountains will not be accessible.

Hampstead Mixed Bathing Pond – Draft Proposals

58. Move to online booking only to limit the number of swimmers using the facility and to eliminate cash handling. A range of booking limitations will be necessary to prevent block bookings by individuals and to ensure as many people as possible have an opportunity to swim.
59. Introduce timed swimming sessions. This will prevent overcrowding and allow Social Distancing measures to be introduced at the facility. It will relieve pressure on use of toilets, changing areas as well as swimmers distancing in and out of water.
 - Session 1 - 07.00 - 08.00
 - Session 2 - 08.30 - 09.30
 - Session 3 - 10.00 - 11.00
 - Session 4 – 11.30 - 12.30
 - Session 5 – 13.00 - 14.00
 - Session 6 – 14.30 - 15.30
 - Session 7 – 16.00 - 17.00
 - Session 8 – 17.30 - 18.30
60. It is proposed that each session could facilitate 20 swimmers. This would need to be kept under review. This is feasibly the most challenging facility to adapt to accommodate Social Distancing. The number of swimmers permitted access for the session would be able to use their time allocation for both swimming and sunbathing within the facility, whilst respecting the Social Distancing requirements.
61. 30 minutes has been programmed between the swimming sessions to facilitate cleaning and preparing the facility for the next session. This needs to be trialled, as it may be possible to reduce this time and add a further swimming session.
62. Introduce a flow system to ensure Social Distancing the facility:
 - A. Entrance queue – 2m spacing markers on ground.
 - B. A simple timber open shelter will be necessary to provide a safe environment for the staff managing the entrance to the facility.
63. Introduction of Social Distancing to Swimming:

- A. One-way swimming arrangement will be implemented, and the timber Lifeguarding jetty will be adapted with the addition of a ladder to provide the exit arrangement from the Pond.
 - B. Sunbathing – if Social Distancing permits, within the session time.
64. Resuscitation and first aid – Guidance from the RLSS has been received.
 65. Cleaning/hygiene – Staff will be briefed on how to use PPE including decontamination and disposal. The gap between sessions will provide time for cleaning to be carried out.
 66. Security/Stewards – Ranger staff to manage queue and manage visitors who haven't purchased a session ticket online.
 67. Information – new signage installed on site to ensure visitors are aware of the changes to the swimming arrangements to maintain Social Distancing and Lifeguard safety.
 68. Swimming for Children aged 8-15 is suspended
 69. Drinking water fountains will not be accessible.

GUIDANCE FOR OPEN WATER SWIMMING OPERATORS

Managing Lifeguards during COVID-19

Version 1.1 June 2020



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1. Introduction

The following guidance has been created to support Operators to manage safety at open water venues, lifeguards and training during the period of COVID-19. It is intended to be implemented in line with the Governments guidelines '[Guidance for providers of outdoor facilities on the phased return of sport and recreation in England](#)'.

RLSS UK suggests that the following guidance is considered when reviewing risk assessments and developing revised operating procedures. The measures suggested in this guidance document may not be appropriate for all venues and/or situations and should be considered as part of the wider plan to protect staff, customers and third parties.

The guidance is not exhaustive to all aspects of open water swimming activities and further guidance has been issued by Swim England, British Triathlon (links can be found in section 7).

It is important for employers, employees, volunteers, and members of the public 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 ever-changing environment and this guidance will be updated regularly following changes to guidance from the Government, please ensure you have the most recent version.

Should you have any questions please do not hesitate to contact us by e-mail info@rlss.org.uk or **0300 3230 096**.

2. 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. Employers should invest time with lifeguard educators to assist them to understand the risks presented by COVID-19 and ensure they have sufficient knowledge to convey safety information effectively to lifeguards.

3. Guidance

Where possible, all contact with members of the public and colleagues should be carried out while maintaining current distancing guidance.

We understand that in some circumstances this is not possible, this guidance is designed to help you consider the tasks your lifeguards may need to undertake and the measures (using the hierarchy of risk) you may be able to put in place to help to protect them.

Hierarchy of risk control

Hierarchy	Examples of control measures for COVID-19
Elimination	<ul style="list-style-type: none"> Remove higher risk sessions from the timetable where interventions are known to be prevalent from historical accident analysis Reduce need for rescue through education and accident prevention Where possible encourage casualty self-treatment
Substitution	<ul style="list-style-type: none"> Use of rescue equipment to undertake rescues at a distance
Engineering Controls	<ul style="list-style-type: none"> Ensure designated lifeguard areas have clear proximity restrictions for the general public
Administrative Controls	<ul style="list-style-type: none"> Always follow good hygiene practices Procedures to minimise contact between staff and staff Procedures to minimise contact between staff and customers Procedures to minimise contact between staff and equipment
Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> Use of PPE by lifeguards when giving emergency treatment to a casualty

The following are general guidance principles to follow:

- Always follow Government guidance
- Put the health and safety of your staff and customers at the forefront
- Ensure all lifeguards wash their hands on arrival and throughout their shift
- Maintain / increase your hygiene standards in the check in / out areas
 - Increase frequency of cleaning particularly in well-used areas
 - Ensure hand washing facilities/hand sanitisers are well equipped and checked regularly
 - Provide personal hand sanitisers for lifeguards to use
- Encourage and advertise current distancing guidance. For example, floor markings in car parking, check in/out and water entry/exit points
- Ensure staff understand the signs and symptoms of COVID-19
- Encourage lifeguards to wear short-sleeved T-shirts and be bare below the elbows (including jewellery). This helps to prevent the spread of infection from contaminated sleeves and aids effective hand-hygiene procedures. If wearing wetsuits with long sleeves, watches could be worn but if wearing a shortie wetsuit or wetsuits with no sleeves, lifeguards should be encouraged to be bare below the elbows (including jewellery)
- Consider additional uniform for employees that may need to change uniform due to suspected contamination
- If employees or any member of their household show any COVID-19 symptoms; do not allow them to attend work, including training and advise them to follow government guidance regarding self-isolation
- Use signage for your staff and customers to remind them that they should remain at home for at least 14 days if they display any signs of symptoms of COVID-19. There are set specific signs produced by PHE for public - <https://coronavirusresources.phe.gov.uk/>

4. Reducing the Risk in an Open Water Environment

You may need to consider means to reduce risks within an open water environment. If activities increase the likelihood of a swimmer requiring rescue of any kind, you should consider if these activities should be stopped during this period.

Some recommendations for considerations:

- Reduce maximum user numbers as appropriate (see guidance from SH₂OUT)
- Review the swimming course
- Consider the surfaces that users will touch when using facilities/equipment, restrict use or implement appropriate cleaning measures where required
- Only allow people who have previously been members to use the site

To understand the intervention likelihood and risk associated with specific activities it may be useful to review historical accident, incident, and near-miss data.

5. Policies and Procedures

Operators will need to review and update policies and procedures for use during COVID-19, amends should be made rather than producing new documents. The following are examples of policies and procedures that should be reviewed:

- Risk Assessment
- Safe systems of work
- Normal Operating Procedures
- Emergency Action Plans
- Cleaning procedures

It is important that any changes in policies and procedures are included within training for lifeguards to ensure they understand the changes.

6. The Role of a Lifeguard

6.1 Supervising a session

Supervision of the open water course should continue in the usual way. The following should be carefully considered when reviewing the provision of supervision:

Lifeguard positions

- Lifeguard positions situated in areas where current distancing guidance may be difficult to achieve should be reviewed. It is recommended that any such adjustments are tested to ensure that swimmers can be seen at all points of the course
- Customers should be encouraged to maintain current distancing guidance with lifeguards positioned at the water's edge. This may be encouraged with clear signage or marking
- Rescue equipment should be easily accessible if not being held by lifeguards to minimise cross contamination

Lifeguard rotations

- Lifeguards completing rotations should comply with current distancing guidance
- Frequency of lifeguard rotations should be kept to a minimum (but not exceed suggested duration)

Lifeguard teams

- Review lifeguard shift rotas to maximise the opportunity to work in the same lifeguard team and limit interaction between all lifeguards
- Consider staggering start times of shifts to discourage lifeguards congregating at the start and end of their shifts

Lifeguard hygiene

- Lifeguards should wash/sanitise their hands before and after rotations
- Lifeguards should avoid touching their faces
- Lifeguard equipment should be cleaned/sanitised regularly (see cleaning section)
- Lifeguards should be supplied with their own equipment e.g. wetsuit, personal floatation devices (pfd), dinghy smock. If these are allocated for a shift, then they should be sanitised at the end of every shift

Lifeguard supervision

- It is important that lifeguards providing supervision are not distracted by carrying out other duties, for example policing current distancing guidance or cleaning
- The number of lifeguards required to supervise the swimming area safely should be reviewed to consider any changes made to lifeguard practices

6.2 Management of other equipment

Provision of individual equipment

Consideration should be given to the provision of individual equipment, each participant should be encouraged to use their own equipment to limit infection through shared/hired equipment (wetsuits, hats, goggles, torpedo buoys, whistles and tow floats).

Other equipment

A lifeguard role may include the setup, use and dismantling of other equipment, including:

- Swimming buoys
- Paddle boards
- Rescue boards
- Kayaks
- Radios
- Powercraft
- Entry/exit check in system

Operators should review the requirement for the equipment and where equipment is used for sessions, they should consider limiting the frequency of changing equipment.

6.3 Cleaning

Cleaning duties for lifeguards may increase due to the level of cleaning that is required to keep staff, customers and third parties safe. Lifeguards should carry out cleaning duties in line with current distancing guidance, maintaining distance from all other people (including other lifeguards).

Operators should consider additional cleaning tasks and training that may need to take place:

Torpedo buoys

- a. Lifeguards are at risk of infection from an unclean/contaminated torpedo buoy, especially when held or worn.
- b. Contact between the buoy, its strap and the lifeguard's mouth or nose (possibly via their hands) is the main risk presented by COVID-19
- c. Operators may choose to issue one torpedo buoy per lifeguard for the duration of the shift, disinfecting it at the end of the shift before handing it to another lifeguard
- d. Where there are insufficient torpedo buoys to provide this arrangement, disinfection at the point of handover should be provided in its place
- e. Operators may also consider positioning torpedo buoys next to each lifeguard position (to be immediately available) rather than held

Personal Floatation Device (PFD)

- a. Lifeguards are at risk of infection from an unclean/contaminated PFD, especially as this is worn
- b. Contact between the PFD and the lifeguard's mouth or nose is the main risk presented by COVID-19
- c. Operators may choose to issue each lifeguard with their own PFD for the duration of their shift, disinfecting it at the end of the shift before reissuing to another member of staff
- d. Where possible operators should issue each lifeguard with their own PFD

Lifeguard Rescue board, Stand Up Paddle Board, Kayak

- a. The piece of equipment provides a risk of infection transmission for COVID-19
- b. The whole piece of equipment including the paddle should be disinfected at regular intervals, this may be completed between lifeguard changeovers whilst maintaining a 2-metre distance.
- c. Every effort must be made to ensure that supervision is not compromised whilst these surfaces are wiped clean
- d. Where a lifeguard is positioned next to any structures or other surfaces the same cleaning measures should be applied

Rescue equipment (throw bag, reach pole, rescue board, PXB, pfd's etc.)

- a. Lifeguards are at risk of infection from unclean/contaminated rescue equipment when it is used.
- b. Contact between the rescue equipment and the lifeguard's mouth or nose (via their hands) is the main risk presented by COVID-19
- c. Disinfection of equipment should take place after use

Lifeguard equipment (radios, loud halers, horns etc.)

- a. Lifeguards are at risk of infection from unclean/contaminated equipment when it is used.
- b. Contact between the equipment and the lifeguard's mouth or nose (via their hands) is the main risk presented by COVID-19
- c. Disinfection of equipment should take place before handing the equipment to another lifeguard or member of staff

Where rescue equipment that has been used it should be disinfected immediately.

6.4 Other duties for Lifeguards

Operators should review lifeguard roles and consider all tasks that are required to be completed within the venue, including the following examples:

- Equipment setup*
- Deliveries
- Cleaning

Operators should review safe system of work for the task and ensure lifeguards are aware of how to reduce risk of spreading COVID-19. Operators may consider limiting the number of lifeguards that are instructed to complete certain tasks to reduce the risk.

*Manufacturers may be able to provide Operators with guidance for safely setting up and dismantling of specific equipment during this time.

6.5 Personal Protective Equipment (PPE)

Operators should ensure PPE is fit for purpose.

It is important that lifeguards have PPE **immediately available**. Operators should consider providing lifeguards with personal bum bags to carry protective equipment in, or an emergency grab bag positioned next to lifeguard positions. If Operators choose to use bum bags, hand sanitisers could also be issued and kept in the bum bag.

PPE should be stored so it is protected, it must be checked pre-duty, to ensure it remains in a useable and safe condition.

In all circumstances where some form of PPE is used, the safe removal and disposal of the PPE is a critical consideration to avoid self-contamination. Guidance can be found from the NHS and Public Health.

Operators will need to provide all relevant employees with suitable training for use and disposal of all PPE. It recommended that incident training is undertaken wearing PPE to give lifeguards relevant practice.

Suggested PPE

Emergency situation	PPE suggested	PPE to consider
CPR	Face mask*, gloves, apron/gown	Face shield
First Aid	Face mask*, gloves, apron/gown	
Treatment for choking	Face mask*, gloves, apron/gown	Face shield
Extracting casualties from the water	Face mask*, apron/gown	Face shield
Treatment on land	Face mask*, gloves, apron/gown	Face shield

*Following guidance from World Health Organisation and Public Health England, RLSS UK recommends the use of FFP2 masks or surgical masks.

6.6 Providing First Aid

Operators will still need to provide first aid effectively whilst mitigating the risk from COVID-19, the following should be followed:

Continue to:

- a. Use disposable gloves for all first aid treatment
- b. Ensure first aid equipment is fit for purpose and is in date
- c. Maintain good hygiene practices and those providing first aid should cover any open wounds

In addition, during this period:

- a. Encourage self-treatment where appropriate, to help maintain current distancing guidance.
- b. PPE should be worn by lifeguards providing first aid and if possible and appropriate, casualties may also be encouraged to wear a face mask
- c. Educate lifeguards to minimise contact with their face at all times
- d. Dispose of PPE and soiled dressing etc. safely in a biohazard bin
- e. Following treatment, lifeguards should wash their hands and any of their bare skin and clean the area with disinfectant
- f. Report to your Supervisor/Line Manager if you develop COVID-19 symptoms after providing direct first aid.

Choking

During a choking event there is an increased likelihood of droplet production from the casualty, PPE should be worn whilst encouraging coughing or delivering back blows, abdominal thrusts (or chest thrusts in under 1's).

If the casualty collapses, lifeguards should follow the guidance for CPR within this guidance document.

6.7 Carrying out a Rescue

It is important to remember that whilst there is a risk of COVID-19, the open water environment still presents other risks, such as injury or drowning. Whilst adaption of controls is needed to mitigate the risk of COVID-19, Operators and lifeguards must not let existing controls be weakened by an overly obsessive focus on the new COVID-19 controls they adopt.

Operators should ensure adequate rescue equipment is available to allow lifeguards to perform rescue without involving contact with the casualty wherever possible. Consider rescue equipment (RLSS UK recommend a torpedo buoy) for each lifeguard/lifeguard position.

To maximise the distance between the rescuer and the casualty, lifeguards should:


- a. Be encouraged to use equipment in the first instance to perform a rescue
- b. Where possible rescue all conscious casualties using rescue equipment (this may be used from the water's edge or in the water)
- c. Use an extended arm tow to rescue unconscious casualties
- d. Keep the casualty facing away where possible
- e. Keep the casualty at arm's length away (as a minimum)
- f. Get the casualty to the extraction point at the water's edge as quickly as possible
- g. Hand over quickly to lifeguards/trained staff at the water's edge wearing PPE
- h. Rescue breaths in the water should NOT be given

When a casualty is unable to get out on their own an assisted walk out should be used. The lifeguard that performed the rescue should bring the casualty to the extraction point at the water's edge, keeping the casualty facing away.

The two supporting lifeguards/trained staff wearing PPE should take over (gloves are not advised until the casualty is landed due to a risk of the casualty slipping from their grip). They should walk the casualty out of the water supporting them under their arms and provide First Aid and/or CPR if required.

Adapted practices should only be implemented when they do not put the casualty at increased risk.

Reducing contact = reducing risk
Safety of the lifeguard remains the first priority

No contact	Low contact	High contact
		

Performing a rescue using a powercraft, SUP, kayak, or rescue board

Where an unconscious casualty requires recovery by boat the helm and lifeguard should have access to PPE. They will then make their way to the extraction point where 2 lifeguards/trained staff in full PPE will perform first aid and/or CPR as required.

Where an unconscious casualty requires the support from a lifeguard using a SUP, kayak, or Rescue board the lifeguard should aim to keep the casualty facing away from them throughout the rescue. They should then recover them to the extraction point at the water's edge where 2 lifeguards/trained staff in full PPE will perform first aid and/or CPR as required.

6.8 Providing CPR and using an AED

Following guidance from Resuscitation Council UK (RCUK) and European Resuscitation Council (ERC), RLSS UK advise CPR for adults is given using compressions only.

PPE should be worn by lifeguards giving CPR or assisting, PPE should be **immediately available** to prevent delay (bum bag or emergency grab bag should be considered). A towel/cloth/pocket mask/face mask should also be immediately available to be used in the event of CPR (see below).

Adult CPR (sudden collapse)

The following protocol should be followed when conducting CPR on an adult casualty who has suddenly collapsed:

- a. If you find someone collapsed, put on PPE
- b. Perform a primary survey, look for normal breathing, in order to minimise the risk of infection, do not open the airway and do not place your face next to the victims' mouth / nose
- c. If they are unresponsive and not breathing, ask someone to call 999 and bring an AED
- d. Before you start CPR, use a towel or cloth (or face mask or pocket mask if available with an elastic band to keep it in place) and lay it over the mouth and nose of the casualty
- e. Give chest compression at the rate of 100-120 per minute
- f. **Do Not** give rescue breaths
- g. When an AED arrives, use it immediately
- h. Continue to perform compression only CPR until emergency help arrives and takes over; the person starts showing signs of life and starts to breathe normally

The Resuscitation Council UK video can be found here <https://www.youtube.com/watch?v=3MY0sRYfsRA>

Paediatric and Drowning Casualty CPR

Paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child or infant's chances of survival. This also applies to a drowning casualty.

Resuscitation Council UK provide additional guidance for paediatric casualties here:

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child's chances of survival.

We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child/infant. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.

Operator Risk Assessment

As with all policies and procedures developed to support the safe use of facilities during Covid-19, Operators should complete a risk assessment to identify which level of CPR (full or compression only) are suitable for their venues.

It is critical that Lifeguards and other First Aid trained staff clearly understand and are specifically trained on the protocols adopted to ensure that they can act quickly, safely, and can work efficiently as a team.

Rescue Breaths

Where an operator instructs lifeguards to give rescue breaths this must be completed with a suitable barrier. RLSS UK recommend rescue breaths are only administered using the Laerdal Pocket Mask with a valve and filter. Laerdal pocket masks have a Technostat T-150(+)/15 filter which is intended to protect the rescuer from bacteria and viruses and has a viral and bacterial efficacy of $\geq 99\%$.

<https://www.laerdal.com/gb/information/coronavirus-covid-19-resource-center/medical-devices/>

Where rescue breaths are given to a child, infant or a drowning casualty (using a pocket mask) the lifeguard should face away after each breath to limit the risk of infection from the casualty.

For Operators that do not wish to permit their lifeguards to perform rescue breaths compression only CPR should be given to all types of casualties.

Regurgitation of Stomach Content

If during CPR the casualty regurgitates their stomach contents, the casualty should be turned immediately to face away from the lifeguard, the cloth, clothing or pocket mask should be removed to allow the stomach contents to exit the mouth.

If CPR is still required another cloth, piece of clothing or pocket mask should be applied.

7 Lifeguard Return to Work Competency Assessment

RLSS UK has created a lifeguard return to work competency assessment to be used during the period of COVID-19. It limits contact with other lifeguards. The competency assessment can be found in appendix 1.

The following should also be considered:

- Limit the number of lifeguards within training to ensure you can comply with current distancing guidance (including within the swimming pool)
- Provide additional wipes to cleanse the manikins before and after use in training
- Ensure you have adequate manikin lungs to allow for them to be changed after each session

Operators can consider allowing a lifeguard to bring a member of their household to act as their body.

If you have new employees during COVID-19, the COVID-19 Lifeguard Return to Work Competency Assessment can be used to check their competence prior to commencement of work.

8 Lifeguard Ongoing Training

RLSS UK recommend ongoing training for lifeguards and this will need to be adapted during COVID-19.

The following should also be considered:

- Limit the number of lifeguards within training to ensure you can comply with current distancing guidance
- Provide additional wipes to cleanse the manikins before and after use in training
- Ensure you have adequate manikin lungs to allow for them to be changed after each session

9 Equipment

The equipment listed below will help Operators follow the guidance outlined in this document.

RLSS Direct* is working with multiple suppliers to provide the best quality and value products to the industry during this period. This includes both existing and new products such as:

- Manikin wipes
- Surface cleaner
- Spare manikin lungs (all 5 types)
- Gloves of various sizes
- Face masks
- Face shields
- Aprons / gowns
- Pocket masks
- Pocket mask spare valve & filter
- AEDs
- Torpedo buoys

*Please remember all profits from RLSS Direct are gifted to RLSS UK for water safety education and charitable work, your support is appreciated.

<https://www.rlssdirect.co.uk/categories/COVID%20Essentials/>

10 References and Sources of Information

1. Resuscitation Council UK <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>
2. European Resuscitation Council <https://erc.edu/covid>
3. Public Health England <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>
<https://www.gov.uk/government/collections/coronavirus-covid-19-personal-protective-equipment-ppe>
4. Public Health Wales <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>
5. Public Health Scotland <https://publichealthscotland.scot/our-areas-of-work/sharing-our-data-and-intelligence/coronavirus-covid-19-data/>
6. Institute of Public Health Ireland and Northern Ireland <https://publichealth.ie/covid/>
7. Health and Safety Executive <https://www.hse.gov.uk/news/coronavirus.htm>
8. NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
9. World Health Organisation <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
10. Department for Health and Social Care (DHSC) <https://www.gov.uk/government/organisations/department-of-health-and-social-care>
11. UK Government <https://www.gov.uk/coronavirus>
12. Scottish Government <https://www.gov.scot/coronavirus-covid-19/>
13. Welsh Government <https://gov.wales/coronavirus>
14. Government of Ireland <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>
15. Northern Irish Government <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
16. CIMSPA <https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/sport-and-physical-activity-sector-facility-reopening-guidance>
17. UKactive <https://www.ukactive.com/covid-19/>
18. Swim England <https://www.swimming.org/swimengland/coronavirus-faqs-answered/>
19. Swim Wales <https://www.swimwales.org/>
20. Swim Ireland <https://www.swimireland.ie/>
21. Scottish Swimming <https://www.scottishswimming.com/newsroom/news.aspx>
22. SH₂OUT <https://www.sh2out.org/>

Appendix 1 - RLSS UK Open Water Lifeguard Return to Work Competency Assessment Due to - COVID19

Surname:

Forename:

OWL Expiry (dd/mm/yyyy):

Compete Skill/Knowledge	Competency demonstrated
1 Swim 100 metres on front and then on back in open water	Y / N
2 Tread water in deep water for 30 seconds then climb out of the water unaided	Y / N
3 Land Based Rescues –Rescue of casualty over a distance of 5 metres to a point of safety using, wade <input type="checkbox"/> , reaching <input type="checkbox"/> or throwing <input type="checkbox"/> Ensure compliance with current distancing guidance	Y / N
4 20 metres swim & 20 metres tow, casualty in deep water, torpedo buoy to be used - Ensure compliance with current distancing guidance No more than 85 seconds from GO to touch by the lifeguard (with casualty holding onto torpedo buoy)	Y / N
5 20 metres swim & 10 metres tow, casualty in deep water, torpedo buoy to be used - Ensure compliance with current distancing guidance No more than 65 seconds from GO to 10m point by the lifeguard (with casualty holding onto torpedo buoy)	Y / N
6 Demonstrate adult (sudden-collapse) CPR for 2 minutes with an AED - COVID-19 CPR guidance must be followed	Y / N
7 Demonstrate adult (drowning) CPR for 1 minutes with an AED - COVID-19 CPR guidance must be followed	Y / N
8 Demonstrate child CPR for 1 minute with an AED - COVID-19 CPR guidance must be followed	Y / N
9 Demonstrate infant <input type="checkbox"/> CPR for 1 minute with an AED - COVID-19 CPR guidance must be followed	Y / N
10 Explain the treatment for a bleed (insert injured area)	Y / N
11 Explain the treatment for a fracture (insert injured area)	Y / N
Demonstrate a range of knowledge and understanding of a range of First Aid conditions by satisfactorily answering three questions (record questions below)	
12 1. 2. 3.	Y / N
Demonstrate a sound knowledge of the role of the open water lifeguard, environment and hazards. (record questions below)	
13 1. 2. 3.	Y / N

Trainer Assessor Name:

Signature confirming competence:

Date of Competency Assessment: (dd/mm/yyyy):



Royal Life Saving Society UK (RLSS UK)

W. www.rlss.org.uk | E. info@rlss.org.uk | T. 0300 323 0096



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