

Surf Life Saving NSW Return to Sport Plan

Document Control

Version	Date	Author	Summary
0.1	11 May 2020	Narelle Duggan	Easing of restrictions from 8 th May Cabinet Meeting.
0.2	22 May 2020	Narelle Duggan	Inclusion of exemption for indoor pool resumption.
0.3	11 June 2020	Narelle Duggan	Easing of restrictions and resumption of Community Sport., COVID-19 Safety Plan Template. IRB update. Outdoor group training from 10 – 20 people.
0.4	3 July 2020	Narelle Duggan	July 1 easing of restrictions.
0.5	8 July 2020	Narelle Duggan	Update following the outbreak in Victoria.
0.6	1 August 2020	Narelle Duggan	Hygiene Marshal for gyms, masks recommendation and one parent/carer per child.
0.7	18 August 2020	Narelle Duggan	Inter-regional mixing, transport, accommodation, and social sport activities. Addition of Sports Events heading.

SLSNSW Surf Sports Overview

As the State's peak water safety, drowning prevention and rescue organisation, our mission is simple and hasn't changed in over 100 years; saving lives, creating great Australians and building better communities.

Surf Life Saving NSW (SLSNSW) supports and encourages around 75,000 members from across 129 Clubs to maintain their skills, fitness and camaraderie in the surf by hosting and delivering Surf Sports. Surf Lifesavers commit to a minimum of 25 patrolling hours prior to have the ability to represent their club in Surf Sport events.

Surf Sports events cater for a number of disciplines such as.

- Swim, Ski, Board and Iron
- Beach events – Sprints and Flags
- Surf Boats
- Lifesaving Events (Champion Lifesaver, R&R, First Aid, Patrol Comp)
- Pool Rescue
- Inflatable Rescue Boat (IRB) Racing

The COVID-19 pandemic has seen monumental and continual impact to all sports and sporting activities within NSW. SLSNSW has not been immune to these impacts both operationally, financially, socially and participatory.

As such, SLSNSW have enacted business continuity planning for all elements of COVID response. Sport is such an integral component to the fabric and wellbeing of surf lifesaving that it is imperative that we ensure we have a stand-alone plan that caters for the re activation and re-introduction of sport post COVID and initiated as a key recovery theme.

SLNSW Return to Sport Plan

SLNSW has created this agile Return to Sports Plan to address the fluid requirements of each restriction level as they are adopted and announced by the NSW Government. The intent of this Plan is to provide clear actions and guidelines to branches, clubs and members for the current phase legislated by the NSW Government as we navigate our return to training and competition. This will also include sport for Junior Activity Programs as it becomes prevalent.

Note, this plan and the guidance provided within it is reliant on agility and flexibility to meet the continual changes in social isolation and gathering restrictions.

To ensure SLNSW's decisions and actions relating to sport, training and participation are informed by the most accurate information, SLNSW has senior representation on the NSW Office of Sport, COVID-19 Sport Recovery Group along with other groups such as NSWRL, Athletics NSW, AIS etc.

SLNSW State Based Activities

All State based Surf Sports events and activities were initially suspended at the direction of the Surf Life Saving NSW Board, with exclusion of the Pool Rescue Championships which were cancelled. This was in alignment with the current Public Health Order imposed by NSW Health at the time.

Due to COVID-19 related restrictions, please see below the current changes to the surf sports calendar;

- The modified 2020 NSW Sharkskin IRB Series has been cancelled.
- The Australian IRB Championships has been cancelled.
- The Coolangatta Gold on 24th and 25th October non-elite event has been cancelled. Elite Coolangatta Gold event is currently being reviewed.
- The Australian Pool Rescue Championships has been cancelled.
- NSW Interbranch Championships on 5th and 6th December is still intended to proceed.
- NSW surfboat interbranch is still intended to proceed.

SLNSW is working hard to plan for the fluid nature of the 2020/21 season ahead. Keep an eye out on [Surf Sports weekly](#) and the [SLNSW website](#) for the latest information.

18th August 2020: COVID-19 Restriction Considerations

Overview of Surf Sport Relevant Changes – effective immediately

- The current [Public Health Order](#) may be found here.
Information communicated by the NSW Chief Health Officer on 17th August is outlined below and may also be found [here](#) and FAQ's of these changes may be found [here](#);
- “Cease activities that result in the mixing of participants and staff from different regions, for example by ceasing zone, regional or state championships or competitions.
- Cease any activities that result in overnight stays (e.g. multi-day training camps) due to increased risk of COVID transmission in residential-type settings with shared facilities.

- Cease face-to-face social activities relating to community sports (e.g. award ceremonies, end-of-season social gatherings, post-training group dinners).
- Avoid carpools or bus travel with people from different household groups where possible.
- For local activities, limit spectators to one parent only, where the child requires parental supervision during the sporting activity.”

The above restrictions will be in place for the next 6 weeks and will be reviewed after 30th September.

The organiser must:

- Develop and comply with the relevant [COVID-19 Safety Plan](#) Training/Events.
- Keep a copy of the COVID-19 Safety Plan and make it available for inspection if required by SLSNSW or an authorised officer.
- Register as a COVID Safe business.
- Show that you are COVID Safe by displaying posters etc.
- Adopt a “Get in, participate and leave” approach.
- Ensure that no more than one parent/carer per child is in attendance.
- Ensure parents and spectators adhere to physical distancing requirements
- Maintain record keeping for all in attendance for a minimum of 28 days.

Here is an overview of the current sport status.

GYMS & FACILITIES

- The Facility Management COVID-19 Safety Plan can be located [here](#)
- Gyms must have a [COVID-19 Safety Hygiene Marshal](#) present at all times the gym is open and be registered as COVID Safe.

GENERAL SURF SPORTS TRAINING

- Clubs MUST create a COVID-19 Safety Plan. The Sport Plan template can be found [here](#) .
- Club coordinated sport training or sport related activities may not exceed 500 people. This is provided that a COVID-19 Safety Plan is in place.
- Any shared equipment used must be disinfected after each use. Resources may be found [here](#)
- A ‘*Get in, participate and leave*’ approach is in place. This means, all participants are still advised to leave immediately following the conclusion of the activity.
- Clubs are required to record names of all participants for all sessions and records are kept for a minimum of 4 weeks (28 days). A template attendance register may be found [here](#)
- Apply superior personal hygiene measures, such as regular washing of hands, frequent use of hand sanitiser, coughing into an elbow or tissue etc. [Infection Control Guidelines for Sport](#)
- Masks are recommended in places where social distancing cannot be achieved.
- Bring your own drink bottle, towel etc.
- High fives or handshaking should still be avoided.
- Spitting and clearing of nasal /respiratory secretions is strongly discouraged and fines may be imposed for deliberate behaviour.

- Any person returning from Victoria in the last 14 days must quarantine for a minimum of 14 days. Current information around localised NSW hotspots or outbreaks may be found [here](#).
- If any participant has been unwell or been in contact with a known case of COVID-19, they should be isolated and tested immediately. Should they be diagnosed with COVID-19, they are to remain in isolation until they are medically cleared of the virus.
- If anyone is diagnosed with COVID-19 after an event, anyone who has been a close contact will be required to isolate for 14 days or as directed by NSW Health.

SURF SPORTS EVENTS

- SLSNSW is currently creating guidelines for clubs and branches to assist in running Surf Sports events will soon be available.
- Inter-regional travel will cease immediately and will be reviewed in 6 weeks (30th September). The NSW Chief Health Officer defines Inter-regional travel as *“Examples of inter-regional mixing include activities which bring together participants (including spectators and officials) from organisations in different regions of Sydney, from a rural area into a metro area and vice versa, and movement between different rural areas”*. This includes the removal of any participant who lives outside the metropolitan area or regional area in which the event is being held.
- Currently no car-pooling or bus transport is permitted along with overnight stays supporting multi-day competition or events).
- Spectators are reduced to one parent/carer per child.

SLSNSW Club Communication

As stated, this plan is reliant on agility and flexibility to meet the continual changes in physical distancing and gathering restrictions.

SLSNSW will continue to maintain frequent contact with clubs and members through each of our 11 Branches, the SLSNSW website, weekly EDM's and the recently initiated monthly Surf Sport Zoom calls with Branch Directors of Surf Sports.

Latest Guidelines and Measures will be communicated to members via these mediums.

Isolation and Gatherings Restrictions and Phases

As restrictions ease or move, SLSNSW will articulate what that means for all surf sports stakeholders including clubs and members. The Return to Sport Plan will be updated to define the next steps and measures the organisation will put in place to ensure the highest level of physical distancing, hygiene and best practice is communicated.

SLSNSW are continually assessing how, and when we can resume surf sport events. For all SLSNSW COVID-19 resources and information, please [visit the SLSNSW website](#). Information updates direct from the NSW Government may be found [here](#).

During these difficult times, it is important to take care of yourself and others. Some may be finding the unknown a little challenging, so please be alert and sensitive to your needs and those around you.

Beyond Blue – 1800 51 23 48

Lifeline Australia 13 11 14

[Headspace](#)

Responsible Officers

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Useful Resources

Listed below are links to some useful resources from the NSW, Australian Government, and other authorities to assist during this time.

[SLNSW COVID 19 Updates](#)

[NSW Office of Sport COVID-19 Update](#)

[COVID-19 Safety Plan Community Sporting Competitions and Full Training Activities](#)

[Generic and Cobranded Posters and Signage for your Surf Club](#)

[AIS Return to Sport Toolkit](#)

[Effective hand washing during COVID 19](#)

[Good Hygiene During COVID-19](#)

[Cough Under Cover](#)

It is recommended that the [COVIDSafe App](#) is downloaded to assist in tracking COVID-19 cases.