



# LIFESAVING SOCIETY MANITOBA COVID-19 NATIONAL LIFEGUARD RECERTIFICATION



Lifesaving Society Manitoba

June 2020

## The Royal Life Saving Society Canada

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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# Manitoba Protocols for National Lifeguard Recertifications

On Monday, June 15, 2020 Lifesaving Society Manitoba was informed:

*“Lifeguard training in a group setting may resume. The two metre physical distancing requirement under the public health order applies to businesses that are open to the public. If the space where training is held training is **closed to the public and only participants and staff/trainers can attend**, the physical distancing requirement is not applicable, except where possible. It is recommend that organizations contact AskHealth at [https://forms.gov.mb.ca/Ask\\_Health/](https://forms.gov.mb.ca/Ask_Health/) if they have questions specific to health guidelines related to their training programs.”*

## General:

- This document is to be used alongside the National Lifeguard Award Guide, National Lifeguard Recertification Guide, The Manitoba Program Guide, all appropriate Lifesaving Society COVID-19 recommendations and guidelines, and all current Manitoba Public Health requirements.
- 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.
- Class sizes may need to be reduced to allow for physical distancing as much as possible when other members of the same household as the candidates are required as volunteers.
- Discuss and highlight on the enrolment form (which can be sent electronically), any increased risk or close contact with other candidates prior to enrolling on to a recert.
- Check that all candidates and people within candidates’ households are not suffering with any symptoms of COVID-19 or are currently self-isolating (use Manitoba’s online screening tool <https://sharedhealthmb.ca/covid19/screening-tool>).
- Consider the need for a temperature check.
- Each facility should have an operational plan to minimize the risk of transmission of COVID-19 during the pandemic. Plans should include procedures for dealing with a staff member or student who becomes ill while at the facility.
- Staff and students must use Manitoba’s online screening tool <https://sharedhealthmb.ca/covid19/screening-tool> before attending and should stay home when ill.
- Keep participants informed about public health advice applicable to your setting or activity.
- Develop accommodations for students and staff who are at higher risk of more severe COVID-19 disease. Staff and students at higher risk of serious illness may consider waiting to return to these facilities.
- Provide staff, students, and volunteers information on social (physical) distancing. Indoor facilities must post signs indicating physical distancing guidelines. Space out study areas. Maintain a minimum two-meter separation between individuals, except for brief exchanges.
- Maintain lists of participants (including volunteers) with contact information (e.g. phone number or email address) for 21 days to ensure appropriate public health follow-up can take place if a participant maybe exposed to COVID-19 during these activities.

## National Lifeguard Recertifications:

- Allow adequate time to disinfect equipment and surfaces before, during, and after each recert.
- Do not use shared equipment unless able to disinfect between users. Equipment that is difficult to clean, such as foam rollers and yoga blocks, should not be used.
- Personal equipment should be provided by the participants (e.g. goggles, swim caps, masks, etc.)
- Equipment should not be shared with others in the recert. Ensure that you have enough training equipment (manikins, facemasks, gloves, rescue equipment, level specific equipment, mock first aid supplies, etc.) for each candidate, volunteer, and instructor/examiner in the recert. Provide each participant with the equipment they will need for the recert. Any equipment that must be shared needs to be disinfected between each candidate's use and at the end of the recert.
- During evaluation for first aid and lifeguard training, ensure that each participant is equipped with, and is wearing, their own gloves and personal pocket masks.
- Facemasks are not to be worn when in water where the candidate cannot stand and keep the facemask dry.
- All candidates should be shown how to apply and remove personal protective equipment.
- It is recommended to wear facemasks or cloth face coverings as much as possible and whenever physical distancing cannot be maintained to help prevent the infectious respiratory droplets of an unknowingly infected person (the wearer) from coming into contact with other people and surfaces.
- When candidates are required to wear PPE (facemask) during practical skills in the pool, candidates must thoroughly dry themselves (hands/head) prior to application and ensure the PPE (facemask) remains dry throughout (hair should dry enough that water will not run/drip onto face and mask).
- In some activities, wearing a facemask may not be practical or tolerable, e.g. practicing rescue breathing on a manikin.
- Be sensitive to the needs of individuals who may not be able to wear a mask (could impair their breathing) or may have difficulty removing the mask without assistance.
- When possible, consider modifying the activity to reduce contact risk (e.g. focus on practices/skill development, minimize close contact and the number of participants in performing arts activities).
- Consider allowing persons in the same activity group (e.g. co-workers) to demonstrate skills together, or consider evaluating family groups or allowing candidates to bring another person from their household for evaluation of skills that must be done on another person. Keep group sizes small, and ensure that the same participants, staff, and volunteers are grouped together.
- When a candidate does demonstrate the skill using a candidate on the course (with use of PPE), Instructors/examiners can ask the candidates to stop once they have demonstrated the skill correctly once/twice.
- When doing lifesaving and lifeguarding evaluations, close contact with other candidates may be unavoidable. However, candidates should only have close contact with each other when absolutely necessary.

## National Lifeguard Evaluation Adaptions Chart During Public Health Measures and Restrictions Due to COVID 19

Item	Item Title	Theory/Content can be reviewed via distance education	No contact required	Direct contact required to meet the Purpose of the Item and Must Sees	
				Manikin Types: (Training, Rescue Sport, Full-body)	Victim Types: Bubble Buddy, Social Circle or Family Member
2a	Physical standard: object recovery	✓	✓ *		
2c	Physical standard: sprint challenge	✓	✓		
2e	Physical standard: endurance challenge	✓	✓		
9a	Management of distressed or drowning victim	✓			✓ **
9b	Management of submerged, non-breathing victim	✓		Retrieval of submerged & ABC assessment	Removal of submerged
9c	Management of spinal-injured victim	✓		Modified body & Vice grip rollovers, transport, boarding, etc.	Canadian rollover, transport, boarding, etc.
9d	Management of an injured swimmer	✓	Depending on injury	Depending on injury	Depending on injury***
10	Lifeguarding situations	✓	Depending on situation	Depending on situation	Depending on situation***

**Footnotes:**

\* Dilution and disinfection factors of water - (Clean and disinfect learning aids if required)

\*\*Approach victim in such a way to mitigate risk such as maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind to carry, etc. Minimize contact time with victim.

\*\*\*Set up management skills or first aid scenarios based on Appendix A. Where candidates are unable to maintain physical distancing guidelines, they should wear face covering and gloves on land and in shallow water. Face coverings and masks are not to get wet, be used in deep water, or submerged as this can cause a breathing hazard. For simulations have the victims help with their treatment or self-treat where possible. Bubble buddies are defined as a partner or group of three that work together exclusively throughout the course or recertification to limit physical contact with others. Social Circle participants are a prearranged person that is allowed within the participants physical distancing. Family Members live with the participant in the same household and is also allowed within the participants physical distancing. All volunteers should be pre-screened for swimming ability to avoid real rescues. The following are the most common conditions or injuries such as heat exhaustion, asthma, diabetes, hyperventilation, seizures, chest pain, anaphylaxis and shallow water blackout. Some first aid skills will

require direct contact such as: recovery position and obstructed airway conscious choking so face covering, and gloves should be worn when candidates are not able to maintain physical distancing guidelines.

Set up situations based on COVID 19 restrictions required by Public Health Measures and Restrictions or Provincial Regulations for gathering limitations and other restrictions (NL Alert Guide, p. X Lifeguarding Situations). Some contact time required.

Note: Situations are comprised of 3 evaluation components:

- Recognition
  - evaluate scanning in a public swim
  - scanning the entire zone
- Judgement
  - have them verbalize/role play with what they intend to do if you have seen them perform in previous situations
  - can be demonstrated in situations where scanning is not required
- Response can be demonstrated in situations where scanning is not required

Minimize the duplication or repetition of skills already seen and evaluated to minimize direct contact time with other candidates.

Personal Protective Equipment (PPE) for candidates and Bubble Buddy, Social Circle, or Family Members during practice and evaluation on deck or shallow water where 2 metres physical distancing cannot be maintained are as follows.

- Face covering and eye protection such as; non-medical cloth masks, face shields/visors, goggles or medical surgical, procedural masks, or N95+ if available
- Disposable gloves

## **References**

COVID-19 Guidance for Recreational Water Facilities Manitoba Public Health

Lifesaving Manitoba for Reopening Pools and Waterfronts

Manitoba COVID-19 First Aid Teaching and Decontamination Protocols

Manitoba Public Health responses to lifeguard training

NL Program adaptation chart

RLSS UK Guidance for Delivering and Assessing Awards and Qualifications During COVID-19