



LIFESAVING SOCIETY MANITOBA COVID-19 TEACHING LIFESAVING PROGRAMS



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 Teaching Lifesaving Courses

On Tuesday June 23, 2020 Lifesaving Society Manitoba was informed:

The training of the lifeguards falls under vocational training and its associated order (Order 7). In the Phase 3 Health Prevention Orders, vocational and trades training with hands on components were allowed to resume. However, the 2 metre physical distancing should be adhered to as much as possible and if there are instances where the 2 metre physical distancing cannot be adhered to, then mitigating the risk as much as possible. The Lifesaving Society must therefore conduct a risk assessment and put appropriate controls in place where activities where close contact is required for short periods of time.

It is recommend that organizations contact AskHealth at https://forms.gov.mb.ca/Ask_Health/ if they have questions specific to health guidelines related to their training programs.”

General:

- This document is intended to be used alongside the Award Guide for the level(s) being taught, 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 course/ exam.
- 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.

Teaching lifesaving courses:

- Consider offering blended learning where possible. If you want to use blended learning, please contact Kathy Plett to ensure all of the course content is being covered appropriately.
- Where possible provide training materials to candidates in electronic format. When printed materials are required for classroom use, they must not be reused in future training sessions. Only trainers should pass out worksheets to individual students. Students must not handle materials used by other students.
- Students should provide and use their own learning equipment each day, including: manuals, worksheets, calculators, notebooks, pens, pencils, goggles, swim caps, masks etc. These items are not to be shared with other students
- All surfaces in a classroom must be cleaned prior to the start of each training session, and periodically throughout the day (e.g. recommend cleaning during breaks) and at the end of each class. Sanitizing wipes must be available for student and trainer use. Guidance on cleaning can be found here: <https://www.gov.nl.ca/covid-19/files/factsheet-covid-19-environmental-cleaning-NL.pdf>
- A handwashing station, including running water, soap and paper towels, must be available at all times. Training providers must also consider making available hand sanitizer and materials to promote good respiratory etiquette, such as tissues and no-touch garbage bins.
- 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.
- Equipment should not be shared with others in the class/course. 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 in the course. Provide each participant with the equipment they will need for the class. Any equipment that is shared must be disinfected between uses. At the end of the class ensure that all equipment is cleaned and disinfected, and ready for the next session.
- Trainers can use tools and equipment for demonstrations; however, tools and equipment must not be passed around to students. Where this is not practical, the trainer must disinfect the tools and equipment after each student's use.
- During practice sessions for first aid and lifeguard training, ensure that each participant is equipped with, and is wearing, their own gloves and personal pocket masks.
- All candidates must be shown how to apply and remove personal protective equipment.
- Students and trainers must maintain a physical distance of at least two metres (six feet) from other people during all aspects of training, including both seated and standing activities. Where this is not practical, students and trainers must wear a minimum of a non-medical mask to help prevent the infectious respiratory droplets of an unknowingly infected person (the wearer) from coming into contact with other people and surfaces.
- Facemasks must be properly discarded after each use and users should immediately wash their hands. More guidance on non-medical masks can be found at: <https://www.gov.nl.ca/covid-19/files/Guidance-on-Cloth-Masks-Non-Medical-Masks.pdf>
- When delivering lifesaving training or evaluation, close contact with other candidates may be unavoidable, however, candidates should only have close contact when absolutely necessary.
- Facemasks are not to be worn when in water where the candidate cannot stand and keep the facemask dry.
- 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, modify activities to reduce contact risk (e.g. focus on practices/skill development, minimize close contact and the number of participants in performing arts activities).
- Substitute group work activities with individual work activities as much as possible.
- Group work can only occur if groups are able to maintain a distance of two metres apart during the class and are only working with their “bubble buddies” (e.g. co-workers) to practice skills together. Alternatively, you may also use family groups or have candidates bring another person from their household to practice skills that must be done on another person. Keep group sizes small, and ensure that the same participants, staff, and volunteers are always grouped together.
- When a candidate does practice the skill using a candidate on the course (with use of PPE), Instructors can ask the candidates to stop once they have demonstrated the skill correctly once/twice.

SKILLS ADAPTATION EVALUATION CHART DURING COVID-19

FIRST AID SKILLS													
SKILL	CERTIFICATIONS	Skill Appropriate for Blended Learning	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Victim Assessment	All certifications	√	√	√	√	√	√	For conscious use, a live victim and maintain physical distancing. Candidates should include verbal cues for bystanders where appropriate.	No change				Degree of contact depends upon the assessment needed
CPR: one-rescuer	BS/BM/BC CPR A/C EFA/SFA NL	√	√	√				Candidates should not share a manikin or AED during this skill.	No change	√			If lungs do not have a one-way valve, lungs must be replaced after each candidate (see manufacturer's specs)
CPR: suspected spinal injury OR CPR: unresponsive with bystander required to maintain an open airway	BS/BM/BC CPR A/C EFA/SFA NL	√	√	√				Candidates should work opposite each other, on separate manikins following current distancing guidance. Candidates should not share a manikin/AED during this skill.	Discussion to follow to ensure the candidate has the necessary knowledge and understanding	√			If lungs do not have a one-way valve, lungs must be replaced after each candidate (see manufacturer's specs)

SKILL	CERTIFICATIONS	Skill Appropriate for Blended Learning	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
CPR: Two-rescuer	BC CPR C EFA/SFA NL	√	√	√				Candidates should work opposite each other, on separate manikins following current distancing guidance. Candidates should not share a manikin/AED during this skill.	No change	√			If lungs do not have a one-way valve, lungs must be replaced after each candidate (see manufacturer's specs)
Airway Obstruction	Ranger/BM/BC CPR A/C EFA/SFA NL	√	√	√		√	√	-Candidate demonstrates conscious obstructed airway on household member or bubble buddy. Simulate cough. -Candidate demonstrates unresponsive obstructed airway on manikin	No change	√			Degree of contact depends upon the airway obstruction being treated
Recovery position	Ranger/BS/BM BC/CPR-A&C EFA/SFA/NL	√				√	√	No change	No change		√		
Turning a victim face up and actions for vomit	Ranger/BS/BM BC/CPR-A&C EFA/SFA/NL					√	√	No change	No change		√		
External (major) bleeding	BM/BC EFA/SFA NL	√				√	√	No change	No change		√		

SKILL	CERTIFICATIONS	Skill Appropriate for Blended Learning	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Head & Spine Injuries Seizure	BS/BM/BC EFA/SFA NL	√	√	√	√	√	√	No change	Discussion to follow to ensure the candidate has the necessary knowledge and understanding	√			Degree of contact depends upon the treatment needed
Secondary Survey Head-to-toe	BC SFA NL	√			√	√	√	No change	No change		√		
Use of auto-injector for Anaphylaxis	Star/EFA/SFA NL	√	√					Demonstrate administration on self	No change	√			
The 5 Rights of Medication	Star/BM/BC CPR A or C EFA/SFA NL	√	√				√	√	Direct victims to administer self-treatment, no contact is necessary	No change	√		
Injuries to bone & joint	Star/BC/EFA/SFA NL	√			√	√	√	No change	No change		√		
Bag valve mask	BC CPR C EFA/SFA NL	√		√				√	Bubble buddies demonstrate skill on a manikin	No change		√	pocket mask not used, lungs may be changed at training start & finish

SKILL	CERTIFICATIONS	Skill Appropriate for Blended Learning	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
All other first aid emergencies	Rookie Ranger Star BS/BM/BC CPR A/C EFA/SFA NL	√	√	√	√	√	√	Candidates can: -Direct victims to administer self-treatment when reasonable (e.g. wound treatment, respiratory emergencies, etc.) -Demonstrate on a manikin where possible (e.g. chest injury, facial injuries, etc.) -Demonstrate on themselves (e.g. leg injury, etc.) -Whenever must sees require contact, use a household member or bubble buddy	No change	√	√		

LIFESAVING & LIFEGUARDING SKILLS

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES	
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day		
Fitness (endurance swim, sprint challenge, rescue drill, object recovery, support/carry, underwater swim, etc.)	Rookie Ranger Star BS/BM/BC NL	√	√	√				No change	No change			√		
Communication	Ranger Star BS/BM/BC NL	√	√					No change	No change				√	
Walk & spot	Rookie Star BS/BM/BC	√	√					No change	No change				√	
Facility analysis, pools, waterparks, waterfronts, surf beach	NL	√	√					No change	No change	√				
Supervision (scanning & observation, positioning & rotation, intervention)	NL	√	√					No change	No change				√	

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical	CPR Manikin (dry) Training or Training/Sport Manikin	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
In-water searches	BS/BM/BC	√	√			√	√	Candidate verbalize search strategy, demonstrates skill alone. For team searches, maintain physical distancing	Discussion to follow to ensure the candidate has the necessary knowledge and understanding			√	
Lifeguarding: slides, river rides, wave pools,	NL	√	√					No change	No Change	√			
Facility searches: missing person	NL	√	√					No change	No change			√	
Victim recognition	Rookie Ranger Star BS/BM/BC NL	√	√					No change	No change			√	
Defences & releases	Ranger (avoidance) Star BM/BC NL	√	√	√	√	√	√	-Candidate demonstrates defenses on a training manikin. -Candidate demonstrates releases on a household member or bubble buddy.	No change				
Entries	Ranger/Star BS/BM/BC/NL	√	√					No change	No change			√	

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Removals	Ranger Star BS/BM/BC NL	√		√	√	√	√	-Candidate demonstrates walk out & one rescuer drag on land with household member or bubble buddy. -Candidate demonstrates cradle removal on a manikin. -Candidate demonstrates modified underarm lift with top rescuer dry with mask and gloves	No change		√		Depending on the removal
Turning victim face up & action for vomit in water	Star/BS/BM/BC NL				√	√	√	No change	No change			√	
Throwing accuracy	Rookie BM							No change	No change			√	
Specialized techniques	NL	√	√	√	√	√	√	Technique dependent	No change	√	√	√	
Rescue craft	NL	√			√	√	√	No change	No change			√	Minimize contact time with victim.
Skin diving skills	NL	√	√					No change	No change	√			Candidate bring own mask, snorkel. Disinfect fins between candidates.

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Management of distrressed or drowning victim	NL	√				√	√	Approach victim in such a way to mitigate risk such by maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind carry, etc. Minimize contact time with the victim.	No change	√			**
Management of submerged, non- breathing victim	NL	√			√	√	√	-Candidate demonstrate retrieval of a submerged victim and ABC assessment on a manikin. -Candidate demonstrates modified underarm lift with top rescuer dry, with mask and gloves	No change	√			Retrieval of submerged victim &, ABC assessment, removal of submerged victim

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Manikin (wet)	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Management of spinal-injured victim	NL	√		√	√	√	√	-Candidates demonstrate motion restriction techniques such as modified body, vice grip on a manikin. -Candidates demonstrate motion restriction techniques such as Canadian log roll as well as spinal carry on a household member or bubble buddy. -Bubble buddies demonstrate stabilization to a board with a manikin.	No change		√		
Management of an injured swimmer	NL	√	√	√	√	√	√	Contact is dependent on type of victim. Minimize contact time with the victim	No change	√			Refer to Appendix A for victim types ***

RESCUES

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors & Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES	
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day		
Self-rescue	Rookie BS/BM	√	√					-Candidate demonstrates huddle position alone in the water. -Candidate demonstrates group huddle on land with household member or bubble buddies	No change			√		
Talk rescue	BS/BM/BC NL	√	√				√	√	No change	No change				
Throwing rescue	BS/BM/BC NL	√	√				√	√	No change	No change		√	√	
Reaching rescue	BS/BM/BC NL	√	√				√	√	No change	No change		√	√	
Wade rescue	Ranger BS/BM/BC NL	√	√				√	√	No change	No change		√	√	
Swim rescue	Ranger BS/BM/BC NL	√	√				√	√	No change	No change		√	√	
Tow rescue	Star BS/BM/BC/NL	√	√				√	√	No change	No change		√	√	

SKILL	CERTIFICATIONS	Skill Appropriate for Blended	CONTACT LEVEL Increasing Level of Risk					SKILL ADAPTATIONS (Candidates)	EVALUATION ADAPTATIONS (Instructors/Examiners)	DISINFECTION* (equipment/teaching aids)			ADDITIONAL NOTES
			No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin	Full-Body Manikin	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)**			After each Candidate when 1:1 ratio cannot be maintained	After each Bubble	At the beginning and end of the day	
Carry rescue	BS/BM/BC NL	√		√		√	√	Use manikin for control carries Use bubble buddies for all assistive carries - demonstration of single chin carry not required	No change		√		
Lifeguarding situations	NL	√	√			√	√	Candidates can: -Direct victims to administer self-treatment whenever reasonable (e.g. treatment of wounds, respiratory emergencies, etc.) -Demonstrate on a manikin where possible (e.g. chest injury, facial injuries, etc.) -When must sees require contact, use a household member or bubble buddy	Scanning -Recognition: Separate scanning from situations as it is unrealistic to evaluate when candidate knows who victim will be. -Evaluate in public swim using drills. -Judgement: Have candidate verbalize/role play with what they intend to do if you have seen them perform in previous situations. -Discussion to follow to ensure the candidate has the necessary knowledge and understanding -Response: No change		√		Situations are comprised of three parts: scanning recognition, judgement, and response Refer to Appendix A for victim types ***

* COVID-19 in Water Environments

The evidence of the presence of COVID-19 in water is currently very scarce and there is no evidence that human COVID-19 is present in surface or groundwater sources or transmitted through contaminated drinking water.

Although different studies showed different viral inactivation rates for COVID-19 in water, based on the type of virus and the type of water, generally, there is evidence that COVID-19 is generally considered unstable in the environment and is more susceptible to oxidants, such as chlorine than non-enveloped viruses. While evidence supports COVID-19 is unstable in water, teaching aids and props that are in and out of the water will still need to be disinfected.

** Bubble Buddies & Social Circle Participants

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 prearranged persons that are allowed within the participants 2 metre physical distancing circle. Can include household members that live with the participant or others who are otherwise allowed within the participant's physical distancing circle. All volunteers should be pre-screened for swimming ability to avoid real rescues.

Where candidates are unable to maintain physical distancing guidelines or when dry (or in shallow water when the candidate's face remains dry), they should wear personal protective equipment (i.e. face covering/mask and gloves). When a face mask gets wet, it is no longer effective PPE. Wearing a face covering in the water is a breathing hazard. Minimize contact time with the victim.

*** Training

Following are the most common conditions or injuries: heat exhaustion, asthma, diabetes, hyperventilation, seizures, chest pain, anaphylaxis and shallow water blackout. Some first aid skills will require direct contact as listed in the chart above. Minimize contact time with the victim.

Even though candidates are using manikins (not human victims), rescuers should have opportunity to practice putting on and taking off the full PPE as would be expected in a real-life rescue. This PPE includes:

- Respiratory Protection – Surgical mask or N95 (3-layer)
- Eye Protection - Sealing goggles or face shields
- Hand Protection - Disposable gloves
- Body Protection - Remove all clothing, bag, and laundry once treatment is finished and take a cleansing shower or wear a long-sleeved water-resistant gown.

Instructors/Examiners/Trainers should minimize the duplication or repetition of skills already seen and evaluated to minimize direct contact time with other candidates. Physical distancing, hand hygiene, respiratory etiquette, and cleaning and disinfecting procedures should be reviewed with all candidates and volunteers at the beginning of each class. Assign equipment to each candidate to avoid cross contamination (e.g. CPR manikins, rescue equipment). Keep a record of all people in the training/course including any household members for a minimum of 21 days for contact tracing if required.

Disclaimer: In the rapidly changing COVID-19 era, the Lifesaving Society will update the attached chart as the situation evolves. The information contained within this document does not replace or supersede local, provincial/territorial or federal health authority guidelines.

References

COVID-19 Guidance for Recreational Water Facilities Manitoba Public Health

<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

<https://www.gov.mb.ca/covid19/restoring/phase-three.html>

<https://www.gov.nl.ca/covid-19/resources/>

Lifesaving Society Canada Skill Adaptation Chart During COVID-19

LSMB COVID-19 First Aid Teaching and Decontamination Protocols

LSMB COVID-19 First Aid Training Guidelines

LSMB COVID-19 NL Recerts

LSMB COVID-19 Guidelines for Reopening Pools and Waterfronts

Manitoba Public Health Inspector Office

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