Water Safety Ireland

Returning to Water Safely

In line with the “Resilience and Recovery 2020-2021” Plan

Version 3 (24/09/2020)
Primary Objectives

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

Primary Groups

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

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

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
<th>LEVEL 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Group</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreation</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Instruction</td>
<td>Yes*</td>
<td>Yes*</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Sport</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Individual Only</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pools</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Individual Only</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Open Water</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Individual Only</td>
</tr>
<tr>
<td><strong>Key Activities Overview</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifesaving Sport</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Individual Only</td>
<td>Cancelled</td>
<td>Cancelled</td>
</tr>
<tr>
<td>Instructor CPD</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Pending Review</td>
<td>Pending Review</td>
<td>Pending Review</td>
</tr>
<tr>
<td>Professional CPD</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Pending Review</td>
<td>Pending Review</td>
<td>Pending Review</td>
</tr>
<tr>
<td>CRBI/IRB Activity</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Pending Review</td>
<td>Pending Review</td>
<td>Pending Review</td>
</tr>
<tr>
<td>Risk Assessment Activity</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Pending Review</td>
<td>Pending Review</td>
<td>Pending Review</td>
</tr>
<tr>
<td>Water Safety Classes</td>
<td>Yes*</td>
<td>Yes*</td>
<td>Cancelled</td>
<td>Cancelled</td>
<td>Cancelled</td>
</tr>
</tbody>
</table>

*: Water Safety Activities can resume in line with the procedures and guidelines established by Water Safety Ireland [https://watersafety.ie/covid-19/](https://watersafety.ie/covid-19/). Here you can find specific guidelines for Water Safety Classes including Syllabi changes, forms, Lifesaving Sport guidelines etc.

Important considerations when:

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

⇒ **Engaging in an activity with other people:**
- Are these people physically healthy, and are they showing any symptoms or COVID-19?
- Are the skills sets of the people suitable for the environment you are in? Are these people able to self-rescue?
- Can these people be guided/instructed to self-rescue without requiring physical contact?
Further Information

⇒ COVID-19: Answers to FAQ

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

⇒ Lifesaving Sport

- Water Safety Ireland will not hold any further lifesaving sport competitions for any age group for the remainder of 2020, therefore the planned regional & national open water competitions are now cancelled.

- National Squads: due to the cancellation of the summer National competitions, the current 2020 National Squad will be extended for an additional year. Athletes who excelled in the 2020 National Stillwater Championships may be offered places onto the current squad later in the year. The composition of Regional squads will be reviewed later in the year and we will advise on this then. There will be no further Regional or National squad camps for the rest of 2020.

⇒ National Awards Ceremony

- The evaluation of submitted applications will proceed, and the awards ceremony will continue in an online format. The date set for the ceremony is Tuesday 24th November from 7-9pm. Details will be announced soon.

⇒ Risk Assessments

- Risk Assessments have resumed, but it is proposed that they no longer take place in Level 3 or above unless absolutely essential.
- In which case, a letter will be provided for risk assessors to travel.
- Front line worker status will allow Risk Assessors to carry out Risk Assessment subject to normal HSE guidelines.
## LEVEL 1

<table>
<thead>
<tr>
<th>Group</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| Recreation| - Lifeguards no longer on Duty on beaches/rivers and lakes, caution advised.  
- Pools open.  
- For outdoor recreational activities, only swim at designated bathing areas. Visit [www.watersafety.ie](http://www.watersafety.ie) for more information relating to specific activities.  
- Adhere to government recommendations, social distancing and hygiene guidelines. |
| Instruction| - Pools Open – subject to conditions re cleaning numbers and distancing.  
- Water Safety Area committees wishing to resume activities must follow the procedures outlined by Water Safety Ireland. See [https://watersafety.ie/covid-19/](https://watersafety.ie/covid-19/) for more information.  
- Water Safety course examinations to be completed (of courses held prior to restrictions).  
- Inshore Rescue Boat activities/training can resume.  
- CRBI Activities resume  
- All lifeguards must upskill in the use of BVM and First aid online.  
- Membership to complete on line Child Protection Course.  
- Membership kept aware of Government COVID-19 hygiene and Guideline updates.  
- WSACs to appoint COVID-19 Officer, see [https://watersafety.ie/covid-19/](https://watersafety.ie/covid-19/) for more information.  
- Pool Lifesaving & Swimming Classes to re-commence.  
  - see [https://watersafety.ie/covid-19/](https://watersafety.ie/covid-19/) for more information regarding syllabi, procedures and forms.  
- Online training to continue. |
- Resuscitation training based on Chest Compressions only. Social Distancing in place and strict hygiene measures taken.
- WSAC CPD training for instructors and examiners. Groups no more than 8, subject to social distancing rules etc.
- Risk Assessment: Risk Assessment can resume in this Level.

<table>
<thead>
<tr>
<th>Sport</th>
</tr>
</thead>
</table>
| - Groups less than 12 only.  
- If training on a personal basis, have all risks been reasonably mitigated and all necessary precautions been taken?  
- Avoid sharing equipment.  
- Travel only with those persons in your household.  
- Lifesaving sport training and use of Water Safety Area Committee (or lifesaving training centres) sports equipment for Juniors, Seniors, & Masters take place STRICTLY within HSE guidelines, and following the protocols that has been issued by Water Safety Ireland Sports Commission and Water Safety Ireland  
- Before any lifesaving sport training can take place at this stage a written plan of how the protocols will be implemented must be submitted to the sports commission for approval by the area committee. |
# LEVEL 2

<table>
<thead>
<tr>
<th>Group</th>
<th>Recreation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation</td>
<td>• Lifeguards no longer on Duty on beaches/rivers and lakes, caution advised.</td>
</tr>
<tr>
<td></td>
<td>• Pools open.</td>
</tr>
<tr>
<td></td>
<td>• For outdoor recreational activities, only swim at designated bathing areas. Visit <a href="http://www.watersafety.ie">www.watersafety.ie</a> for more information relating to specific activities.</td>
</tr>
<tr>
<td></td>
<td>• Adhere to government recommendations, social distancing and hygiene guidelines.</td>
</tr>
<tr>
<td>Instruction</td>
<td>• Pools Open – subject to conditions re cleaning numbers and distancing.</td>
</tr>
<tr>
<td></td>
<td>• Water Safety Area committees wishing to resume activities must follow the procedures outlined by Water Safety Ireland. See <a href="https://watersafety.ie/covid-19/">https://watersafety.ie/covid-19/</a> for more information.</td>
</tr>
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<td></td>
<td>• Water Safety course examinations to be completed (of courses held prior to restrictions).</td>
</tr>
<tr>
<td></td>
<td>• Inshore Rescue Boat activities/training can resume.</td>
</tr>
<tr>
<td></td>
<td>• CRBI Activities resume</td>
</tr>
<tr>
<td></td>
<td>• All lifeguards must upskill in the use of BVM and First aid online.</td>
</tr>
<tr>
<td></td>
<td>• Membership to complete online Child Protection Course.</td>
</tr>
<tr>
<td></td>
<td>• Membership kept aware of Government COVID-19 hygiene and Guideline updates.</td>
</tr>
<tr>
<td></td>
<td>• WSACs to appoint COVID-19 Officer, see <a href="https://watersafety.ie/covid-19/">https://watersafety.ie/covid-19/</a> for more information.</td>
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<td>• Pool Lifesaving &amp; Swimming Classes to re-commence.</td>
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<td></td>
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<tr>
<td></td>
<td>• Online training to continue.</td>
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</table>
| **Resuscitation training based on Chest Compressions only. Social Distancing in place and strict hygiene measures taken.**  
| **WSAC CPD training for instructors and examiners. Groups no more than 8, subject to social distancing rules etc.**  
| **Risk Assessment: Risk Assessment can resume.** |

| **Sport**  
| **Groups less than 12 only.**  
| **If training on a personal basis, have all risks been reasonably mitigated and all necessary precautions been taken?**  
| **Avoid sharing equipment.**  
| **Travel only with those persons in your household.**  
| **Follow Government and HSE Guidelines – Social Distancing + Hygiene.**  
| **Lifesaving sport training and use of Water Safety Area Committee (or lifesaving training centres) sports equipment for Juniors, Seniors, & Masters take place STRICTLY within HSE guidelines, and following the protocols that has been issued by Water Safety Ireland Sports Commission and Water Safety Ireland**  
| **Before any lifesaving sport training can take place at this stage a written plan of how the protocols will be implemented must be submitted to the sports commission for approval by the area committee.** |
# LEVEL 3/LEVEL 4/LEVEL 5

<table>
<thead>
<tr>
<th>Group</th>
<th>Guidelines</th>
</tr>
</thead>
</table>
| Recreation | - Lifeguards no longer on Duty on beaches/rivers and lakes, caution advised.  
- Level 3: Pools open, for personal use only.  
- Level 4 & 5: Pools Closed.  
- For outdoor recreational activities, only swim at designated bathing areas. Visit [www.watersafety.ie](http://www.watersafety.ie) for more information relating to specific activities.  
- Adhere to government recommendations, social distancing and hygiene guidelines. |
| Instruction | - Lifesaving Classes cancelled.  
- Inshore Rescue Boat activities/training suspended.  
- Membership to complete on line Child Protection Course.  
- Membership kept aware of Government updates and COVID-19 hygiene and Guideline updates.  
- Lifeguard Tutors must upskill in the use of BVM and first aid Guidelines for Lifeguards via on-line CPD  
- On-line BLS Instruction policies to be developed for Instructors/Lifeguard Tutors during Phase 5 and onwards taking into account guidelines from ERC and PHECC.  
- On-line training (CPD) modules to be developed and made available for Instructors / Teachers / Examiners / Tutors.  
- WSACs to meet via video conferencing or phone conferencing to discuss how to implement the re-opening of Lifesaving and swimming classes in their areas.  
- No face to face instruction. |
<table>
<thead>
<tr>
<th><strong>Online</strong></th>
<th><strong>Meetings</strong></th>
<th><strong>Online membership</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>training allowed.</td>
<td>by Audio or conference only.</td>
<td>applications accepted.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sport</strong></th>
<th><strong>Personal Training + Craft only – No WSAC equipment / facilities to be used.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Clear protocols finalised, agreed and adhered to by coaches, athletes &amp; lifeguards.</td>
</tr>
<tr>
<td></td>
<td>If training on a personal basis, have all risks been reasonably mitigated and all necessary precautions been taken?</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td>Travel only with those persons in your household.</td>
</tr>
</tbody>
</table>
Guidelines for WSACs

All forms listed below can be found at https://watersafety.ie/covid-19/

E-Course

All adult members/participants engaging in Water Safety activities are required to complete Sport Ireland’s Covid-19: Return To Sport E-course in advance of the resumption of activities. It is mandatory for all members intending to engage in water safety activities to undertake the course prior to attending classes, including instructors and participants alike. The good news is that the e-course does not take long to complete. Topics covered include hygiene, group participation and other public health advice. Access to the e-course is available on the Sport Ireland website here www.sportireland.ie/covid19/course

Enrolment

Participants will be obliged to fill out our Supplementary Covid-19 Participant Enrolment Form prior to the commencement of activities. This is to be filled out in addition to the usual enrolment forms used by Water Safety Area Committees and only needs to be completed once. The form contains a series of 6 yes/no questions which will ultimately help prevent the spread of Covid-19 at our courses.

All volunteers must complete the Volunteer Return To Water Safety Form, which is similar to the Supplementary Covid-19 Participant Enrolment Form, but is for specific use by our fantastic volunteers such as instructors and teachers.

Attendance and Contact Tracing

Upon arrival at the Water Safety activity/class, all participants will be asked to provide relevant contact information to the facilitator/chaperone for the purposes of filling out the Contract Tracing Record Attendance At WSI Activities form. This form does not take long to complete. Participants will be required to provide some basic contact details, which will be used in the event of a suspected or confirmed case of Covid-19. Attendees will also be asked to verbally declare they do not have Covid-19 symptoms, that they are not self-isolating or awaiting results of a Covid-19 test, and that they will agree to absent themselves from WSI activities should either of these circumstances change.
Returning to Water Safely
Participant Guidelines

All members must complete Sport Ireland’s Covid-19: Return To Sport E-course. The e-course is available on the Sport Ireland website.

Participants must fill out WSI’s Covid-19 Participant Enrolment Form. This is to be filled out in addition to the usual enrolment forms. Forms are available at watersafety.ie.

Participants must engage in the Contact Tracing process prior to the commencement of any activity.

Participants must communicate honestly with course providers and notify them of any changes to their personal circumstances that may affect their ability to engage in the course.

Participants must adhere to all HSE Guidelines. The wearing of a face covering (when possible) is also recommended.

See our Covid-19 Information Hub for more information, visit www.watersafety.ie/covid-19

Returning to Water Safely
WSAC Guidelines

WSACs and course providers must meet (ideally virtual) and plan the safe return to WSI activities in accordance with WSI Guidelines. A Covid Officer must be appointed. NOPs must be developed in conjunction with facility management.

All members must complete Sport Ireland’s Covid-19: Return To Sport E-course. The e-course is available on the Sport Ireland website. Covid officers must complete the additional Covid Officer training.

Course Providers must ensure that participants fill out WSI’s Covid-19 Participant Enrolment Form. This is to be filled out in addition to the usual enrolment forms. Forms are available at watersafety.ie. All providers must fill out the Volunteer Enrolment form.

Course Providers must ensure that participants engage in the Contact Tracing process prior to the commencement of WSI activity.

Course providers must provide an opportunity for participants to notify them of any changes to their personal circumstances that may affect their ability to engage in the course.

WSACs should ensure that all participants can adhere to all HSE Guidelines. The wearing of a face covering (when possible) is also recommended. For advice visit HSE.ie

See our Covid-19 Information Hub for more information, visit www.watersafety.ie/covid-19