






Activity	Metropolitan Melbourne	Regional Victoria
<p>GENERAL</p>	<p><u>Staying safe</u>: As restrictions ease, it’s important that we act to keep ourselves and others safe. These actions below can help protect you from coronavirus (COVID-19).</p> <p>From 5pm 31 December 2021 the following restrictions will be in place in Victoria:</p> <ul style="list-style-type: none"> • The limit of people gathering in the home will be reduced to 15 from 30. • Masks will be mandatory indoors. If you are planning to leave your home. Take a mask and it needs to be worn any time you are inside apart from when you’re eating or drinking <p>It is important for all members to be remember the below general advice at this time:</p> <ul style="list-style-type: none"> • Stay safe by washing your hands regularly, having a face mask with you and wearing it when required, coughing and sneezing into your elbow, and keeping at least 1.5 metres from others. • Wear a Mask when indoors, unable to maintain physical distancing or treating or interacting with a person who is suspected to have COVID-19. • Keep your friends and family safe by meeting outdoors. There is a lower risk of spreading coronavirus (COVID-19) between people if you are outdoors. • Venues and facilities have specific requirements such as operating with a COVIDSafe Plan, density limits (maximum numbers of people allowed in a space), cleaning and record keeping – please respect these. • If you have symptoms of coronavirus (COVID-19) get tested and stay home. Stay at home if you feel unwell. • We all need to be COVID Safe • DHHS have released a number of Victoria exposure locations, stay up to date and follow DHHS instructions; https://www.dhhs.vic.gov.au/case-locations-and-outbreaks • Be practical and considered about gatherings of members. Potential reconsider the need to bring people together at this time. <p>COVIDSafe Summer restrictions, these eased restrictions will let Victorians get back to doing the things they love, while also protecting everything we have worked so hard to achieve this year.</p> <p>Exposure sites: if you have visited any of the locations listed at the specific date/times in the <u>Case Locations and Outbreaks</u> table in Category 1 or 2 you must <u>get tested</u> and follow the DHHS advice on isolation periods or monitor symptoms for Category 3 sites. This list is live and is being regularly update, including some site moving between categories, <u>please stay up to date with information and sites</u></p> <p>Contact Tracing; a reminder that contact tracing is mandatory at all Lifesaving facilities and when undertaking lifesaving activities. This is a critical requirement in the return to Lifesaving and to Clubs COVIDSafe plans.</p> <p>Refer DHHS for latest information https://www.dhhs.vic.gov.au/coronavirus</p> <p>The <u>LSV Activity Guide</u> provides the most up to date information with regard to lifesaving activity status.</p>	




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GENERAL	CONCURRENT ACTIVITY PLANNING:				
	To assist with future planning of activities, please see LSV recommendations based on planned easing of restrictions for the running of concurrent activities in the table below, noting that each club can make an assessment based on the venue size, club capacity and activity size. It is important to make an assessment to proceed with concurrent activities to ensure that:				
	<ul style="list-style-type: none"> - Activities can be resourced adequately and delivered and managed well. - Activities can meet all COVIDSafe requirements. - That public perception is managed; and that there is - Sharing of beach with community - Based on restrictions that the total number of “patrons” including participants, parents/spectators and required officers (i.e. trainers, water safety, officials, age managers etc.) concurrently in one location/venue does not exceed the government outdoor recreation and community sport patron cap of 1000. 				
		Sport Training	Sport Competition	Nippers	Lifesaving Operations - Training
	Sport Training		No	No	Yes
	Sport Competition	No		No	Yes
Nippers	No	No		Yes	
Lifesaving Operations - Training	Yes	Yes	Yes		
State Government Public Events Framework					
Life Saving Victoria is seeking further information on the Public Events Framework and how it fits with planning for lifesaving related events, both LSV-led and Club-led events. We provide the following information for life saving clubs to consider at this time;					
If you are planning a public event in Victoria, it is your legal responsibility to ensure that you are designing a COVIDSafe event that does not risk the spread of coronavirus (COVID-19). All public events must comply with the requirements of the Public Events Framework, including the attendee limits and density requirements. Depending on the scale and risk involved in running the public event, the event organiser must seek approval from the Victorian Government to run the event.					
The Victorian Government has established a review process to review and approve events, ensuring public event organisers consider the appropriate infection prevention controls and public health advice as part of planning and delivery of the event. Public events will be assessed according to their scale, complexity and associated risk factors. A three-tiered system will be used to ensure the appropriate level of public health oversight is applied to public events.					
Events are classified into three tiers based on the number of attendees at the events and consideration of the number of public health risk factors that the event will involve.					
Source and more information - https://www.coronavirus.vic.gov.au/public-events-information-for-organisers					



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	<p>Events are gatherings of people for purposes of other than emergency response, or essential training. <i>For example, this includes committee and sub-committee meetings, awards nights, functions.</i></p> <p>Contact Tracing; a reminder that contact tracing is mandatory at all Lifesaving facilities and when undertaking lifesaving activities. This is a critical requirement in the return to Lifesaving and to Clubs COVIDSafe plans.</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">EVENTS & FACILITIES</p>	 <ul style="list-style-type: none"> • Club facilities may re-open, only once there is a Club COVIDSafe Plan in place for each Club. • All members and visitors to the Club facility, or outdoor event need to be registered for contact tracing. LSV has provided registration templates, and free access to an App (COVID Comply). • Administrative work return to office, up to 25% of workforce. • Community venues: open density quotient of 1 per 2sqm. Meetings at the Club may resume (ie Club Committee) you must observe physical distancing of 1.5m and density requirements. • Hospitality areas – these facilities may Open with COVIDSafe requirements: density quotient of 1 per 2sqm if using electronic record keeping must be used. Otherwise density quotient of 1 per 4sqm applies if manual record keeping used. A hospitality venue can host up to 25 patrons before density quotients apply. • Changerooms and bathroom facilities may reopen, subject to density, physical distancing and COVIDSafe Cleaning Guide requirements. • Access to the clubs for gear and equipment storage is also permissible. If undertaken, please ensure the areas accessed are cleaned in accordance with COVIDSafe Cleaning Guide and per COVIDSafe Lifesaving Training Equipment Pickup Checklist • Club bunkrooms may now be used but <u>only for accommodating members that are required to patrol or participate / undertake operational training.</u> Clubs must follow the requirements of the guide: COVIDSafe Lifesaving Club Bunkhouse Guide 	
	 <ul style="list-style-type: none"> • Clubs should be closed to all activities except those approved in the specific Club COVIDSafe Plan. • Be practical and considered about gatherings of members. Potential reconsider the need to bring people together at this time. 	

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LIFESAVING OPERATIONS		 <p>As an emergency service, LSV has an exemption for the provisions of:</p> <ul style="list-style-type: none"> • Water safety related emergency response; and • To assist other emergency services. 	
	PATROLS	 <p>Emergency Operations:</p> <ul style="list-style-type: none"> • Water rescue including IRB, rescue boards, RWC and Helicopter • First aid and other medical first responder activity <p>Assist other emergency services:</p> <ul style="list-style-type: none"> • Support AV, Police & other emergency services as approved by LSV. • Operational practical training activities are for operational members only (those already qualified) to maintain “rescue readiness” <p>Permitted activities to maintain skills are as follows:</p> <ul style="list-style-type: none"> • Swimming and Recue Board Paddling, (refer exercise section for associated restrictions) • RWC, IRB and Offshore Rescue Boat training, • Helicopter training, and • Maintenance of rescue plant and equipment. • Accessing lifesaving clubs for operations equipment including boards as per COVIDSafe Lifesaving Training Equipment Pickup Checklist. 	

LSV ACTIVITY GUIDE – COVID-19

THIS DOCUMENT IS VALID FROM 06/01/2021 – 12/01/2021 [* PENDING NO FURTHER GOVERNMENT ANNOUCEMENT DURING THIS PERIOD]


Activity		Metropolitan Melbourne	Regional Victoria
LIFESAVING OPERATIONS	TRAINING		<ul style="list-style-type: none"> All training and assessment activities must be delivered in accordance with the available risk assessment / adjustment documents. New Award and Skills Maintenance activities can be delivered from 19 September <u>Skills maintenance preparedness</u> can be undertaken to ensure members prepare to be rescue ready as per COVIDSafe Operations Training Exemption Guide.
			<p>As we move to COVID-Normal, there is no longer a cap on how many training activities (new award training / skills maintenance) that can be delivered at one time, although strict i) member capacities, ii) space and iii) equipment requirements remain in place for each individual activity. Where any requirement cannot be met, an activity should not go ahead.</p> <p>Each individual activity must not exceed the maximum capacity;</p> <ul style="list-style-type: none"> New award training - Max. 16 members per course (excl TAF / water safety); Surf Rescue Certificate (SRC), Bronze Medallion (BM), Silver Medallion Beach Management (SMBM), Side by Side Vehicle (SSV), IRB Crew / Driver (IRBC / IRBD), New award training - Max. 24 members per course (excl TAF) Radio Operators Certificate, CPR, Provide First Aid (FA), Advanced Resuscitation Techniques (ART) Skills maintenance - Max. 25 members per session (excl TAF / water safety) <ul style="list-style-type: none"> Each activity must be registered individually through the member training portal, a minimum of 10 days ahead of the activity commencement. The available (individual) space for each activity must meet the one person per 4m square density requirement and enable members to remain 1.5m away from one another; Facemasks must be worn during any indoor dry practical activities Each activity must ensure there is no cross-over of TAFs', equipment (unless fully disinfected) or dry training spaces between different groups; Ensure (new award) equipment is provided on a minimum 1:4 ratio, with members working and remaining in the same group of two/three/four throughout the course entirety; Skills maintenance activities will continue to be equipment-free and based on TAF demonstrations, for the remainder of the season; There must be a minimum distance of 5m between outdoor / beach training spaces and each training spaces must be clearly defined (signage, ropes, bunting), Where a run-swim-run course is going to be used for multiple groups, it must only be used by one group at a time (this will avoid having to set up multiple courses) All other COVID-Safe measures must remain in place at all times.
			There will be no SM Aquatic Rescue, Basic Emergency Life Support or Gold Medallion courses until further notice.

Activity		Metropolitan Melbourne	Regional Victoria
AQUATIC SPORT	COMPETITION & TRAINING	 <ul style="list-style-type: none"> • LSV does not hold an exemption for the undertaking of organised community sport. • Members are encouraged to maintain fitness with regular exercise in line with government restrictions • Refer to DHHS recommendations around what you can and can't do. • There are additional 'at home' and 'out of home' fitness programs. Click HERE or visit the LSV Sport Forum on Facebook. • Refer to Volunteer Training for skills maintenance preparedness 	
		 <ul style="list-style-type: none"> • Contact and non-contact sport (training and competition) indoors and outdoors for all ages can resume. • Indoor physical recreation and community sport (competition and training): <ul style="list-style-type: none"> ○ No patron caps with a density quotient of 1 per 4sqm for each space. ○ Exercise classes limited to 50 people (excluding anyone necessary for running the class). ○ Venues with capacity of greater than 500 patrons must publish a COVIDSafe Plan online. • Outdoor physical recreation and community sport (competition and training): <ul style="list-style-type: none"> ○ There is an event cap of 1,000 patrons, inclusive of all participants, spectators and those needed to run the event (i.e. water safety, officials, coaches). ○ Subject to density quotient of 1 per 4sqm. ○ Within the 1,000, there is a maximum of 100 participants in any group, <u>plus</u> those needed to run the event (i.e. coaches, officials and water safety). ○ Record keeping is required for all attending patrons, clubs must utilise QR code or similar. ○ For clubs planning events greater than 500 patrons, a COVIDSafe Event Plan is required to be published online – Please contact LSV sport@lsv.com.au to discuss. ○ As an example (to the maximum), for a club-led carnival, if you had 100 participants, and need 8 water safety + 8 officials, that is a total of 108 people. If there were no spectators present, the event could have a maximum of 9groups of 108 people, totalling 972 patrons and an event specific COVIDSafe Plan published on the club's website. If spectators were present, the number of participant groups would need to reduce. ○ Clubs must make an assessment on those needed per group to run the event safely, ensuring they do not go over the 1,000 patron cap. ○ Delivered as per COVIDSafe Sport Training Checklist and COVIDSafe Aquatic Sport Club Guide • Groups of 100 recommended to be a minimum of 5m apart at all times, and within a defined space where possible, i.e. using marker cones, bunting etc. Social distancing of 1.5m applies where possible within each group. 	

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		<ul style="list-style-type: none"> Group members and those needed to conduct the event are to remain with the same group for the entirety of the session, <u>no mixing of groups</u>. Spectators are recommended to only attend if they are supervising children or supporting members with additional needs and within event patron cap of 1,000 Prior to each session commencing, clubs/coaches must assess reasonable patron number, in relation to: <ul style="list-style-type: none"> Forecasted weather and likely public use of the venue and space available Ability to manage training session with all COVIDSafe requirements in place For example, on a forecasted 30-degree day, at 8am training proceeds with max numbers, however at 11am, training session postponed, moved to alternate less busy venue, or numbers reduced to 30% of maximum. Club-led training for disciplines including IRB, sprints, swim, board, board rescue, single/double ski and surfboats (as per <u>COVIDSafe Surfboat Training Checklist</u>). 	
		<ul style="list-style-type: none"> No shared equipment, where required, ensure COVIDSafe cleaning protocols are in place Lifesaving Events including R&R – Note, a COVIDSafe Guide for R&R training and competition under development. Events greater than 500 without publishing a specific event/activity COVIDSafe Plan on the club’s website Competition/Events with more than 1,000 patrons and groups larger than 100 (unless required approvals under the Public Events Framework (see General section). 	

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AQUATIC SPORT		<ul style="list-style-type: none"> • Doing some form of exercise is an easy and free way to boost your mental and physical health. Members can maintain fitness, with restricted activities. Refer DHHS recommendations around what you can and can't do. • There are additional 'at home' and 'out of home' fitness programs. Click HERE or visit the LSV Sport Forum on Facebook. • Refer to Volunteer Training for skills maintenance preparedness 	
		<ul style="list-style-type: none"> • You can exercise indoors and outdoors subject to venue caps and density quotients. • There is no limit on the number of times you can leave home to exercise. • There is no limit on the amount of time you can spend exercising. • Indoor and outdoor swimming pools open subject to restrictions. Check your local facilities for further information. • Gyms open subject to restrictions. Check your local facilities for further information. • Exercise could include board paddling, surf ski paddling, swimming, kayak, surf, canoe, walk, cycle, run, do yoga or a workout in the park for exercise. 	
		n/a	

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NIPPERS EDUCATION PROGRAM	 <ul style="list-style-type: none"> • LSV does not hold an exemption for the undertaking of organised community sport. • Members are encouraged to maintain fitness in line with government restrictions, ‘at home’ and ‘out of home’ fitness programs, click HERE • Refer to DHHS recommendations around what you can and can’t do. • Mask should be carried to and from Nippers, only required when <u>cannot</u> keep 1.5M distance (this does not include in water or when exerting themselves) or if required to go inside. 	
	 <p>Nipper Education Programs including Starfish Nipper, in line COVIDSafe Plan, Scenario A COVIDSafe Nippers Guide and checklists.</p> <ul style="list-style-type: none"> • Clubs must appoint a COVIDSafe Nipper Officer/s to be onsite during program delivery • Submit a Beach set-up plan • Submit the COVIDSafe Club Plan - Nippers <p>Groups (Scenario A) commencing December 12,</p> <ul style="list-style-type: none"> • There is an event “Nipper Session” cap of 1000 patrons, inclusive of all participants, spectators (parents and carers) and those needed to run the session (i.e. water safety, age managers and mentors). • For clubs planning “Nippers Sessions’ greater than 500 patrons, a <u>COVIDSafe Event Plan</u> is required to be published online – Please contact LSV nippers@lsv.com.au to discuss. <p>Clubs can be flexible in their delivery model, based on <u>ensuring there is:</u></p> <ul style="list-style-type: none"> • A maximum of 1000 patrons – this includes Nipper participants, spectators (parents and carers) and those needed to run the session (i.e. water safety, age managers and mentors). • For clubs planning “Nippers Sessions’ greater than 500 patrons, a COVIDSafe <u>Event Plan</u> is required to be published online, contact LSV MLD for further details. • A maximum of groups of 100 participants/spectators in any group plus those needed to run session • Subject to density quotient of 1 per 4sqm • Delivered as per COVIDSafe Nippers Guide • Groups recommended to be minimum of 5m apart at all times, and within a defined space, i.e. using marker cones, bunting etc. • Physical distancing of 1.5m applies where possible within each group. • Group members and Age Mangers to remain with the same group for the entirety of the session, <u>no mixing of groups</u>. 	

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	<ul style="list-style-type: none"> • Consideration should be given to concurrent activities, beach sizes, club capacities, shared public spaces and beach visitation, refer Activity Guide > General Sections > Concurrent Activity Planning. <p>Clubs must make an assessment on those needed per group to run the session safely, ensuring they do not go over the 1000 patron cap and meet the minimum ratios.</p> <p>As a guide a total patron total of 100, per session.</p> <p>10 X Groups of 100 (40 Nippers per Group) with 5m between each group</p> <ul style="list-style-type: none"> - 10 groups x 40 Nippers participants - + Age Managers, assistants, coaches, water safety, mentors, instructors (at min, as per ratio) and - + Spectators - a parent / carer across one beach location <p>Flexibility;</p> <ul style="list-style-type: none"> - Clubs may choose to increase their Nipper participants per groups and have parents/carers in a separate holding area, as such reduce the number of groups to fit within Patron Cap of 1000. - Maximum per group of Nippers and/or Spectators remains 1000 + Age Managers, assistants, coaches, water safety, mentors, instructors (at min, as per ratio) and - Total cohort on beach must not exceed 1000 - Groups are recommended to be at least 5m apart - Must comply with all requirements 	
	<ul style="list-style-type: none"> • Limited 'Contact' as required to undertake lifesaving elements. 	