

Audience:	LSV staff, volunteers, contractors, licensees and stakeholders
Hazards	<p>Coronavirus Disease (COVID-19)</p> <p>Coronavirus is an infectious disease that can cause respiratory syndromes, ranging from the common cold to severe acute respiratory syndrome (SARS). In severe cases this can be potentially fatal.</p>
Details	<p>In December 2019, cases of a viral pneumonia caused by a previously unknown pathogen were reported in Wuhan, Central China. The pathogen was identified as a novel coronavirus (recently named SAR-CoV-2). SARS-Cov-2 causes the illness now known as coronavirus disease (COVID-19) Currently there are no known treatments (vaccine or anti-viral) against the virus.</p> <p>The most common symptoms of COVID-19 are fever, breathing difficulties such as breathlessness, cough, sore throat, fatigue and tiredness. Cases of coronavirus disease (COVID-19) have now been reported in a significant number of countries around the world, including Australia.</p>
Key Messages	<p>Today's update:</p> <ul style="list-style-type: none"> • The threat of coronavirus (COVID-19) is serious and real. • Victoria has expanded testing for COVID-19. Anyone with the symptoms of a new fever, chills, or breathing problems - specifically a cough, sore throat or shortness of breath - can now be tested. • We all have a responsibility to help slow the spread of coronavirus (COVID-19). • There are only four reasons to leave your home: for food and supplies that you need, exercise, medical care and caregiving, work and education - if necessary. • Stay at home. Protect our health system. Save lives. • The state of emergency declared on 16 March 2020 has been extended until midnight 11 May 2020.
Latest Information	<p>Latest Information: the health and wellbeing of members and community is paramount, information is changing quickly, please stay up to date via the DHHS website and online via www.lsv.com.au/healthalerts</p>
Actions All	<p>You must take the following actions now to reduce the risk of coronavirus (COVID-19) infection to yourself and the community by:</p> <ul style="list-style-type: none"> • Washing your hands regularly. • Covering your nose and mouth with a tissue when coughing or sneezing. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. <p>Reduce the number of trips you make whenever possible. If you must go outside, keep a full arm-span (about 1.5 metres) between yourself and others.</p> <p>Gatherings of more than two people are banned, except for members of your immediate household and for work or education purposes.</p> <p><u>If you are unwell:</u></p> <ul style="list-style-type: none"> • Self-isolate at home. • Do not go to public places. • Do not attend work, schools, universities or social gatherings. • Do not visit aged care facilities. <p>If you suspect you may have coronavirus (COVID-19) call the dedicated hotline: 1800 675 398.</p>

	<p>International travellers: All international passengers arriving at Victorian airports or disembarking at maritime ports must go into immediate quarantine for 14 days from the day of their arrival. For more information use this link.</p> <p>Current restrictions: Full details of restrictions are found here.</p> <p>Physical distancing: Actions that Victorians and employers can take are available here.</p> <p>Protect your health: Continue to take personal action to reduce your exposure.</p> <p>Help protect other people's health: Avoid visiting loved ones, friends and family in hospitals and aged care facilities.</p>
<p>Club Patrols / Emergency Response</p>	<p>Lifesaving patrols have now ceased.</p> <p>Please update any changes to your emergency contacts via your VSO or email these changes to lifesavingoperations@lsv.com.au.</p>
<p>Immediate Safety Consideration for Responding Members and providers of First Aid</p>	<p>Refer to the First Responder Checklist and Decontamination Guide for further information. These can be found on our Health Alerts page under Clubs and Members.</p> <p>Major changes to the First Responder Checklist (now Version 11):</p> <ul style="list-style-type: none"> • Updated PPE requirements around being clean shaven (for mask use) and being bare from the elbow to make sure the PPE works; and • Updated case definition for suspected COVID-19 patients
<p>For Life Saving Clubs and Organisations</p>	<p>Life Saving Clubs and Organisations should keep up to date with the latest information and resources via the links and consider the following communications and actions:</p> <ul style="list-style-type: none"> • Member Advice: sending a notification out to all members advising them of precautionary measures. • Report Self Isolation / Confirmed Cases: clubs and members should log any known cases of members required to self-isolate or confirmed case. You will need to also inform LSV of these as well (refer to section below) • Planned Activities: modify, cancel or postpone planned events and activities against DHHS recommendations. • Resources for Clubs and Organisations: utilise available resources and tools to plan, act and communication communicate including; plan templates, tracking tools, posters etc. Resources including posters, templates for communications and further tools to stay connected will be available online and updated during the week. • Take action around the club: review supplies, cleaning and protocols to help limit infection and transmission. <p>If people are entering the club;</p> <ul style="list-style-type: none"> • Limited access to the facility for all non-essential use and ensure facility is secured • Implement a permission process to access facility and ensure sign-in and sign-out sheets at entrances • Whilst onsite ensure social distancing of 4ms2 • Ensure good hand-hygiene and cough etiquette at all times. • Provide and promote sanitisers for use on entering buildings. • Clean and disinfect high touch surfaces regularly, including desks and keyboards and ensure high standards and regular of routine environmental cleaning. • Open windows, enhance airflow, adjust air conditioning. • Promote preventive actions amongst your members and staff - lead by example. • Plan for what to do if members or staff arrive sick at club.

	<ul style="list-style-type: none"> Ensure people that are unwell, have been on contact with a confirmed case or anyone in self-isolation does not enter facility
Report Self Isolation / Confirmed Cases	<p>Members and Clubs are requested to notify LSV via an online form if they are aware of a member required to Self Isolate for any reason (unwell, high risk, close contact or travel). Notification Form</p> <p>The information is confidential and will be used to monitor, support and provide Government with deidentified information for workforce capacity planning.</p>
LSV Events and Programs	<p>LSV has announced a number of postponements and cancellations for the coming period. Please refer to the list on our Health Alerts page for latest information.</p>
Harmony and Inclusion	<ul style="list-style-type: none"> There are increasing reports of racist taunts and behaviours directed at Chinese and Iranian people as a result of the Coronavirus. There is no need and no excuse for racism or intolerance. Life Saving Victoria condemns all forms of discrimination and vilification. Everyone has the right to feel safe and that they belong. Australians and Victorians alike need to be respectful and support one another.
Welfare	<p>We understand these are particularly uncertain and difficult times for Clubs, members and Community.</p> <p>If you need help during this time, we encourage you to speak with family and friends, and you can call the support services below:</p> <p>Lifeline Australia: 13 11 14 Beyond Blue: 1300 22 4636 Life Saving Victoria – please contact LSV comms directly.</p> <p>If members or individuals have any immediate concerns for their or others wellbeing, LSV do recommend seeing a local GP.</p> <p>Additional welfare resources are available via www.lsv.com.au/healthalerts including information on talking to younger members, immediate response to trauma/loss.</p>
Resources	<p>As the situation in regards of cases of Coronavirus is evolving rapidly please use the available resources to keep informed of the latest updates.</p> <p>Latest information will be available on the LSV website: www.lsv.com.au/healthalerts</p> <p>Other Resources:</p> <p>Surf Life Saving Australia – Circular; https://lsv.com.au/wp-content/uploads/SLSA-Bulletin-Coronavirus-03.1920.pdf * note some information has been superseded, given the speed of changing advice.</p> <p>Department of Health and Human Services Website – Victoria: https://www.dhhs.vic.gov.au/coronavirus</p> <p>SmartTraveller Website: https://www.smarttraveller.gov.au/news-and-updates/coronavirus-covid-19</p> <p>Australian Government Department of Health: https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert</p> <p>Worksafe: https://www.worksafe.vic.gov.au/safety-alerts/exposure-coronavirus-workplaces</p>