

# COVID-19 Information Pack

## Junior Activities

24 September 2020 (Version 4.1)



# Junior Activities

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Effective 24 September 2020 (Version 4.1)

## COVID-19 – Impact on SLS Activities

SLSNSW is committed to ensuring the safety and wellbeing of our members.

We continue to monitor the latest information aligned to official sources including the Australian Government Department of Health, NSW Health and NSW Sport, and the impact of this information on Surf Life Saving activities.

For the most up to date information, resources and tools related to conducting club activities during the COVID-19 pandemic, visit the SLSNSW website.

Given the high frequency of changes that are occurring throughout the COVID-19 pandemic, the guidance within this document is effective as of the date indicated above and is considered out of date once downloaded or printed. This document will be updated as restrictions change from time to time and/or greater clarity around events and event structures is determined.

The following information packs are also available:

- Sport
- Training and Education
- Lifesaving

The information in this pack has been designed to complement the [SLSNSW COVID-19 Activity Matrix](#). Please ensure you are familiar with the information in the matrix before reviewing this pack.

## COVID-19 Checklist (Junior Activities)

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- If your Nipper program will exceed 500 people (inclusive of SLS officials, parents and participants) explore options for running a modified Nipper program this season.
- Complete a COVID-19 Safety Plan – use the [Junior Activities COVID-19 Safety Plan](#) template developed by SLSNSW – keep this available for inspection if required. Plans should be comprehensive, as failure to comply may result in penalties or similar action. You will need to consider how you will monitor event attendees, separation from non-event general public and hygiene control (see [Infection Control Guidelines for Sport](#)).
- Check that your club has registered as a COVID Safe Business.
- Liaise with your local council to ensure they are aware and supportive of your Nippers delivery structure and approach and have a plan for non-event public in and around your Nippers activities.
- Ensure the club has a nominated COVID-19 Safety Coordinator for Nipper activities. Visiting clubs must also have a nominated COVID-19 Coordinator for their club's participants.
- Work with your club to ensure a COVID-19 safe environment for areas of the clubhouse that may be used (e.g. bathroom signage, sanitiser stations and cleaning schedules).
- Communicate with Age Managers and Water Safety (see **email template** below) to:
- Communicate with parents (see **email template** below).

## When not to attend SLS activities

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Do not attend any SLS activities if you:

- a. have any symptoms (i.e. fever, coughing, sore/scratchy throat, shortness of breath or loss of taste or smell)
- b. have been in close contact with someone who has tested positive for COVID-19
- c. have tested positive for COVID-19 – wait until you have been given medical clearance to attend again
- d. have travelled overseas, to Victoria, or to a [designated hotspot](#) in the 14 days prior to any of your training dates.

If you are diagnosed with a confirmed case of COVID-19 within 14 days after attending any SLS activity, you must contact SLSNSW immediately on 02 9471 8000.

The Australian Department of Health recommends using the [Healthdirect Coronavirus \(COVID-19\) Symptom Checker](#) to answer questions about symptoms to see if you or someone needs to seek medical help or get tested.

**The above should be communicated to all members participating in SLS activities.**

## FAQS

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### How do we determine whether we can run a modified Nipper program?

Consider your beach size, beach visitation and club calendar to determine whether you feel your club has the space, resources, and capacity to run nipper activities.

### How is the group size of 500 being calculated?

The group size of up to 500 includes SLS officials, parents and participants. Clubs and branches should liaise with their local councils however to ensure a shared understanding of this requirement for their local beach.

### Are U14s training for their SRC classed as Nippers?

Where possible, it is suggested that clubs separate their U14s training for their SRC from Nipper activities this season to help manage numbers. As a separate group, U14s training for their SRC are required to comply with the guidelines associated with training and education (see [SLSNSW COVID-19 Activity Matrix](#) and [COVID-19 Information Pack for Training and Education Information](#)).

### Are we restricted to 20 people only for training?

No. As a community sport, training for Surf Life Saving activities can include up to 500 people (as

with competitions). Clubs **must** have a COVID-19 Safety Plan available however for all training activities which involve more than 20 people. The plan must be available for inspection if required, as failure to comply may result in penalties or similar action.

### Is physical contact between Nippers and Age Managers/Water Safety permitted?

There are no restrictions on any activities as Nippers is considered a community sport. Physical contact should, however, be limited where possible and practical.

### Can parents still assist with Nippers?

To ensure the safety of all, only qualified members are to be involved in the delivery of Nippers this season. Encourage parents who may be keen to assist with Nippers to complete an Age Manager or SRC/Bronze Medallion course and plan to run these courses before the season starts.

Age Managers and Water Safety team members should be clearly identifiable (preferably wearing a uniform) so it is clear who is qualified to be on the beach supporting juniors.

### Should we still be running rego days?

Clubs are encouraged to offer Nipper registrations via the SLS Members Area for contactless transactions. If your club has the capacity for additional members, consider different ways of engaging your community.

## **What measures should be in place to minimise risks at Age Manager training?**

Speak with your Chief Training Officer who would have developed / would be developing a COVID-19 Safety Plan for Training and Education.

## **Can shower facilities still be used?**

Parents should be encouraged to arrange showers at home where at all possible to reduce the shared use of public showers.

## **Can overnight activities take place?**

Yes. Overnight activities may take place so long as accommodation facilities and overnight event organisers develop and implement a COVID-19 Safety Plan and event organisers consider the level of community transmission in the local community just before the overnight event is to be held, along with the other risks associated with the event as part of a risk assessment process. Shared travel arrangements such as car-pooling should be avoided.

## **Can we still run our club BBQ/canteen?**

You are advised to work with your club's COVID-19 Safety Coordinator to work through the measures you will need to put in place if you wish to run your club's BBQ or canteen. Measures may include using disposable cups, having a limited menu, marking waiting lines on the floor etc.

## **Can we still sell club merchandise, swimwear and clothing?**

Yes. Clubs are encouraged to consider offering online ordering and payments however to reduce the need for physical contact. Sizing information will need to be made clear.

## **Do we need to wash club rash vests and shirts between sessions?**

Yes. Clubs will need to consider how this is coordinated

## **Are there any changes to first aid protocols?**

Where possible, first aid offers can instruct participants (or parents of participants) to self-treat. Refer to the Lifesaving COVID-19 Information Pack for further details.

## **Are there any events, disciplines or activities we can't run?**

No. All events/disciplines can be conducted regardless of the proximity of the participants to each other. Where possible modifications should be considered to assist in social distancing. Cleaning protocols should be considered where equipment is shared (e.g. relays & flags surf boat oars etc).

## **Useful Resources**

Listed below are links to some useful resources from the NSW, Australian Government, and other authorities to assist during this time.

[SLSNSW COVID 19 Updates](#)

[NSW Office of Sport COVID-19 Update](#)

[COVID-19 Safety Plan Community Sporting Competitions and Full Training Activities](#)

[Generic and Cobranded Posters and Signage for your Surf Club](#)

[Effective hand washing during COVID 19](#)

[Good Hygiene During COVID-19](#)

[Cough Under Cover](#)



## Email Template to Parents

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Dear Nipper Parents,

We are looking forward to welcoming you back to Nippers this season! Due to the restrictions in place for community sport due to COVID-19, we know that Nippers will look different this season.

### How Nippers will run at [Name] SLSC

This year Nippers will...[Address start times, scheduling and any club specific changes to logistics and operations].

The advice this season is to **turn up, participate and leave**. We are asking all parents to comply with this directive from NSW Sport, avoiding spending additional time at the beach or clubhouse outside of Nippers.

This season, only qualified members will be able to support the delivery of Nippers. Trained Age Managers and Water Safety team members will help us ensure that nippers are kept safe both in the water and on the beach. As always we would love for more people to join the team! If you are interested to find out more, we are running an Age Manager Course on [DATE] and a [Surf Rescue Certificate/Bronze Medallion] course on [DATE].

### Staying safe

We are asking all parents to support us to meet Government requirements and stay COVID-19 safe by:

- Registering online
- Staying at home if you or your child have any COVID-19 symptoms or are unwell
- Ensuring that you sign in when attending Nippers to assist with contact tracing
- Maintaining physical distancing while spectating, both in and around the clubhouse and on the beach
- Bringing your own sunscreen, water bottles and towels to avoid sharing
- Where possible, showering and getting dressed at home

Please also consider downloading the Federal Government's [COVIDsafe App](#). The app speeds up contacting people exposed to COVID-19, helping to support and protect you, your friends and family.

### Supporting our sponsors

Our sponsors play an important role in our club. [Information about how local sponsors can be supported]

Closer to season start we will provide more information on [if/how] the Nippers BBQ will run as well as the use of shower/change rooms and the clubhouse. We will also advise how you can help us complete the mandatory record keeping each time you visit the club.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times. As Government restrictions change prior to season start, we will endeavour to update you on information as it becomes available.

Kind Regards,  
Junior Activity Chair

### Template Text Message to Parents:

Nippers is set for October 2020! Check the club website and emails for information and key dates. Stay safe and see you on the beach.

## Email Template to Age Managers

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Dear Age Managers,

We are looking forward to getting back into Nippers this season! Due to the restrictions in place for community sport due to COVID19, we know that Nippers will look different this season.

### How Nippers will run at [Name] SLSC

This year Nippers will...[Address start times, scheduling and any club specific changes to logistics and operations].

This season, only qualified members will be able to support the delivery of Nippers. As Age Managers, we need your assistance to ensure this is complied with. Please encourage other members and parents to become qualified this season – we are running an Age Manager Course on [DATE] and a [Surf Rescue Certificate/Bronze Medallion] course on [DATE].

### Staying safe

For your information, we have attached our COVID-19 Safety Plans for Nippers and for general use of the club house. We will walk you through these at our pre-season meeting, but please take the time to familiarise yourself with it.

Some of the things we will be asking you to do this season to support us to meet Government requirements and stay COVID-19 safe include:

- Staying at home if you have any COVID-19 symptoms or are unwell
- Wearing your Age Manager uniform or being clearly identifiable as a trained club member
- Being vigilant in cleaning and disinfecting clothing and equipment after each Nipper session
- Reducing physical contact between yourself and participants and between participants **where possible**
- Considering how you can spread Nipper activities out across available space to reduce crowding
- Ensuring all Nippers sign in and out of sessions
- Encouraging parents to maintain physical distancing from the sidelines
- Ensuring Nippers maintain good hygiene practises (e.g. hand sanitise before and after the session)

Please also consider downloading the Federal Government's [COVIDsafe App](#). The app speeds up contacting people exposed to COVID-19, helping to support and protect you, your friends and family.

Closer to season start we will advise how you can help parents comply with the mandatory record keeping each time they visit the club. We will also provide further detail on [if/how] the nippers BBQ will run as well as on the use of the use of shower/change rooms and the clubhouse.

If you feel uncomfortable participating as an Age Manager this season, please do let us know as soon as possible to assist with our planning.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times. As Government restrictions continue to change prior to season start, we will endeavour to update you on information as it becomes available.

Kind Regards,  
Junior Activity Chair

### Template Text Message to Age Managers:

Nippers is set for October 2020! Make sure your WWCC and skills are up to date – join us on [DATE] for a [virtual] Age Manager refresher session.