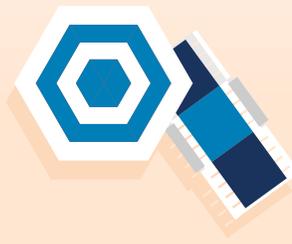


Health and Safety Protocols for  
Lifeguards, NCC Staff  
& Beachgoers





The fluidity of the COVID-19 pandemic necessitates consistent monitoring and progressive responses. Consequently, it is anticipated the following prescribed protocols will undergo subsequent revisions over time to ensure the sector remains responsive to the changing dynamics. The following table summarizes these changes to ensure the efficient and effective implementation and to facilitate wide dissemination throughout the sector.

In light of the COVID-19 Pandemic and the reopening of beaches, the lifeguards are faced with a unique challenge - protecting themselves while they carry out their duties. As a consequence, practicing social distancing of three feet between persons will be non-existent especially in the event a rescue is required.

Consequently, the following activities are proposed for lifeguards and other staff of the NCC in order to decrease the spread of COVID-19 and lower the impact in the workspace. These activities include measures to:

- Reduce transmission among other employees and customers;
- Maintain healthy business operations; and
- Maintain a healthy work environment

Personal protective equipment (PPE) such as masks, gloves, face shields etc. will be irrelevant and non-practical in a rescue but will assist in reducing contraction of the disease during regular duties.

Consequently, specific PPE will be required for lifeguards to carry out their duties in order to diminish the risk of contracting the disease from an infected person especially while rescues are occurring.

# To Ensure Employees Are Protected, The Following Measures/ Protocols Are Necessary To Reduce The Risk of Contraction:

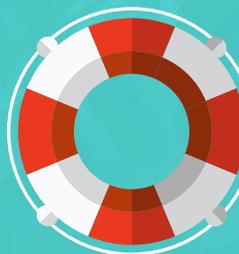
I Premises should be sanitized prior to the start of each business day, and at regular intervals throughout the day. This includes all furniture and equipment.

II Wherever possible all direct contact with persons must be avoided inclusive of other lifeguards on duty.

III The cleaning of equipment at the start and end of each workday is mandatory.

IV The cleaning of equipment directly after use is mandatory;

V Rescue boards will be used for rescues where ever possible to help maintain social distancing.



**VI**

All life guards are to employ the mandatory use of Rescue Tubes and/or Rescue Cans with a shoulder loop of 1 meter. This gives a distance of 2 meters – the length of the can and the length of the shoulder loop, for persons being rescued.



**VII**

The use of gloves and face shields are mandatory for all First Aid intervention.

**VIII**

No mouth-to-mouth, mouth-to-mask will be employed during the administration of CPR; instead, lifeguards are to employ Hand CPR (compressions) only.

**IX**

Employees should avoid using other workers' phones, desks, offices, or other work tools and equipment.

**X**

Employees must wash hands for a minimum of 20 seconds before and after each use of the log book.

**XI**

No personal effects are to be left in the towers.

**XII**

Uniforms are to be changed daily and must not be worn on public transportation.

### XIII

Staff should avoid staff-guests contact and wash hands for at least 20 seconds immediately after any customer interaction. An alcohol-based (at least 70%) hand sanitizer may be used if handwashing is not available.

### XIV

Covered bins to be mandatory in rest rooms and other strategic locations.

### XV

The wearing of gloves and face masks are mandatory for all cleaning activities.

### XVI

A staff Health and Safety training log must be strictly maintained.

### XVII

All staff must maintain a log of their daily cleaning schedule.

## The Following Are Required For The Lifeguards To Effectively Carry Out Their Duties and To Reduce The Risk of Contracting The Disease From An Infected Person:



### **Bag Valve Masks** (with HEPA filters)

Bag Valve Masks are required. These are designed to administer oxygen therapy to patients who are not breathing or are going into respiratory arrest. These are good alternatives to mouth-to-mouth resuscitation helping to prevent cross-contamination.

### **Face Shields**

Face shields are required (one for every Lifeguard). These are to be worn when administering CPR.



### **Face Masks/ Full Face Ski Mask**

Lifeguards are required to wear face masks/ full face ski masks while performing regular duties.

## The Following Should Be Mandatory After Every Rescue:

- Immediate testing of the person rescued for COVID-19 by a certified professional;
- The lifeguards involved in the rescue are to self-quarantine until the results of the rescued persons are confirmed. This reduces the risks of spreading the disease in the event the person is positive.



# Social & Physical Distancing



Employees are expected to work staggered start and finish times to reduce congestion and contact at all times.

3 ft



Employees should stay at least 3 feet away from other staff (lunchroom, bathroom, corridors, booths).



It is recommended that Employees should stay on-site once they have arrive at the facility.



# Cleaning and Disinfecting of Equipment and Public Facilities Before and After Use

At a minimum, all equipment and public facilities must be cleaned and disinfected before being used by new customers. Special attention should be given to commonly touched surfaces in the public facility. Staff responsible for cleaning equipment and facilities must ensure that cleaning and disinfection procedures are followed consistently and correctly, including the provision of adequate ventilation when chemicals are in use.

Doors and windows should remain open when cleaning the facility. When cleaning and disinfecting, individuals should wear disposable gloves compatible with the products being used as well as any other PPE required according to the product manufacturer's instructions. Use of a disposable gown when cleaning is also recommended, if available.

I For hard non-porous surfaces within the facility such as sanitary ware, sinks, doors and windows, and grab handles, clean with detergent or soap and water if the surfaces are visibly dirty, prior to disinfectant application. For disinfection of hard, non-porous surfaces, appropriate disinfectants are antimicrobial (destroying or inhibiting the growth of microorganisms and especially pathogenic microorganisms) products. Cleaners should follow the manufacturer's instructions for concentration, application method, and contact time for all cleaning and disinfecting products.

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II Cleaners may also use diluted household bleach solutions prepared according to the manufacturer's label for disinfecting, if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.

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III Alcohol solutions with at least 70% alcohol-based may also be used.

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IV After cleaning, use products that are approved by the Ministry of Health and Wellness for use against the virus that causes COVID-19 and that are suitable for equipment surface.

V

Gloves and any other disposable PPE used for cleaning and disinfecting should be removed and disposed of after cleaning; **WASH HANDS** immediately after removal of gloves and other PPE with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer with at least 70% alcohol if soap and water are not available.

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VI

If a disposable gown was not worn, work uniforms/ clothing worn during cleaning and disinfecting should be laundered afterwards using the warmest appropriate water setting and dry items completely. Wash hands after handling laundry.

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VII

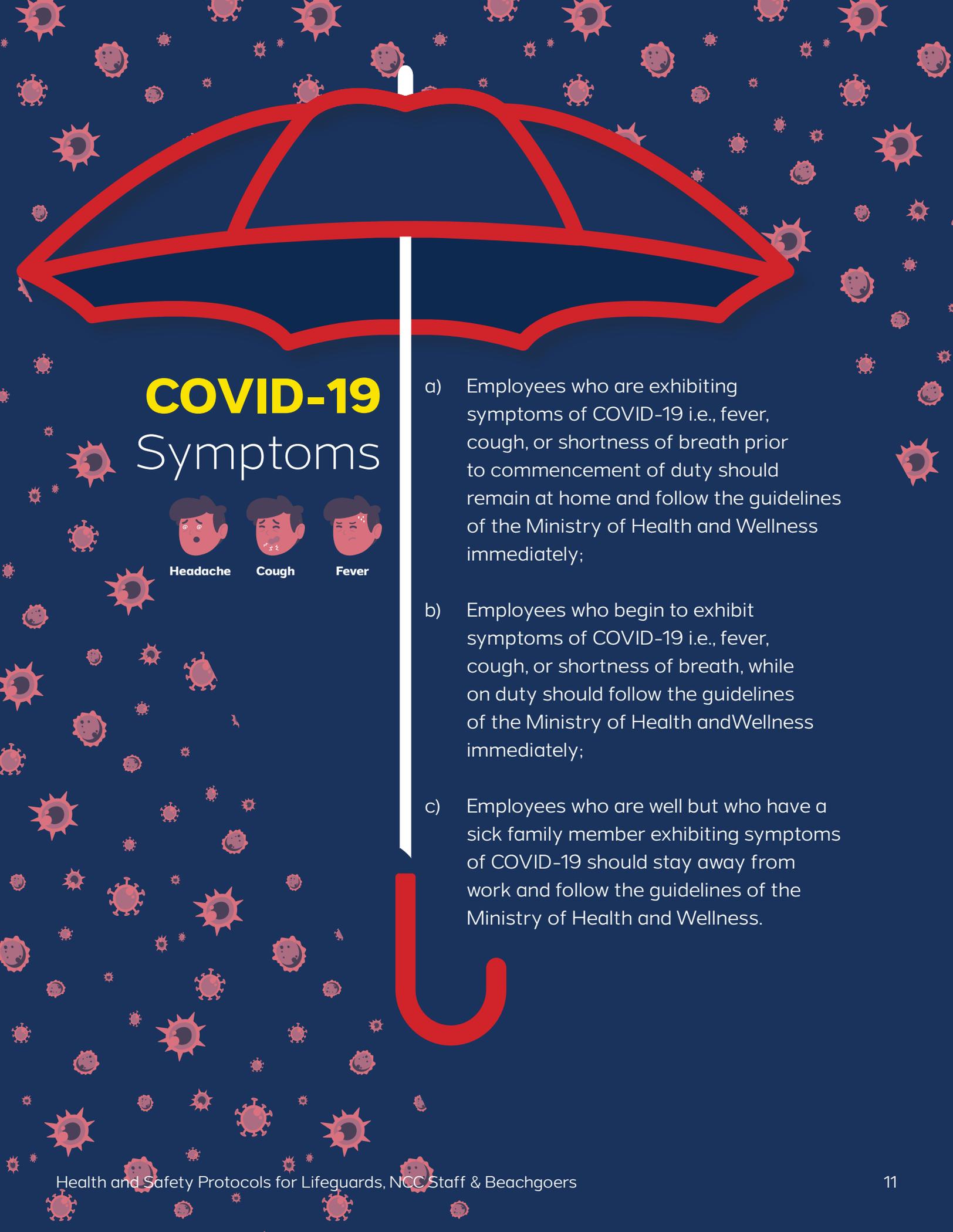
All touch points such as beach chairs and beach umbrellas are to be disinfected prior to handing over to customer.

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VIII

Cleaners to maintain a daily cleaning log.





# COVID-19

## Symptoms



Headache



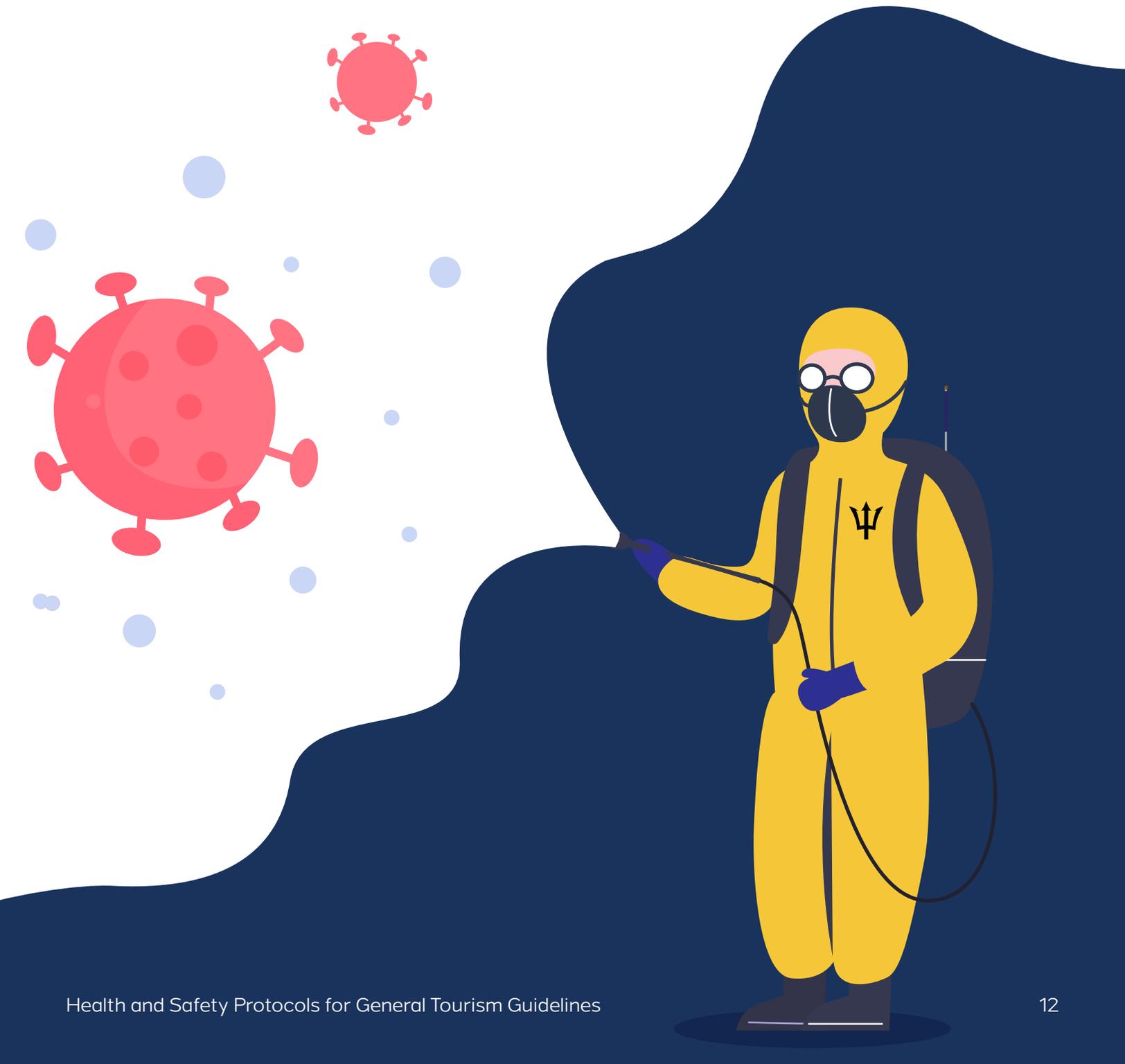
Cough



Fever

- a) Employees who are exhibiting symptoms of COVID-19 i.e., fever, cough, or shortness of breath prior to commencement of duty should remain at home and follow the guidelines of the Ministry of Health and Wellness immediately;
- b) Employees who begin to exhibit symptoms of COVID-19 i.e., fever, cough, or shortness of breath, while on duty should follow the guidelines of the Ministry of Health and Wellness immediately;
- c) Employees who are well but who have a sick family member exhibiting symptoms of COVID-19 should stay away from work and follow the guidelines of the Ministry of Health and Wellness.

# General Tourism Guidelines

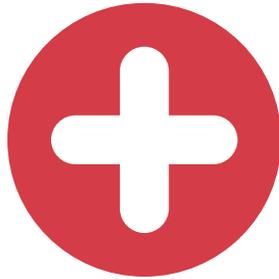


# Special Considerations For Companies:

- Employees are expected to work staggered start and finish times to reduce congestion and contact at all times;
- Employees should stay at least 3 feet away from other staff (lunchroom, bathroom, corridors, booths);
- It is recommended that Employees should stay on-site once they have entered the workplace.



## Contact Tracing



Operators should maintain a log of every passenger including passenger name, contact details, times collected, location drop off and collection (if applicable).

Form area with horizontal lines for text entry, including a red header bar.

An illustration showing a hand wearing a blue nitrile glove holding a white spray bottle with a red nozzle. The background is dark blue with numerous red, spiky virus-like particles scattered throughout. The text is contained within white, cloud-like shapes.

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II Operators and Drivers may also use **diluted household bleach solutions** prepared according to the manufacturer's label for disinfection, if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.

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