



Exposure of a member to Covid 19 - NSOP

Section # –

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Document Owner: Covid Support Manager

1.0 PURPOSE

To define the process to follow when there has been notification of a potential or confirmed COVID-19 exposure within surf lifesaving activities in order to ensure that individuals or patrols are not unnecessarily stood down to the point of reducing service at patrolled locations.

2.0 SCOPE

General use for all surf lifesaving activities during COVID-19 Protection Framework 'Traffic Light System' RED & ORANGE.

3.0 REQUIREMENTS

Required PPE	Masks as per SLSNZ Facemask policy Medical gloves as per normal First Aid protocols
Awards/Licenses	N/A
Training	N/A
Other	N/A
Equipment	N/A

4.0 INTRODUCTION

The COVID-19 pandemic is currently and will continue to challenge the way Surf Life Saving Clubs and Surf Lifeguards organise and operate patrols, and how patients are rescued or given first aid or emergency care treatment. Possible infection of a patrol or club member could seriously limit our ability to patrol a location.



5.0 DEFINITIONS

Exposure:

Confirmed or likely COVID-19 exposure by notification from contact tracing or has been in a known location of interest at the same time as the infected person.

Close Contact:

A **Close Contact** is someone who has been identified as having been near a person that has tested positive for COVID 19. Defined by:

- Having extended time in rooms with a case without wearing mask; or
- Having close physical proximity (within 1.5m) with the case for more than 15 minutes; or
- Been in a small space for more than 15 minutes with the case.

Casual Plus Contact

A **Casual Plus Contact** is someone who is unvaccinated and has been near someone who was/is infectious with COVID-19. This will only be in some specific situations like at a school, Nippers session etc.

- Has been in the same room for less than two hours and been wearing a face covering
- These contacts will receive instruction to get tested immediately and stay at home

Casual Contact:

A **Casual Contact** is a person who has been at a location of interest at the same time as someone infectious with COVID-19, but they may not have been near the infectious person. Casual Contacts are at lower risk of getting sick with COVID-19.

6.0 PROCEDURES

Process for responding to possible exposure event:

If you are called by contact tracing, or get an alert from the COVID-19 tracer app or have been in a location of interest at the same time as a confirmed case do the following immediately:

1. Put on your mask
2. Separate yourself from other people by at least 2m
3. Contact the right person:



- a. Lifeguards (including Patrol Support & Rookies) – inform your Patrol Captain or Head Paid Lifeguard that you are a possible contact.
 - b. Beach Education Instructors – Inform your Regional Beach Ed Coordinator
 - c. SAR Squad members – Inform your SAR squad co-ordinator or Club Captain
 - d. All other members – Inform the Chair, Club Manager or similar senior committee member
4. Follow the advice of the contact tracer if contacted directly
 5. If you are a **Close Contact** do the following,
 - Stay home and self-isolate from others for 10 days from your last contact with the case
 - Get a test for COVID-19 straight away, another one 5 days after your last contact with the case, and another one 8 days after your last contact with the case
 - Get another test straight away if you develop COVID-19 symptoms
 6. If you are a **Casual Plus Contact** do the following,
 - Stay home for 7 days from your last contact with the case. Isolate from others in your household if you can.
 - Get a test straight away and on day 5 after your last contact with the case.
 - You can leave the house after 7 days and once you have received a negative day 5 test result.
 - Monitor for symptoms for 10 days.
 - If you develop symptoms after day 5, get a test immediately and stay home until you get a negative test result.
 7. If you are a **Casual Contact** do the following,
 - Watch for symptoms for 10 days. **You do not need to stay home.**
 - If you do get symptoms, get a test, and stay home until you get a negative test result.
 8. In the case of a **Close Contact** your PC or Head Lifeguard (in consultation with your Supervisor) will make a decision to replace you if you need to stay home.
 9. Stay in touch with club officials and do not return to the club until you are clear of symptoms and have received the required negative tests

What can you do to make this easier?

- Use the COVID-19 tracer app everywhere you go.
- Wear a mask when inside or with people you don't know.
- Work in well ventilated spaces or outside whenever you can.

Further information and advice:

Contact tracing advice

<https://covid19.govt.nz/testing-and-tracing/contact-tracing/close-contacts/>

Our facemask policy

<https://www.surflifesaving.org.nz/media/995434/ops-circular-slsnz-facemask-policy-updated-20-10-21.pdf>