

NT155-21 National Operations Circular – Member Education

Date: 24th September 2021

To: All Members

From: SLSNZ Member Education

Description: Guidelines for safe practice of CPR while in Alert level 2

Action Requested: Review information

What is happening?

Clarification on guidelines for lifeguards, examiners and instructors when practicing and assessing CPR.

Why is it happening?

Following guidelines released for performing CPR in the current COVID climate, clubs have sought clarification on what this means for lifeguards in training and assessment.

When is it happening?

While in Level 2, the following guidelines should be followed.

What does it mean to me?

When practicing CPR (in Level 2):

- Adhere to government rules around gathering size indoors, or outdoors if you are taking training outside
- Adhere to government rules around use of face mask and physical distancing during indoor or outdoor gathering
- Any learners or instructors who have COVID, symptoms of COVID, are waiting on a COVID test or have been in contact with someone who is isolating should not attend training. Anyone who is unwell should stay at home
- Maintain good hygiene processes: Sanitise manikin between users, users to hand sanitise before and after using a manikin, each user should have a fresh face shield.
- Manikin lungs should be changed regularly. If not possible between users, at least between each training session is desirable. Manikin should be thoroughly cleaned with a suitable disinfectant solution between training sessions
- Mouth-to-face shield or mouth-to-mask when practiced under the above conditions is considered very low risk. However, learners need to decide for themselves whether they feel comfortable to practice in this way.
- Exam conditions will adhere to the guidelines above. New Zealand Resuscitation Council (NZRC) guidelines for assessing CPR allows some flexibility for examiners and exam

In it for life



FINANCIAL
SERVICES





SURF LIFE SAVING®
NEW ZEALAND

candidates: <https://www.nzrc.org.nz/covid-19/#sept-7> specifically, “ learners who cannot bring themselves to demonstrate expired air ventilation when demonstrating and being assessed on adult and childhood collapse management may simulate breaths. All learners must demonstrate the correct sequencing of a DRSABCD approach and correctly position the airway of the manikin at the time when ventilation would be given.”

- Given the value of proper ventilations in the resuscitation of a drowned patient, SLSNZ highly recommends that learners continue to practice CPR with ventilations via mouth-to-mask or mouth-to-face shield.

Additional guidelines for performing CPR can be found on the SLSNZ website:
<https://www.surflifesaving.org.nz/media/995085/covid-19-and-drsabcd-poster-2021.pdf>

For any inquiries;

Brad O’Leary

National Education Manager

021 517 161

Brad.oleary@surflifesaving.org.nz

In it for life



FINANCIAL
SERVICES



Surf Life Saving New Zealand
www.surflifesaving.org.nz