



Lifeguards

RNLI Lifeguards 2021
Hastings Borough Council

Summary

- COVID-19 Considerations
- Service Levels
- Incident Reporting 2021
- Incident Mapping 2021
- 2022 Recommendations
- Proposed Season Dates 2022

COVID-19 Considerations

- Lifeguard Safety
- Lifeguard Operations
- Lifeguard Rescues
- Casualty Care
- Self Isolation Measures

Lifeguard Safety

- Social Distancing
- Hygiene
- PPE -Face shields & safety goggles, aprons facemasks, gloves
- Waste disposal
- Welfare

Donning or putting on PPE

Before putting on the PPE, perform hand hygiene. Use alcohol handrub or gel or soap and water. Make sure you are hydrated and are not wearing any jewellery, bracelets, watches or stoned rings.

- 1** Put on your plastic apron, making sure it is tied securely at the back.

- 2** Put on your surgical face mask, if tied, make sure securely tied at crown and nape of neck. Once it covers the nose, make sure it is extended to cover your mouth and chin.

- 3** Put on your eye protection if there is a risk of splashing.

- 4** Put on non-sterile nitrile gloves.

- 5** You are now ready to enter the patient area.


Doffing or taking off PPE

Surgical masks are single session use, gloves and apron should be changed between patients.

- 1** Remove gloves, grasp the outside of the cuff of the glove and peel off, holding the glove in the gloved hand, insert the finger underneath and peel off second glove.

- 2** Perform hand hygiene using alcohol hand gel or rub, or soap and water.

- 3** Snap or unfasten apron ties the neck and allow to fall forward.


Snap waste ties and fold apron in on itself, not handling the outside as it is contaminated, and put into clinical waste.

- 4** Once outside the patient room. Remove eye protection.

- 5** Perform hand hygiene using alcohol hand gel or rub, or soap and water.

- 6** Remove surgical mask.

- 7** Now wash your hands with soap and water.


Lifeguard Operations

Four Tiered Approach

Supervision (Full Service)

Lifeguards are able to operate to their full capacity. There is a designated bathing area in between the Red and Yellow Flags. Lifeguards can safely patrol and take preventative actions to keep beach users safe

Monitor (Proactive)

Due to the volume of beach visitors using the bathing area. Users can no longer social distance, flags are removed and the users are notified. All other lifeguard actions remain the same and they remain proactive

Observe (reactive)

This is a reactive only service when social distancing is not possible, they will only act in an emergency. They will be positioned in high risk areas where they can still social distance but no patrolling or prevention is able to be achieved. Positions of safety would be at the lifeguard unit or in the water.

Withdraw

Lifeguards make it clear to the public it is not safe for the beach to remain supervised and the lifeguards will be returning to a safe area where they will not be able to respond due to risk to themselves. This would only be likely to occur in the event of severe anti-social behaviour or catastrophic event. RNLI Management and LA would be part of this group discussion.



Lifeguard Rescues

Reducing Contact = Reducing Risk

Safety of the rescuer remains the first priority

No Contact



Low Contact



High Contact



Casualty Care

- Casualty care is only recommended for serious injuries or illness where the casualty is likely to deteriorate.
- The minimum number of casualty carers should be used, keeping a minimum distance of 2 metres recognising it may not be practical in all circumstances, keeping direct contact with the casualty to a minimum.
- Treat the casualty and then retreat to a safe distance as soon as possible. Ensuring that an ambulance is on route if required

Covid-19 Considerations

Wear PPE

Wear wet weather PPE or Drysuits (sleeves tightened).
Helmets with visors down or glasses (if no helmets available)
Wear gloves and face mask

Scene assessment from a distance – 2 metres where possible

Open Airway with Jaw Thrust (Injury) or Head Tilt(III/Immersed) Suction and Plastic Airways *can* be used

Attach a free flow oxygen mask
Check breathing
Big Sick = 15 ltrs free flow oxygen

Non effective breathing
Consider risk versus benefit of attempting CPR
Do NOT use:
Bag Valve Mask (Adult) /Pocket Mask
Mouth to Mouth Ventilations

Turn head away from rescuer

Compression only CPR – Oxygen via Free Flow Mask
Children: Full CPR with BVM can be used

AEDs can be used where available
Turn Oxygen off when shocking

If successful CPR roll the casualty into the recovery position and manage airway – avoid any fluids

Rapid evacuation to equipped resource

Wash hands with soap and water. An alcohol-based hand gel can be used as an alternative
Decontaminate as appropriate

Self Isolation Measures

The changes implemented were introduced to ensure that fewer Lifeguards would have to self-isolate following contact with someone who has contracted covid - this was implemented to reduce the strain on some of our key lifesaving, production and fundraising activities over the summer.

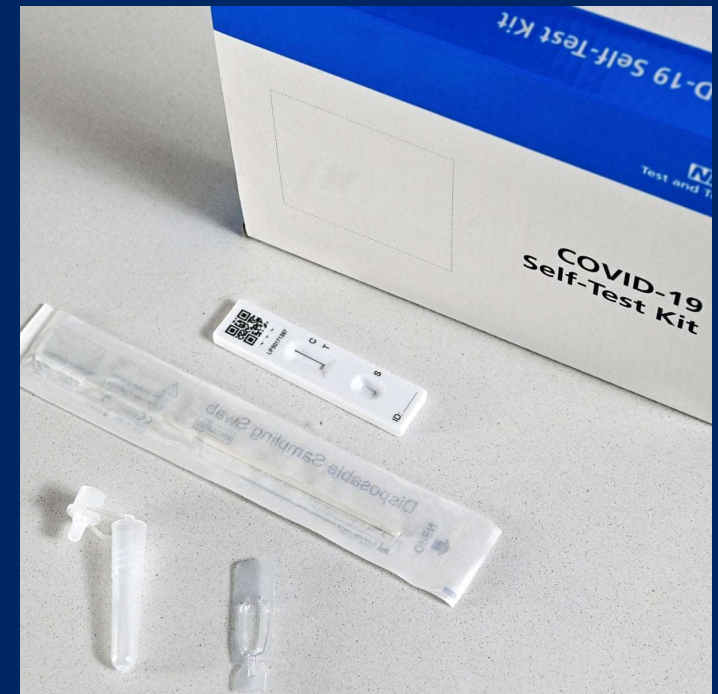
The results will mean:

Lateral Flow

- Negative LFT: you can go to your place of work as usual. (take LFT for 7 days)
- Invalid LFT: you need to repeat the test. If it comes back invalid a second time, you will need to treat the result as positive and follow the steps below.
- Positive LFT: you must:
 - stay at home and book a PCR test
 - self-isolate until you receive the PCR test results.
 - contact the COIR to report a positive LFT result.

PCR

- Negative PCR test: you can return to normal duties and let the COIR know that you no longer need to self-isolate.
- Positive PCR test: you must:
 - self-isolate according to your government's guidelines
 - contact the COIR to report a positive PCR result



Service Levels

Beach Name	Main Start	No LG's	Peak Start	No LG's	Peak Finish	Main Finish
Hastings Pelham	29/05/2021	3	10/07/2021	3	05/09/2021	25/09/2021
Hastings Pier	29/05/2021	2	10/07/2021	2	05/09/2021	25/09/2021
Marina, St Leonards	29/05/2021	3	10/07/2021	3	05/09/2021	25/09/2021

Incident Reporting

Lifeguards

Life saved – where, if a lifeguard had not intervened, a life would have been lost.

Rescue – where a lifeguard responds to a person at risk and physically returns them to shore or transfers them to another rescue craft.

Assistance – where a lifeguard aids a person in the sea who is at low risk but, if left, would be at risk.

Major casualty care – where a lifeguard formally assesses and/or treats a casualty according to the RNLI casualty care protocols.

Minor first aid – where a lifeguard treats a casualty due to sickness or injury who is at low or no risk but requires treatment to ensure the risk does not increase.

Missing/found – where a lifeguard assists in the location of children, separated from their parents/guardians, or other people who have been found or reported missing.

Near miss – where a person might have been injured by watercraft, powered or otherwise.

Search – an organised search, with other search and rescue units, for a missing person either at sea or on land; includes body recovery.

People aided – a combination of the above eight categories.

Preventative action – any action taken by a lifeguard that provides advice, guidance or direction to a person that mitigates against risk.

Other – anything else that does not fit into the above categories.

Incident Data - Pelham



Pelham

Incidents & People Aided

	Lives Saved	Rescued	Assisted	Major First Aid	Minor First Aid	Search	Near Miss	Other	Missing/Found	Total Incidents	Total People Aided									
PELHAM																				
2021 SEASON	0	0	4	4	1	1	2	2	4	4	0	0	0	0	0	0	5	5	16	16
2020 SEASON	0	0	0	0	1	2	5	5	14	14	0	0	2	3	1	1	1	1	24	26
2019 SEASON	0	0	2	2	1	1	4	4	10	10	0	0	1	1	0	0	8	20	26	38
2018 SEASON	0	0	0	0	3	3	4	4	31	31	0	0	0	0	0	0	8	8	46	46
2017 SEASON	0	0	0	0	0	0	6	6	20	20	0	0	0	0	5	8	1	1	32	35

Preventative Actions

	Face 2 Face	PA/Tannoy	Signs/Flags	Move Signs and Flags	Other	Total
PELHAM						
2021 SEASON	6,084	266	3,306	1,837	1,108	12,601
2020 SEASON	4,199	124	3,291	1,569	963	10,146
2019 SEASON	1,915	25	1,490	687	478	4,595
2018 SEASON	4,136					
2017 SEASON	661	2	160		18	841

Beach Visitors

	Beach Users	In-water	Surf/Craft	Total
PELHAM				
2021 SEASON	32,260	3,215	281	35,756
2020 SEASON	24,843	2,989	339	28,171
2019 SEASON	18,770	1,797	262	20,829
2018 SEASON				
2017 SEASON	7,355	661	91	8,107

Incident Data - Pier



Hastings Pier

Incidents & People Aided

PIER	Lives Saved	Rescued	Assisted	Major First Aid	Minor First Aid	Search	Near Miss	Other	Missing/Found	Total Incidents	Total People Aided									
2021 SEASON	0	0	0	0	2	2	1	1	2	2	0	0	1	1	1	1	0	0	7	7
2020 SEASON	PIER NOT OPERATIONAL 2020																			
2019 SEASON	1	1	0	0	4	5	1	1	5	5	0	0	0	0	0	0	4	4	15	16
2018 SEASON	0	0	0	0	7	7	0	0	17	17	0	0	0	0	0	0	0	0	24	24
2017 SEASON	0	0	0	0	1	1	0	0	11	11	0	0	0	0	1	1	2	2	15	15

Preventative Actions

PIER	Face 2 Face	PA/Tannoy	Signs/Flags	Move Signs	Other	Total
2021 SEASON	4,069	350	3,471	1,932	1,017	10,839
2020 SEASON	PIER NOT OPERATIONAL 2020					
2019 SEASON	2,065	15	1,367	693	274	4,414
2018 SEASON	3,581					
2017 SEASON	579	13	141		6	739

Beach Visitors

PIER	Beach Users	In-water	Surf/Craft	Total
2021 SEASON	15,055	2,027	285	17,367
2020 SEASON	PIER NOT OPERATIONAL 2020			
2019 SEASON	16,585	1,013	257	17,855
2018 SEASON				
2017 SEASON	5,452	643	172	6,267

Incident Data - Marina



Marina

Incidents & People Aided

	Lives Saved		Rescued		Assisted		Major First Aid		Minor First Aid		Search		Near Miss		Other		Missing/Found		Total Incidents	Total People Aided
MARINA																				
2021 SEASON	0	0	3	3	9	9	3	3	6	6	0	0	1	1	0	0	0	0	22	22
2020 SEASON	4	4	7	7	4	4	0	0	3	3	0	0	0	0	0	0	0	0	18	18
2019 SEASON	2	3	4	5	9	10	0	0	9	9	0	0	0	0	1	1	1	1	26	29
2018 SEASON	0	0	2	2	5	5	0	0	7	7	0	0	0	0	0	0	1	1	15	15
2017 SEASON	0	0	1	1	6	7	0	0	18	18	0	0	1	3	2	9	0	0	28	38

Preventative Actions

	Face 2 Face	PA/Tannoy	Signs/Flags	Move Signs and Flags	Other	Total
MARINA						
2021 SEASON	6,717	67	2,926	1,712	957	12,379
2020 SEASON	3,233	50	1,543	840	618	6,284
2019 SEASON	2,377	15	1,430	769	630	5,221
2018 SEASON	5,079					
2017 SEASON	684	8	123		31	846

Beach Visitors

	Beach Users	In-water	Surf/Craft	Total
MARINA				
2021 SEASON	16,030	2,496	415	18,941
2020 SEASON	7,233	1,713	221	9,167
2019 SEASON	7,091	1,435	282	8,808
2018 SEASON				
2017 SEASON	1,896	679	111	2,686

Incident Data - Accumulative



Accumulative Statistics - Hastings 2021

Incidents & People Aided

LOCATION	Lives Saved	Rescued	Assisted	Major First Aid	Minor First Aid	Search	Near Miss	Other	Missing/Found	Total Incidents	Total People Aided									
PELHAM	0	0	4	4	1	1	2	2	4	4	0	0	0	0	0	0	5	5	16	16
PIER	0	0	0	0	2	2	1	1	2	2	0	0	1	1	1	1	0	0	7	7
MARINA	0	0	3	3	9	9	3	3	6	6	0	0	1	1	0	0	0	0	22	22
SEASON TOTAL	0	0	7	7	12	12	6	6	12	12	0	0	2	2	1	1	5	5	45	45

Preventative Actions

LOCATION	Face 2 Face	PA/Tannoy	Signs/Flags	Move Signs and Flags	Other	Total
PELHAM	6,084	266	3,306	1,837	1,108	12,601
PIER	4,069	350	3,471	1,932	1,017	10,839
MARINA	6,717	67	2,926	1,712	957	12,379
SEASON TOTAL	16,870	683	9,703	5,481	3,082	35,819

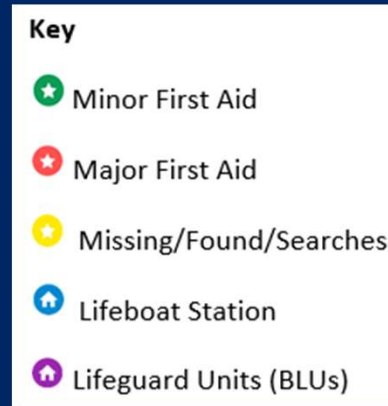
Beach Visitors

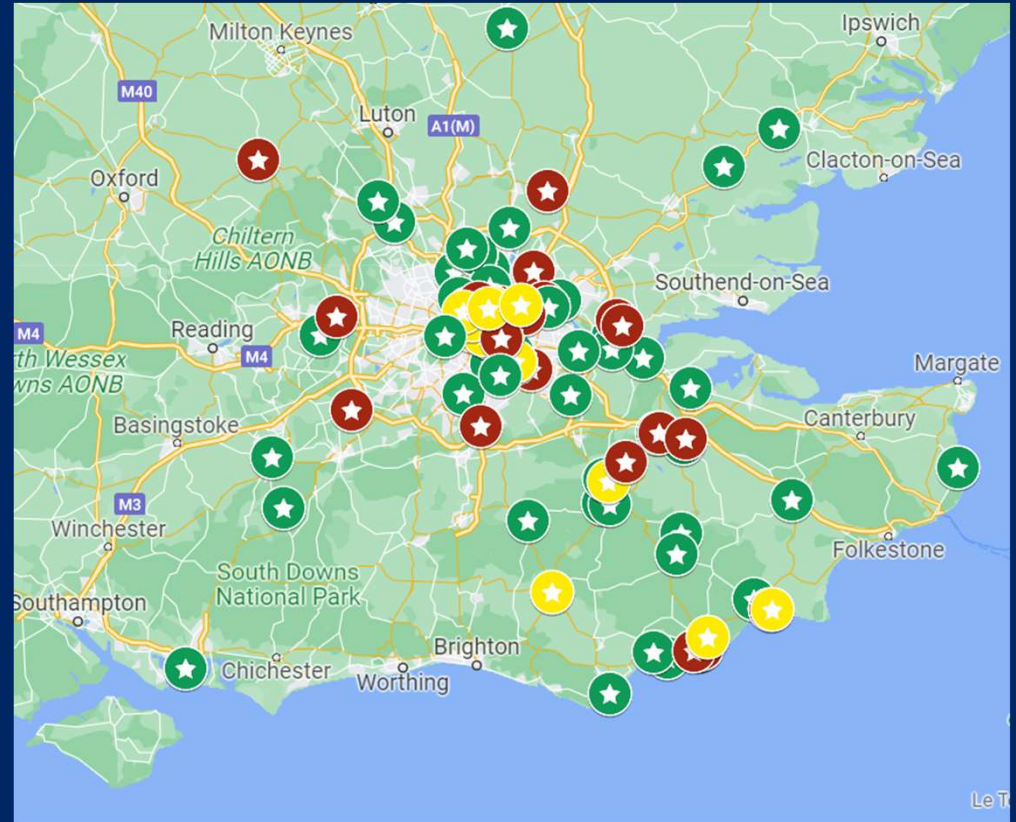
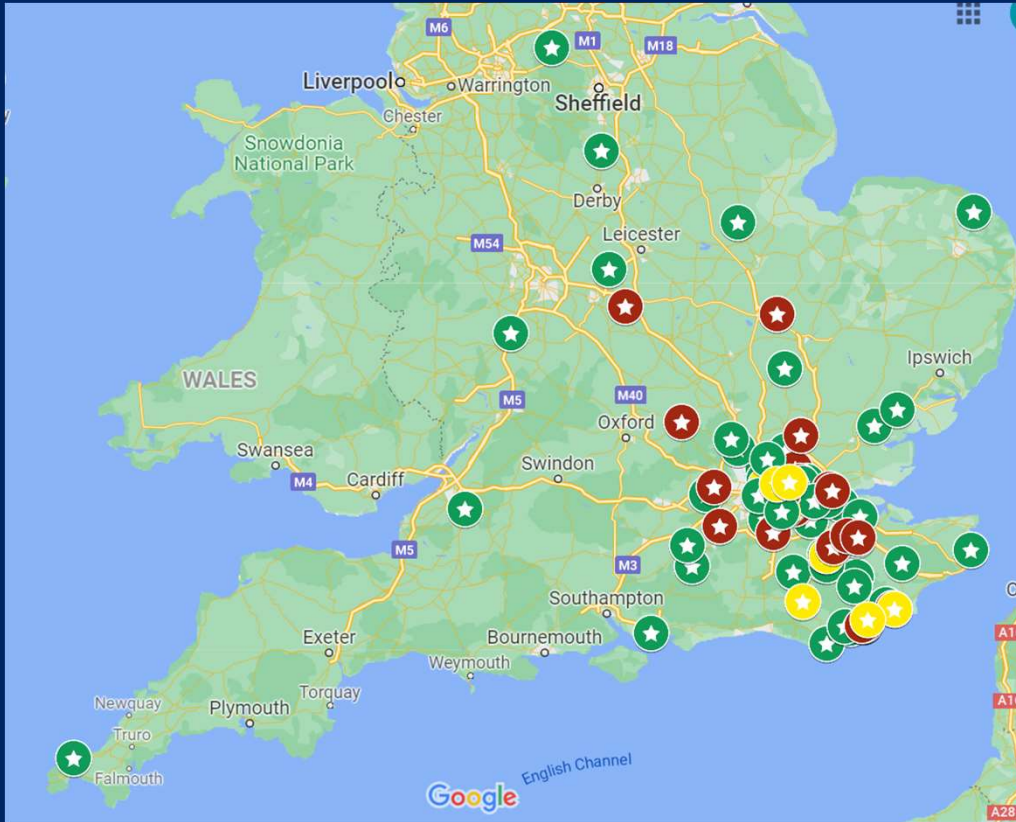
LOCATION	Beach Users	In-water	Surf/Craft	Total
PELHAM	32,260	3,215	281	35,756
PIER	15,055	2,027	285	17,367
MARINA	16,030	2,496	415	18,941
SEASON TOTAL	63,345	7,738	981	72,064

Incident Mapping

Over the last five years we have experienced a steady rise in visitor numbers reported on the beaches in East Sussex. Beach users were mapped to gain an insight into where people who were involved in incidents and where they were travelling from. Last year this data showed that the majority of people using Rother and Hastings coastline resided in London - this general trend reappeared in 2020.

The following maps show where our beach visitors have travelled from and may prove useful for targeted education visits in the future.



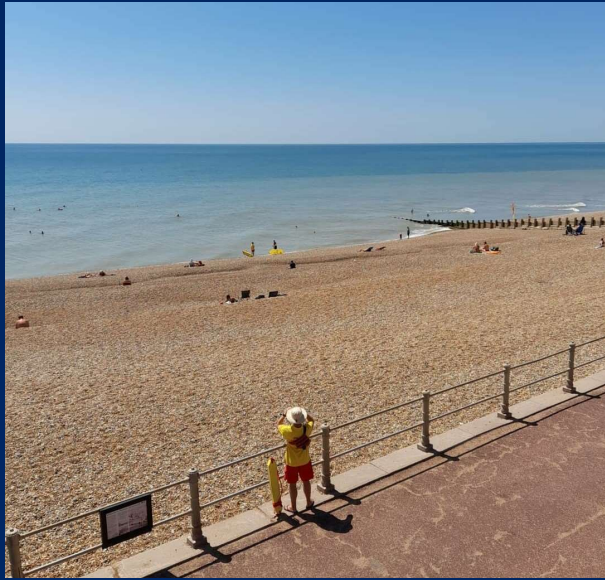


Season 2021

Hastings beach lifeguard service to stay with RNLI. The RNLI will continue to provide lifeguards on Hastings seafront after council leaders agreed to extend its contract with the town. On Tuesday (April 6), Hastings Borough Council's cabinet agreed to enter into a new three year contract with the RNLI for a beach lifeguard service, without going through competitive tendering. The RNLI has been running the lifeguard service in Hastings since 2017 and has - according to council papers - saved eight lives in the last two years alone. Cllr Margi O'Callahan said: "That's eight more people who are walking the planet because of them and it is amazing they are still here. What an outstanding achievement." She added: "This is a service we just cannot be without. We need it, it is vital and it is an amazing, amazing service what these guys do - men and women - they go out there and save people.

St Leonards lifeguards rushed to assist casualties after car ended up on beach. RNLI lifeguards have been praised for providing immediate first aid to casualties after a car ended up on St Leonards beach. The incident happened at the back of the Marina car park next to the Azur in St Leonards shortly before 2.30pm on Thursday (August 26). A police spokesman said the two occupants of the vehicle were treated for minor injuries. Pictures from the scene showed the vehicle lodged in the pebbles on the beach, having been driven through the railings located on the seafront next to the pedestrian and cycle pathway. A spokesman for Hastings Borough Council gave a 'special mention' to the RNLI lifeguards who, he said, were on the scene almost immediately, as their Marina base is very close to the crash scene. He said they provided immediate first aid to the casualties until the emergency services arrived.







2022 Recommendations

- Ensuring we operate within the government guidelines and RNLI's policy's, procedures during COVID - 19.
- Working at the higher tiered level in terms of safety and health at the work place.
- Open all Lifeguard units and open beaches on contracted dates.
- Upskill lifeguards through training courses.
- Attend Job fairs and School talks when appropriate.
- Work closer with Hastings borough council regarding water quality in Hastings.
- Run the service at the highest level - replicate previous seasons.

Proposed Season Dates 2022

Hastings Pelham (3LGs), Hasting Pier (2LGs) and Marina St Leonards (3LGs) are all proposed to go live on Saturday 28th May 2022, this being the Whitsun weekend. All beaches will initially open from the 28th May full time until Sunday 6th June 2022 to cover both the bank holiday and associated school half term break. From Saturday 12th June 2022, all beaches will work weekends up until the start of peak season, which would be scheduled to begin on Saturday 09th July 2022. From this date they will be operate 7 days a week. Peak season will finish on Sunday 4th Sept 2022. All beaches will then revert to weekend cover until the end of main season, Sunday 25th Sept 2022 (an additional three weekends). All beaches will close for Hastings Borough Council on Sunday 26th September 2022.

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Hastings Pelham	28/05/2022	3	09/07/2022	3	04/09/2022	25/09/2022
Hastings Pier	28/05/2022	2	09/07/2022	2	04/09/2022	25/09/2022
Marina St, Leonards	28/05/2022	3	09/07/2022	3	04/09/2022	25/09/2022

Term	Start date	End date
Whitsun Weekend May school holiday (East Sussex)	Monday 30 th May 2022	Friday 4 June 2022
Summer school holiday (East Sussex) Inset Day	Friday 22 July 2022 1st September	Wednesday 31 August 2022



Lifeguards

Thank you and

Questions