

## **NSSIA Recommended Guidelines for Surf School after Pandemic Startup**

### **The ocean and beach outdoor environments have all the essential elements**

- To boost our happiness and immune systems
- To provide fresh air, open spaces, sun, and salt water in the outdoor environment (less than 0.3% of traced infections). Source YALE Study
- Present a holistic form of therapy that promotes mental, psychological, and spiritual well being is effective in treating PTSD, anxiety, depression, and many other forms of mental health. (Reference from World Health Organization; Healthy Living)
- You would have to be in their airstream for 5+ minutes for a chance of infection (Source YALE Study)
- “The virus will not live in salt water ... and it’s certainly not going to live on the sand because it’s going to dehydrate,” Sharon Nachman, chief of pediatric infectious diseases at Stony Brook Children’s Hospital.

### **Recommendations to ensure that the outdoor surf lesson environment is safe and sanitary**

- No more than 10 students in a group at a time (CDC recommendations)
- Face coverings when checking in
- Temperature Checks using ear thermometer prior to surf session
- Social distancing and land lessons students and spectators 6 feet apart
- Disinfect all equipment before and after use with ordinary bleach. Prepare a bleach solution by mixing 5 tablespoons (1/3 cup) bleach per gallon of water. Use for disinfecting and won't hurt wetsuits. Rinse in fresh water after.
- Where possible, have each student rinse their wetsuit in saltwater before returning it
- Hand sanitizers stations

### **ADDITIONAL SAFETY GUIDELINES**

- Instructor to student ratio 1-1 2-1, or 3-1 depending on skill level and age, and ocean conditions
- Instructors will arrive early enough to check conditions and liaise with lifeguard if available
- A participant list, disclaimers and contact phone numbers are recorded at the start of the lesson
- Appropriate softboards with leg ropes are provided to each participant
- Each participant will be given a sanitized rash-guard to wear during the lesson. The rash-guards should all be the same color and assist in identifying the group
- Ensure there is a first aid kit, a mobile phone and a rescue board on the beach in close proximity. (a whistle should be included where authorized)

- Each lesson should include a surf safety talk that covers the current conditions and possible hazards
- Participants need to be positioned to enable them to view on beach demonstrations
- Aims of the lesson need to be clearly stated at the start of the lesson
- If more than one group in the water at the same time, ensure enough distance separates each group to eliminate the chance of group members interfering with each other
- Structure groups so there is constant vision of every participant
- In cases of side drift, structure lesson so participants drift towards the instructor, not away
- Instruct participants to follow the philosophy of one person per wave, if whitewater waves multiple surfers on one wave 6 feet apart going straight.
- Direct participants to allow a safe distance between each other to avoid collisions
- Ensure the recall and assistance required signal is reinforced and correctly responded to, at the start of each lesson
- Groups will never be in the water unattended for any reason. Recall group to shore – then address the pressing issue
- At the completion of the lesson regroup, check numbers, review the session, seek assistance to pack up and then dismiss the group as one
- Any accidents, even minor ones must be reported immediately to the head coach and recorded on the accident report form
- Incidences of sexual harassment must be reported and investigated immediately