

## **Emergency Action Plan 2021**

All scheduled lessons take place on the following beaches:

- Towan beach – lifeguarded from April – October.
- Fistral beach – lifeguarded from April to October.

Ongoing communication to happen between the Head / Senior coach and the lifeguard, especially when extreme conditions are in place.

The following actions form the basis of the Emergency Action Plan and are discussed and renewed regularly with all staff.

- First Aid kits to be maintained regularly and to be taken to the beach on every session.
- Charged mobile phone to be included in the first aid kit.
- Students should wear suitable footwear for walk to beach as the path is gravel and sometimes glass is present.
- If any of our students are injured on the way to the beach, we will administer the appropriate first aid. If necessary, we will send an instructor to phone for emergency services. The rest of the students will return to Escape Surf School, until the correct number of instructors are in place again.
- During the instructor's brief, students are informed of safety hand signals, used during the lessons.
- During the brief highlight the intended water space the lesson will be held in and the position of the lifeguards at both ends of the beach, in the huts and the mobile units.
- If one of our students is injured during the surf lesson the whole group is recalled to the beach whilst the injured person is administered first aid to. If the instructor is on his own one of the students is instructed to get the most appropriate form of medical assistance and then return with an estimated time of arrival.
- If one of the instructors is injured and teaching on his own during the lesson, the students have been briefed on the lifeguard's position and nearest telephone point for emergency services.
- If one of the students is suffering from a minor injury and needs the assistance of a lifeguard, they must be accompanied by one of the surfing instructors who will assist them to the nearest lifeguard.
- For minor injuries, the surf instructors have a first aid kit on the beach accompanied by a rescue board in case of any sea rescues during the lesson.
- All incidents should be reported in the Accident Log, with details of the incident and client details.

## **Covid-19 Updates**

- First Aid kits equipped with additional medical gloves and CPR resuscitation face shields
- Good ventilation throughout the surf school and restricting numbers within the surf school
- Regular health checks of all instructors and staff, stating daily if they have had symptoms in the last 14 days.

## **At the Surf School**

Access is possible via Fore Street Car park and / or the main road (Fore Street) at the top of the drive.

### **Surf lesson at Great Western / Towan**

Great Western beach has good access for emergency services down the cliff road. Rescue by airlift is possible should the nature of the injury dictate this. This is only available on low to mid tide. If the tide is low enough there is also access off the beach on Towan beach, which has lifeguard patrol and ramp onto the beach for emergency services.

The nearest telephone point for the emergency services will be the lifeguard hut on the beach.

### **Surf lesson at North Fistral**

In case of an emergency the nearest telephone to our position will be Fistral surfing centre at North Fistral, which has good access for emergency services. Depending on the nature of the emergency and the position of tides North Fistral allows air rescue. This offers a faster response especially in summer when congestion on the roads is a major issue.

### **Surf lesson at South Fistral**

The nearest telephone point for the emergency services will be the lifeguards hut by the steps onto the beach, the mobile units on the beach or the esplanade hotel on the headland.

South Fistral does not have any access for emergency services onto the beach, however if the position of the tides were low enough airlift is possible. Depending on the nature of the emergency and injury the person can be helped up the steps at South Fistral or driven to North Fistral on the beach in anticipation of an ambulance on the slip way.