

Recommencement of Lungs in Action community classes - Position Statement

Version 4: 2/12/2020

Purpose:

In alignment with the Lung Foundation Australia (LFA) Quality Assurance Policy, this position statement defines the mandatory compliance procedures required for the recommencement of Lungs in Action (LIA) community-based classes following the COVID-19 pandemic. The procedures outlined are designed to ensure the safety of class participants, and the LIA instructors supporting them.

In developing this position statement, Lung Foundation Australia has sought the advice of its COVID-19 Expert Working Group, state health departments, and recognised Australian pulmonary exercise professionals.

Scope:

This position statement applies to current LIA instructors across Australia and classes which were in operation (having met previous compliance requirements) prior to the COVID-19 pandemic and closure of Lungs in Action classes. It defines resumption of community-based classes in accordance with the COVID-safe advice of state / territory government health authorities.

As of 22/10/2020 LIA classes may recommence in line with current state and territory government advice relating to group fitness and physical recreation pending successful submission of a '**Lungs in Action Instructor Telehealth Acknowledgement form**'. Please see Table 1 in Appendix 1.0 for a summary of current government advice (cited 2/12/2020), and LIA compliance processes below.

Important: Changes to class status in Greater Adelaide Region:

Based on advice from our COVID-19 Expert Working Group, Lung Foundation Australia advise that effective immediately (1/12/2020) Lungs in Action instructors in the greater Adelaide region will be unable to provide Face to Face classes. The health and safety of our community is our priority, and this decision has been made as a precautionary measure. This decision will be reviewed regularly, with any changes to this status distributed to the Lungs in Action community accordingly. Please note, that this decision supersedes any current government advice.

Rights and Responsibilities of Lung Foundation Australia

Lung Foundation Australia acknowledges that the COVID-19 pandemic continues to evolve with cases of community transmission continuing predominantly in Victoria. LFA will continue to monitor the status of the COVID-19 pandemic and commits to seeking advice from state health departments, its COVID-19 Expert Working Group and Board of Directors regarding the provision of LIA classes and

other face to face services. LIA instructors will be communicated with immediately should current advice change, otherwise monthly communication will occur until March 2021.

Lung Foundation Australia has appointed a Project Manager as the main contact for LIA instructors who is equipped to take and respond to instructor inquiries. On behalf of Lung Foundation Australia, the Project Manager will communicate monthly with LIA instructors to ensure they have access to adequate information and clear direction on the safe provision of LIA classes in Australian states and territories. The main channel for communication with instructors will be via email: lungsinaction@lungfoundation.com.au.

Lung Foundation Australia commits to developing evidence-informed compliance standards and implementation procedures to support the safe provision of Lungs in Action classes for people living with lung conditions. In the first instance, this includes a **COVID Safe LIA Instructor Acknowledgement form**) deployed via the LFA website for completion by LIA instructors.

Lung Foundation Australia reserves the right to modify the LIA position statement at any time in response to advice received.

Rights and Responsibilities of Lungs in Action Instructors

To recommence community-based LIA classes each individual LIA instructor will be required to review and acknowledge this Position Statement via the '**COVID Safe LIA Acknowledgement form**' as detailed below.

LIA instructors must understand current restrictions pertaining to their jurisdiction and maintain their knowledge of government advice as it relates to conduct of LIA classes (group physical activity). In no circumstance will Lungs in Action classes be permitted to operate in areas deemed unsafe by LFA and/or local health authorities. In circumstances where classes remain on-hold, the provision of Lungs in Action by telehealth will be supported by LFA pending successful submission of a '**Lungs in Action Instructor Telehealth Acknowledgement form**'.

Not adhering to this Position Statement may jeopardise affiliation with LFA and the LIA program.

Recommencement of LIA community classes

For the purpose of this document LFA defines LIA community classes as a face to face in person service in a group-based environment within the community setting.

All LIA instructors must complete the online **COVID Safe LIA Acknowledgement form prior to recommencing community classes**. LIA instructors may only recommence LIA community classes upon obtaining 'Confirmation of Recommencement' email from LFA.

The **COVID Safe LIA Acknowledgement form** will be sent directly via email to all currently listed LIA instructors.

By signing the **COVID Safe LIA Acknowledgement form** LIA instructors agree to:

- ✓ Adhere to state government advice and health policies for their jurisdiction.
- ✓ Have a COVID safe business plan in place (or employer has developed and implemented if not an owner-operator) in line with:
 - the [National COVID-19 Coordination Commission \(NCCC\)](#) online planning tool (takes about 30 minutes to complete)
 - the [Safe Work Australia National COVID19 Safe Workplace Principles](#)

Note: Some states and territories require their own COVID-19 Plan (see Appendix 2.0 for individual state/territory links)

- ✓ Personnel logs must be maintained at each clinic/venue (names and phone numbers of staff and clients) to assist with positive case contact tracing response.
- ✓ Abide by 1.5m social distancing and 4m² per person rule throughout all activities.
- ✓ Implement hygiene measures as per [Australian Government's guidelines](#). Develop a hygiene plan which addresses:
 - Hand hygiene for instructors and participants
 - Increase frequency of cleaning and disinfection of training area and equipment with cleaners to follow environmental cleaning and disinfection principles for COVID-19.
 - Any restrictions on use of shared equipment
 - Disinfecting procedures for common / shared equipment
 - Support for participants to bring their own equipment where possible (e.g. therabands, hand weights)
- ✓ Implement COVID-19 screening questions for all class participants (i.e. overseas travel, acute viral symptoms, contact with a person confirmed COVID-19) asked within the 24 hours prior to participation in the class. This is to be done via text or phone call, and then again on arrival at the class.
- ✓ Complete and submit a **LIA COVID-19 Risk Register** based on recommendations of [Safe Work Australia](#) to LFA. Click [here](#) to access template.
- ✓ Promote the use of the COVIDSafe app, although noting it is voluntary.
- ✓ Undertake outdoor activities (where permissible) in alignment with current jurisdictional advice.
- ✓ Apply the following considerations to any outdoor LIA activities:
 - *Safety*; is the outdoor area safe for the clientele with level stable surfaces? Does it provide the same high level of safety your indoor option would usually provide? Has consideration been made for all the items below?
 - *Location and access*: Does the outdoor area provide easy access to clients, with all the required amenities?
 - *Seats available*; either fixed or temporary to allow seated rests and supported recovery positions.
 - *Time of the day / appropriate weather*: Is there shelter available to protect from the elements if required?

Participant referrals and eligibility

Existing participants may recommence Lungs in Action **without** a new referral or review from Pulmonary Rehabilitation under the provision that it has been less than 12 months since attending, and there have been no hospital admissions related to respiratory or heart condition during this time.

If within the scope of practice for the Instructor, LFA recommends that a functional exercise capacity test be undertaken to gauge the participant's current exercise tolerance level. If this is not an option, the instructor should prescribe exercise at a considerably lower intensity and building up slowly to support a safe, gradual return to previous exercise capacity.

New referrals are open to Lungs in Action community classes only. New referrals into the LIA telehealth model remains **on-hold**.

All new LIA participation referrals must adhere to the current eligibility and referral process accessible [here](#).

Support & Assistance

Should you have questions pertaining to the content or implementation of this position statement please contact Emma Gainer, Pulmonary Exercise Manager via email: lungsinaction@lungfoundation.com.au

Appendix 1.0:

Table 1.

Example Group Fitness – Physical Recreation – COVID Restrictions	Local Government Directive Current at 2/12/2020	
	Indoor	Outdoor
Victoria: https://www.premier.vic.gov.au/sites/default/files/2020-11/221120%20-%20Last%20Step%20restrictions%20.pdf	Open	Open
ACT: https://www.covid19.act.gov.au/what-you-can-do/faqs-changes-to-restrictions/gyms-bootcamps-personal-training	Open	Open
NSW: https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules#sport-and-recreation	Open	Open
NT: https://coronavirus.nt.gov.au/business-and-work/business/guidelines-for-sport-and-active-recreation-organisations-stage-3	Open	Open
QLD: https://www.covid19.qld.gov.au/government-actions/approved-industry-covid-safe-plans/fitness-facilities	Open	Open
SA: Greater Adelaide Region	Face to Face classes closed until further notice. This decision supersedes any current government advice.	Face to Face classes closed until further notice. This decision supersedes any current government advice.

SA: Outside of Greater Adelaide https://www.orsr.sa.gov.au/home/return-to-sport/ nocache	Open – With precautions in line with current government directive.	Open – With precautions in line with current government directive.
TAS: https://worksafe.tas.gov.au/_data/assets/pdf_file/0008/570266/COVID-Safe-Workplace-Guidelines-Sport-and-Recreation.pdf	Open	Open
WA: https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation	Open	Open

Appendix 2.0:

State Based COVID Safe Business Plans:

- ACT: <https://www.covid19.act.gov.au/business-hub/restrictions-and-advice>
- NSW: <https://www.nsw.gov.au/covid-19/covid-safe-businesses>
- NT: <https://coronavirus.nt.gov.au/roadmap-new-normal>
- QLD: <https://www.covid19.qld.gov.au/government-actions/covid-safe-businesses>
- SA: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/business+and+industry/information+for+business+and+industry+-+covid-19/information+for+business+and+industry+-+covid-19>
- TAS: <https://worksafe.tas.gov.au/topics/Health-and-Safety/safety-alerts/coronavirus/covid-safe-workplaces-framework>
- VIC: <https://www.dhhs.vic.gov.au/business-sector-coronavirus-disease-covid-19>
- WA: <https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-business-and-industry-advice>