PEOPLE DROWNED

Royal Life Saving Society - Australia

# NATIONAL DROWNING REPORT 2011



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# **241**71

315\* people drowned in Australian waterways

# **KEY FACTS AT A GLANCE 2010/11**

315 people drowned in Australia between 1 July 2010 and 30 June 2011.

241 (77%) were male and 71 (23%) female. Sex was unknown in three cases.

107 (34%) drowning deaths occurred in NSW,93 (30%) in Queensland.

38 (12%) people drowned in the Queensland floods throughout December and January.

114 (36%) drowning deaths occurred in River / Creek / Stream locations.

16% (50) of drowning deaths occurred while Swimming and Recreating in water.

15% (47) of drowning deaths occurred as a result of Falling or Wandering into water.

Drowning deaths occurred all year round with 129 (41%) occurring in Summer. There were 2 cases where season of drowning death was unknown.

## Drowning Deaths by State and Territory

\* this figure excludes the victims of the SIEV 221 which crashed off the coast of Christmas Island in December 2010, due to ongoing coronial investigations into the event.



# DROWNING DEATHS IN 2010/11

There were 315 drowning deaths in Australian waterways between 1 July 2010 and 30 June 2011. The number of people drowning in Australia has increased for the third year in a row, reminding us that we all have a part to play in preventing drowning. This figure excludes the victims of the SIEV 221 which crashed off the coast of Christmas Island in December 2010, due to ongoing coronial investigations into the event.

This figure is an increase of 1 (0.3%) on last year's drowning report figure and an increase of 30 (11%) on the five year average. The crude drowning rate in 2010/11 per 100,000 people was 1.40 (Figure 1). It should be noted that this figure includes 38 people who drowned during the Queensland floods in December 2010 and January 2011.

#### Figure 1:



Unintentional Drowning Deaths and Death Rates, Australia 2002/03 to 2010/11, 5 Year Average

#### Figure 2:

Progress against Australian Water Safety Strategy 2008-2011 Goal Reduction by Key Life Stages and High Risk Locations

	2008	2011 Target	2011 Figure	2020 Target	Progress Against Target
KEY LIFE STAGES					
Children under 5	32	27	28	16	On track
Men aged 18-34	57	43	62	29	Urgent work needed
People aged over 55 years	82	71	117	41	Urgent work needed
HIGH RISK LOCATIONS					
Rivers	58	49	114	29	Urgent work needed
Beaches	52	45	35	26	On track
Home Swimming Pools	29	24	20	15	On track



# CASE STUDY: A 50% Reduction in Drowning By 2020

In the final year of the Australian Water Safety Council's Australian Water Safety Strategy 2008-2011, the number of drowning deaths in Australia has increased, weakening progress towards the ambitious goal of reducing drowning by 50% by the year 2020.

We are well on track to achieve the goal reduction of 50% in the 0-4 years category, Beaches and Home Swimming Pools, however urgent work is needed to ensure these 50% reductions are achieved in the River / Creek / Stream locations, Men aged 18-34 and in the 55+ years age group (Figure 2).

All sectors of the Australian community, governments and drowning prevention organisations must keep working together towards the aim of a reduction in drowning deaths by the year 2020.



# CASE STUDY: Aboriginal and Torres Strait Islanders

Of the 315 people who drowned, 14 were known to be Aboriginal or Torres Strait Islanders. Of these 14 drowning deaths, five occurred in New South Wales, two in Northern Territory, three in Queensland, two in Western Australia and one each in South Australia and Tasmania. Six Aboriginal and Torres Strait Islanders drowned at a River / Creek / Stream, three at a Lake / Dam / Lagoon, two in Swimming Pool locations and one in a Bathtub / Spa Bath, at a Beach and in a Bucket respectively. The most common activities undertaken immediately prior to drowning were Recreating near water and Falling in (6) and Swimming (4).

Royal Life Saving has been actively working with Indigenous communities on a variety of projects including the safe operation of remote swimming pools, swimming and water safety education for children and community members, and the training of remote pool managers and lifeguards for a number of years. A number of Indigenous specific research projects have been conducted to date including an Issues Paper on facilities, programs and services for water safety of Aboriginal and Torres Strait Islanders in rural and remote Australia.

More research is needed into Aboriginal and Torres Strait Islander drowning deaths and prevention strategies. Improvement in the collection of Aboriginal and Torres Strait Islander status in the Coronial Records System is needed.

# WHO DROWNS?

In 2010/11 there were 315 drowning deaths in Australian waterways. Of these 241 were male (77%) and 71 female (22%), meaning men are almost three and a half times more likely to drown than women. There were three cases where sex was unknown (as bodies remain missing from the Queensland floods) (Figure 3).

The average age was 43.5 years, with females on average being slightly older than males (44.5 compared to 43.3 Years). The age group(s) with the highest number of drowning deaths was the 25-34 years age group, followed by the 45-54 and 55-64 years age groups. The lowest number of drowning deaths occurred in the 5-14 years age group (14) (Figure 4).

#### Figure 3:

Drowning Deaths by Sex and State/Territory, 2010/11



Note: Sex was unknown in three cases from Queensland.

Figure 4:

Drowning Deaths by Age Group, 5 Year Average, 2010/11



# WHEN DO THESE DROWNING DEATHS OCCUR?

Drowning deaths occur all year round however more than 41% occur in Summer (129), followed by Spring (70) and Winter (64) (Figure 5). January was the month with the highest number of drowning deaths (71), with the hot weather across the country, holiday periods and the serious flooding in Queensland all contributing to this figure.

October and December were the two months with the second highest number of drowning deaths (32 each). Drowning deaths were least likely to occur in September with 15 drowning deaths occurring during this month (Figure 6).



Note: There were two cases where season of drowning death was unknown.

#### Figure 6:

Drowning Deaths, Month of Incident, 2010/11



Note: There were two cases where month of drowning death was unknown.



# CASE STUDY: International Tourists

During 2010/11 there were 19 International tourists who drowned in Australia. The most common age group was 25-34 years with seven drowning deaths. The International tourists were from a variety of countries with the most common being Ireland (3), China (3), India (2) and Germany (2).

The most common locations where International tourists drowned were the Ocean / Harbour (7) and at the Beach (6). The most common activities being undertaken immediately prior to drowning were Swimming (10) and Diving (4). Additionally, there were 8 interstate tourists who drowned outside the State or Territory within which they lived.

There are a number of strategies that can be undertaken to reduce the number of International Tourists drowning in Australian waterways including ensuring that tourists dive with a reputable diving company and always dive with a buddy.

Tourists must be educated about basic water safety messages including; when entering the water, it is vital that all people are aware of their swimming skills and understand the conditions they may encounter in the water. When you are at the beach ensure you swim between the flags and avoid swimming at night or after consuming alcohol.

# WHERE AND HOW DO THESE DROWNING DEATHS OCCUR?

River / Creek / Stream locations had the largest number of drowning deaths during 2010/11 with 114, including 38 drowning deaths as a result of the Queensland floods which occurred during December and January. This was followed by Ocean / Harbour (47) and Swimming Pool (37). There were 16 cases where the location of the drowning death was unknown (Figure 7).

The most common activity being undertaken immediately prior to drowning was Swimming and Recreating in water (16%), followed by a Fall (15%), using Watercraft (10%) and being Swept Away (9%). Activity undertaken immediately prior to drowning was unknown in 68 cases indicating there are a number of people who are undertaking aquatic activities alone (Figure 8).



Figure 8: Drowning Deaths, Activity Immediately Prior, 2010/11



# LOCATION IN FOCUS: RIVER/CREEK/STREAM

There were 114 drowning deaths in River / Creek / Stream locations, including 38 that occurred during the Queensland floods. The average age was 43.0 (Figure R1). Drowning deaths occured in River / Creek / Stream locations all year round with a peak in January (Figure R2).

Being Swept Away (24%) by floodwaters was the most common activity prior to death for River / Creek / Stream locations, followed by Driving (18%) and Falls (13%). Other activities include checking a pump, cave diving, and performing a rescue. Activity immediately prior to drowning was unknown in 22 cases (Figure R3).





Note: There were five cases where age and/or sex of the drowning victim was unknown.

Figure R2: River / Creek / Stream Drowning Deaths, Month of Incident, 2010/11



Note: There was one case where month of death was unknown.

Figure R3: River / Creek / Stream Drowning Deaths, Activity Immediately Prior, 2010/11



# LOCATION IN FOCUS: OCEAN/HARBOUR

There were 47 drowning deaths in Ocean / Harbour locations. Males were more likely to drown at Ocean / Harbour locations than females. The average age of those who drowned in Ocean / Harbour locations was 49.2 years old. The most common age group to drown in Ocean / Harbour locations was the 45-54 years age group (11) followed by the 25-34 years, 55-64 years and 65+ years age groups (Figure O1).

The most common month for Ocean / Harbour drowning deaths was January (7) followed by July (6) (Figure O2). The most common activity being undertaken immediately prior to drowning was using Watercraft (38%), followed by Diving (19%) and Fishing (15%). Activity was unknown in 6 cases (Figure O3).

Figure O1: Ocean / Harbour Drowning Deaths by Age Group and Sex, 2010/11



Figure O2: Ocean / Harbour Drowning Deaths, Month of Incident, 2010/11



Figure O3: Ocean / Harbour Drowning Deaths, Activity Immediately Prior, 2010/11



# LOCATION IN FOCUS: SWIMMING POOL

There were 37 drowning deaths at Swimming Pool locations. The average age was 32.8 years. The most common age group to drown in Swimming Pool locations were the 0-14 year olds (16), followed by the 65+ year age group (9) (Figure S1). Swimming Pool drowning deaths were most likely to occur in February (7) and October (6) (Figure S2).

Falls (46%) were the most common activity being undertaken immediately prior to drowning in a Swimming Pool location, followed by Swimming (35%). Activity was unknown in 5 cases (Figure S3).





Figure S2: Swimming Pool Drowning Deaths, Month of Incident, 2010/11



Figure S3: Swimming Pool Drowning Deaths, Activity Immediately Prior, 2010/11



# CASE STUDY: Flood Related Drowning Deaths

There were 52 drowning deaths in 2010/11 known to be flood related. Of these 29 (56%) were male and 20 (38%) were female. Sex was unknown in three cases, where bodies remain missing from the Queensland floods. The average age was 44.8 years. The most common age group to drown in floodwaters was the 55-64 years age group, followed by the 35-44 and 45-54 years age groups (Figure F1). The highest number of flood related drowning deaths occurred in Queensland (83%), followed by New South Wales (12%) and Victoria (4%) (Figure F2).

Figure F1: Flood Related Drowning Deaths by Age Group and Sex, 2010/11



#### Figure F2: Flood Related Drowning Deaths, State and Territory, 2010/11



Flood related drowning deaths occur all year round, with the majority of flood related drowning deaths occurring in January (32), followed by December (7) (Figure F3).

The most common activity prior to drowning in flood related events was being Swept Away (52%), followed by Driving through floodwaters (25%) (Figure F4). More work is needed to prevent flood related drowning deaths including the incorporation of drowning prevention strategies into National, Regional and Local level disaster risk reduction programs, increased community awareness and skills that prevent drowning in situations of flooding and the establishment of strategies to strengthen community based safe aquatic rescue skills.

Figure F3: Flood Related Drowning Deaths, Month of Incident, 2010/11



Note: Month of drowning death was unknown in 3 cases







# **DROWNING RISK FACTORS**

Risk factors that increase a person's chance of drowning can include age, gender, socio-economic status, underlying medical conditions, skill level and agent factors such as the consumption of drugs and alcohol. The following are case studies investigating the frequency of several risk factors in the drowning deaths that occurred in 2010/11.

# PEOPLE WHO HAD UNDERLYING MEDICAL CONDITIONS

#### **Medical Conditions**

There were 66 people who had underlying medical conditions that may have contributed to their drowning death. Of these, 74% were men and 61% were aged over 55. The most common medical conditions were cardiac related conditions and epilepsy.

Medical conditions can increase your risk of drowning in any aquatic environment. Royal Life Saving recommends that any child with a history of epilepsy never be left unsupervised when in, on, or around water.

For all people over the age of 55, we recommend that they get regular medical check-ups, particularly prior to undertaking aquatic activity.

# BROWNING CASES WHERE ALCOHOL WAS KNOWN TO BE A FACTOR

#### Alcohol

During 2010/11 there were 38 drowning cases where alcohol was known to be a factor. In the majority of cases the alcohol readings were extremely high (0.1 and above). Typically men aged 45-54 were the most likely to have consumed alcohol immediately prior to drowning, comprising almost one third of the total number of reported cases involving alcohol.

Anyone drinking alcohol in, on, or around the water puts themselves at a significantly higher risk of drowning. Alcohol impairs judgement, reduces reaction time and can result in a lack of coordination and greater risk taking behaviour.

The more you drink, the greater the risk of drowning. Royal Life Saving urges people not to drink alcohol and undertake aquatic activities. DROWNING CASES WHERE DRUGS WERE KNOWN TO BE A FACTOR

#### Drugs

During 2010/11 there were 15 drowning cases where drugs were known to be a factor. Males were four times more likely to have drugs in their system. Of these 15 cases, six were legal (prescription drugs) or prescription drug abuse and in eight cases illegal drugs were present. Of these illegal drugs, cannabis was the most commonly found.

Drugs (both legal and illegal) are known to impair judgement and slow reaction times. Royal Life Saving highlights the association between using illegal drugs or abusing prescription medication, and drowning.

Those on prescription medication should talk to their doctor about the possible side effects that may negatively impact upon their safety when undertaking aquatic activities.

# KEY LIFE STAGE: CHILDREN 0-4 YEARS

There were 28 drowning deaths of young children under five years of age in 2010/11. This is five deaths less than reported in 2009/10, and is a 15% reduction on the five year average of 33 drowning deaths (Figure 9). Although a pleasing reduction, this pattern must be maintained in order to achieve the target of a 50% reduction in child drowning by 2020.

Swimming Pools remain the location with the highest number of 0-4 years drowning deaths with 12 in 2010/11. This is four drowning deaths less than last year and represents a 25% decrease on the 5 year average (16). River / Creek / Stream (5) and Bathtub / Spa Bath (4) locations were the second and third most common locations for 0-4 years drowning deaths. The River / Creek / Stream locations were the only locations where the number of drowning deaths increased (Figure 10).

Falls were the most common activity being undertaken immediately prior to drowning in the 0-4 years age group, followed by Bathing (14%) and being Swept Away (7%). Activity was unknown in 18% of cases, suggesting children died whilst unsupervised (Figure 11).







## Figure 10: Drowning Deaths of Young Children 0-4 years by Location, 5 Year Average 2010/11



#### Figure 11: Drowning Deaths of Young Children 0-4 years by Activity Immediately Prior, 2010/11



## CASE STUDY: Keep Watch

Reducing the number of drowning deaths in the 0-4 years age group by 5 drowning deaths on last year's figures is a sobering achievement, but there is still more that must be done. For over 15 years Royal Life Saving's Keep Watch program has been educating parents and carers on strategies to keep their children safe when in, on, or around the water in a variety of locations. This is done by promoting the 4 Keep Watch actions:

- Supervise Your Child Always be within arms' reach.
- Restrict Access to Water Provide barriers to water locations.
- Be Water Aware Introduce your child to water through water awareness classes; discuss hazards and put rules in place at aquatic locations.
- Learn Resuscitation Resuscitation is a skill for life. A rapid response is the best response in an emergency.

For more information visit www.keepwatch.com.au

# KEY LIFE STAGE: MEN 18-34 YEARS

There were 62 men aged 18-34 years who drowned in 2010/11, 25 (40%) in the 18-24 years age group and 37 (60%) in the 25-34 years age group. This is a reduction of 12 drowning deaths on last year, but is 2 (3%) above the 5 year average (Figure 12).

River / Creek / Stream locations were the most common drowning locations for men aged 18-34 years with 20 deaths. This was followed by Ocean / Harbour locations (11) and Beach locations (9). There were 2 cases where location of drowning death was unknown (Figure 13).

Swimming and Recreating (31%) while in the water was the most common activity undertaken immediately prior to drowning by men aged 18-34. This was followed by using Watercraft (13%) and Driving (8%). Activity was unknown in 11 (18%) cases (Figure 14).

The Australian Water Safety Council targets men aged 18-34 as a key age group requiring a significant reduction in drowning. Men in this age group often engage in risk taking behaviour that may be heightened by alcohol consumption or use of illicit drugs. Of the 15 cases in 2010/11 where drugs were known to be involved in the drowning death, 5 (33%) occurred within the 18-34 years age group.

Water safety education campaigns are required for this age group to highlight the risks of consuming illicit drugs and alcohol when in, on, or around the water.

#### Figure 12:

Drowning Deaths of Men aged 18-34 years, 2002/03 – 2010/11, 5 Year Average



#### Figure 13:





#### Figure 14:

Drowning Deaths of Men aged 18-34 years by Activity Immediately Prior, 2010/11



MEN AGED 18-34 YEARS DROWNED IN 2010/11

# OLDER AUSTRALIANS: 55+ YEARS

There were 117 drowning deaths of Australians aged 55 years and over in 2010/11. This figure is an increase of 36 on the five year average of 81 (Figure 15). Of the 117 drowning deaths, 89 (76%) were male and 28 (24%) were female.

The older Australians age group is targeted by the Australian Water Safety Council as a key life stage where a drastic reduction in the number of people drowning is urgently required. In this year's report, a further breakdown of the key life stages (sub-age groups) within the 55+ years age group is provided to aid analysis and prevention.

There were 46 drowning deaths in the 55-64 years age group, 32 in the 65-74 years age group and 39 in the 75+ years age group.

Older Australians drown in a diverse range of aquatic settings. River / Creek / Stream locations were the most common location for people aged over 55 to drown. Drowning deaths at Ocean / Harbour and Rock locations decreased as people aged, while drowning deaths at Bathtub / Spa Bath, Lake / Dam / Lagoon and Swimming Pool locations increased as people aged (Figure 16).

Using Watercraft (16) and Falls into water (16) were the two most common activities older people were undertaking immediately prior to drowning. Watercraft and rock fishing related drowning decreased as people aged 55+ grew older, whereas swimming and driving and bathing related drowning deaths all increased as people aged. There were a number of cases where the activity being undertaken immediately prior to drowning was unknown, meaning that older people were more likely to be on their own when they drowned.

Drowning deaths in older Australians occur all year round, with the largest number of drowning deaths occurring in Summer. Drowning deaths decrease as older people age in Summer, Autumn and Winter but increase as age increases in Spring (Figure 18).

Improving fitness and skills is a key drowning prevention activity for older people. Medical conditions also play a role in drowning deaths of older people and those aged over 55 should check the possible side effects of medication to reduce the risk of drowning. Royal Life Saving recommends older Australians employ a buddy system when swimming, fishing, snorkelling or boating.

#### Figure 15:

Drowning Deaths of Older Australians 55+ years, 2002/03 to 2010/11, 5 Year Average



Figure 16:

Drowning Deaths of Older Australians 55+ years by Location, 2010/11





#### Figure 17:

Drowning Deaths of Older Australians 55+ years by Activity Immediately Prior, 2010/11



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#### Figure 18:

Drowning Deaths of Older Australians 55+ years by Season, 2010/11







# CASE STUDY: Grey Medallion

With Australia's ageing population, and the significant burden of drowning deaths that occur within the over 55 years age group, drowning prevention for older Australians is of vital importance.

Royal Life Saving's Grey Medallion program provides people aged 55 years and over with water safety knowledge, gentle aquatic exercise to improve fitness and personal survival, and lifesaving skills.

The Grey Medallion aims to reduce drowning rates among older Australians and encourage healthy, independent and active lifestyles through the four main components of the program:

- Water Safety Knowledge
- Resuscitation and Emergency Care
- Aquatic Exercise
- Personal Survival and Lifesaving Skills

For more information visit www.greymedallion.com.au

# **METHODS**

Information for the Royal Life Saving National Drowning Report 2011 has been collected from State and Territory Coronial Offices, the National Coroners Information System (NCIS) and media reports. It is collated in partnership with Royal Life Saving Branches and analysed by the Royal Life Saving National Office.

Royal Life Saving uses a media monitoring service (both electronic and print) all year round to identify drowning deaths in the media. This information is then corroborated with information from the NCIS, police and Royal Life Saving Branch members before being included in the National Drowning Report.

All care is taken to ensure that the information is as accurate as possible. However, these figures should be considered interim until the Australian Bureau of Statistics releases its 'causes of death' figures for the year 2011.

Please note that these figures may change depending upon the ongoing coronial investigations and findings as 82% of cases compiled for this report were still under investigation (i.e. open) at the time of the production of this report.

This report contains information on drowning deaths known as of 22 August 2011.

The 5 year averages are based on information from the NCIS and past Drowning Reports (2005/06 to 2009/10). Exclusions include: suicide, homicide, deaths from natural causes, shark and crocodile attack, or hypothermia where known. All information presented is about drowning deaths or deaths where drowning was a factor (e.g. car rolled into water and person drowned).

Where an age range was given, rather than exact age, a mid point was used for analysis. For example, if a drowning victim was aged between 60 and 65 years, an age of 62.5 was used.

A tourist was defined as someone who drowned in a postcode that was in a different state or country from their residential postcode. Those who drowned outside their residential postcode but who drowned in the same state they resided in were not considered tourists.

This year, there were 2 crocodile related deaths and 1 death as a result of a shark attack. These were excluded from our analysis as the cause of death was not listed as drowning within the NCIS.

#### **Acknowledgements**

Royal Life Saving would like to thank the following organisations for their assistance:

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- The National Coroners Information System (NCIS)
- State and Territory Coroners
- The Queensland Commission for Children and Young People and Child Guardian (CCYPCG)
- Media Monitors
- The Australian Bureau of Statistics
- Surf Life Saving Australia
- Jimmy Too Design & Photography



## CASE STUDY: SIEV 221 sinks off Christmas Island

This past year saw the terrible tragedy of the SIEV 221 which sank off Christmas Island on 15 December 2010. It is still not known how many people were on board the boat at the time of the incident or how many drowned. An initial coronial finding has ruled that the deaths of 20 men, women and children were due to drowning or injuries suffered as a result of impact with the shore or debris in the ocean, but many cases remain underdetermined or unaccounted for.

Royal Life Saving has excluded these victims from the overall National Drowning statistics as this was an extraordinary event that is subject to an ongoing coronial inquiry. Royal Life Saving awaits the findings of the inquiry and will update our historical drowning database pending the outcome of the inquiry. This is a complex issue and is outside the immediate remit of this report.

Royal Life Saving is active in its advocacy of drowning prevention internationally and looks forward to responding to and learning from the recommendations of the inquiry.

# **KEY FACTS AT A GLANCE 2010/11**

### Young Children 0-4 Years

28 young children 0-4 years drowned (9% of all drowning deaths)
22 (79%) were male
12 (43%) drowned in Swimming Pool locations
16 (57%) Fell or Wandered into water

#### **Children 5-14 Years**

14 children 5-14 years drowned (4% of all drowning deaths)

8 (57%) were male

- 8 (57%) were at River / Creek / Stream locations
- 4 (29%) drowned in Swimming Pool locations
- 4 (29%) Fell or Wandered into water
- 4 (29%) were Swept Away by floodwaters

#### People 15-34 Years

85 people aged 15-34 years drowned (27% of all drowning deaths) 68 (80%) were male

30 (35%) drowning deaths were at River / Creek / Stream locations

14 (16%) drowning deaths occurred at Ocean / Harbour locations

14 (16%) occurred at Beach locations

24 (28%) occurred while Swimming

#### People 35-54 Years

- 66 people aged 35-54 years drowned (21% of all drowning deaths)
- 53 (80%) were male
- 27 (41%) drowned in River / Creek / Stream locations
- 13 (20%) drowned in Ocean / Harbour locations
- 8 (12%) occurred while Swimming
- 8 (12%) occurred while Driving

#### **People 55+ Years**

117 people aged 55+ years drowned (37% of all drowning deaths)

- 46 (39%) drowning deaths in 55-64 years, 32 (27%) drowning deaths
- in 65-74 years and 39 (33%) in 75+ years

89 (76%) were male

- 39 (33%) occurred in River / Creek / Stream locations
- 20 (17%) occurred in Ocean / Harbour locations
- 16 (14%) occurred using Watercraft
- 16 (14%) Fell or Wandered into water



PEOPLE DROWNED IN AUSTRALIAN WATERWAYS BETWEEN 1 JULY 2010 AND 30 JUNE 2011

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EVERYONE CAN BE A LIFESAVER