



# Kicking Back

Edition 107 | March 2021

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*Patron: Her Honour the Honourable Vicki O'Halloran AM  
Administrator of the Northern Territory and Mr Craig O'Halloran  
President: Penny Hart*

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 Northern Territory  
Government



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

# MISSION, VISION AND STRATEGY

*Royal Life Saving is dedicated to turning everyday people into everyday community lifesavers.*

*We achieve this through education, training, health promotion, risk management, research, sport and advocacy.*

***Mission:*** *To prevent loss of life and injury in the community with an emphasis on the aquatic environment.*

***Vision:*** *To build a healthy, strong and safe aquatic community through access to water safety education and training.*

***Strategy:*** *Our People, Our Lifestyle, our Water*

*Be Safe : In, on and around water from the RLSSANT Management Committee*



# Keep Watch & Be Safe this Easter

**KEEP  
WATCH**  
TO PREVENT DROWNING

*The Executive Board and Staff of Royal Life Saving NT wish all Territorians a safe and happy Easter.*

*Keep Watch and Be Safe around the water this Easter. Please share these messages with your family and friends:*

- *Children need constant supervision around water – Keep our kids safe and Keep Watch – all of your attention, all of the time.*
- *Alcohol and swimming can be a deadly mix, look after your mates and family – don't drink and drown!*
- *Home swimming pools and spas are a welcome relief in this warm weather so please Keep Watch of everyone in and around the water and check that your pool gate is self latching & in good working order*
- *Water Safety @Home is more important in these times*



# MAKE THE RIGHT CALL

## RESPECT THE RIVER



Whether you're swimming, boating, or even just relaxing on the bank, there are many hidden dangers that you may not be aware of.

When enjoying our rivers, make the right call...to keep your mates safe!



# MAKE THE RIGHT CALL

Know your limitations and don't take risks. Don't be a statistic. Boating and fishing continue to be popular recreational activities, however, latest drowning figures show that over the past ten years, 410 people have lost their lives while boating or fishing., Royal Life Saving is urging boaters and fishers to Make the Right Call when it comes to safety. Royal Life Saving's 'Make the Right Call' campaign highlights a common-sense approach and advocates simple safety tips to prevent drowning:

- Avoid alcohol around water
- Wear a lifejacket when boating, kayaking or canoeing
- Avoid swimming or recreating alone around water

## For all Territorians:

- Find out if it is safe to swim – look for signs & follow the rules
- Know when you are in crocodile country & find your nearest swimming pool to visit instead
- If you are fishing – stay out of the water – otherwise you may become the bait
- Actively supervise children
- Have a safe and relaxing Easter Break



# MAKE THE RIGHT CALL



If it's flooded, forget it!

Magela Creek in Kakadu is one of many flooded river crossings in the Territory this time of year. #BeRiverSafe



# STAY OUT OF PIPES AND DRAINS

*The Wet Season is here, Territorians are being urged to stay out of pipes and drains!*



**#STAYSAFETHISWET #STAYOUTOFPIPESANDDRAINS**

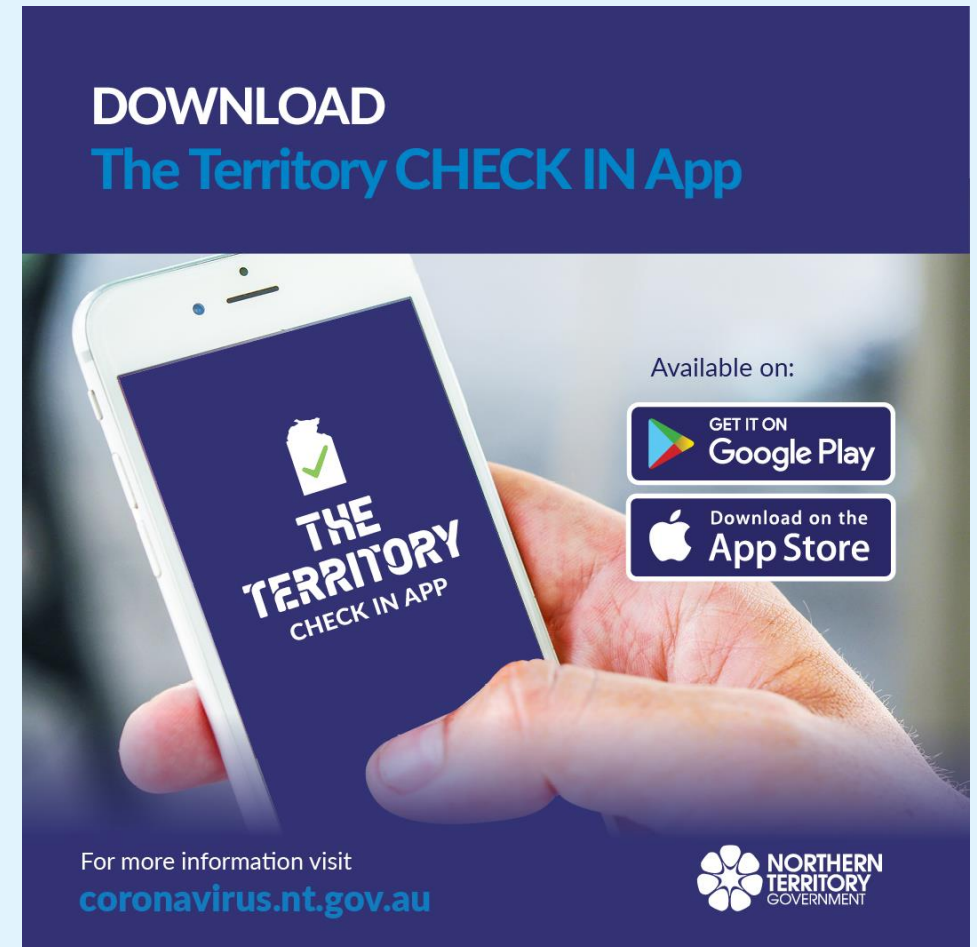
# Covid-19 Safety Plan

**The Territory Check In App is available to download NOW!**

It is a secure and contactless way for people to sign in to participating businesses and venues. You can even sign in for your family and friends.

Information collected using The Territory Check In app goes directly to NT Health and is safely and securely stored for 28 days to assist with contact tracing if required.

**Download The Territory Check In App today!**



**DOWNLOAD**  
**The Territory CHECK IN App**

Available on:

GET IT ON  
Google Play

Download on the  
App Store

THE  
TERRITORY  
CHECK IN APP

For more information visit  
[coronavirus.nt.gov.au](https://coronavirus.nt.gov.au)

NORTHERN  
TERRITORY  
GOVERNMENT



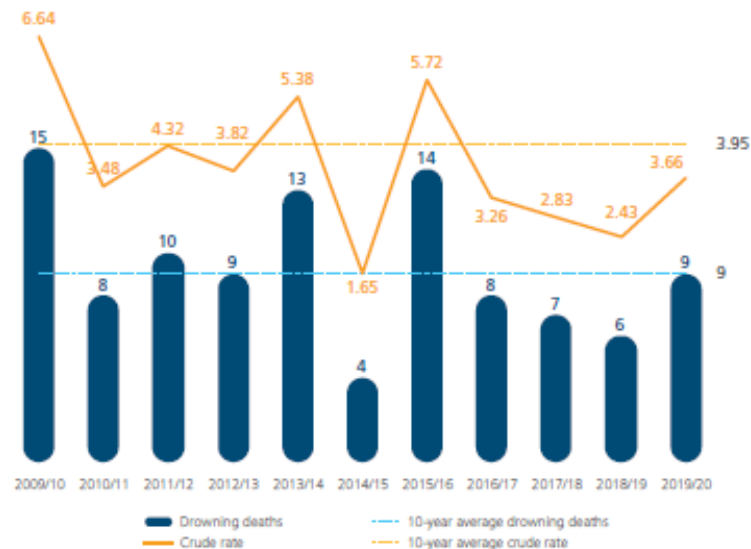
# NATIONAL DROWNING REPORT 2020

## NORTHERN TERRITORY



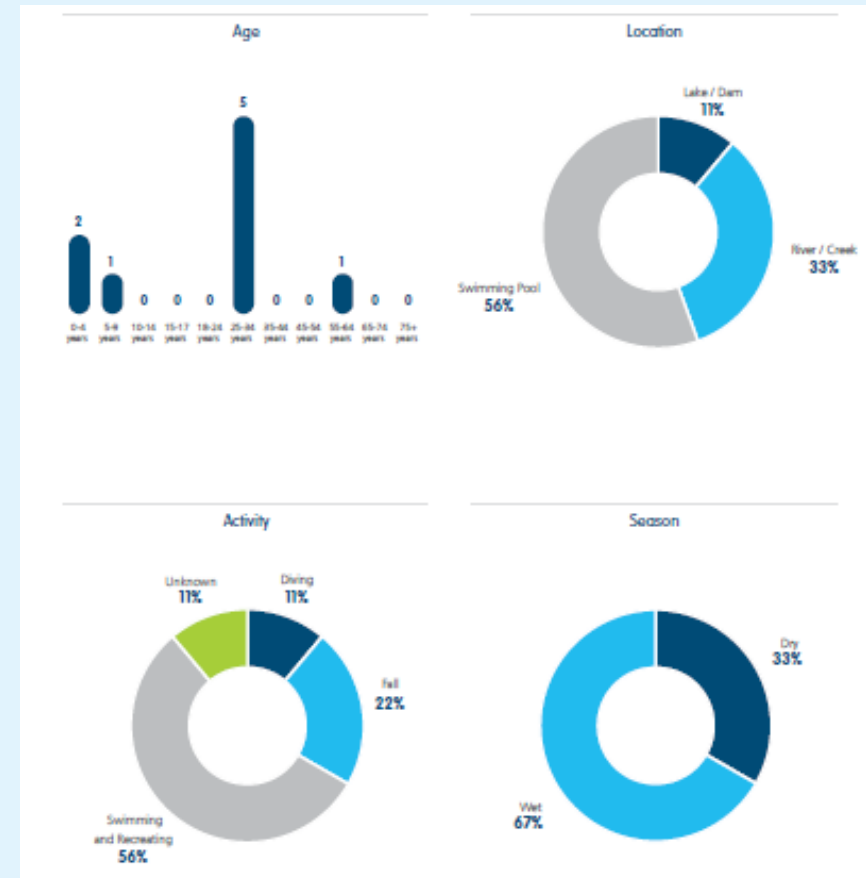
67% of those who drowned in the Northern Territory were male

Drowning deaths and death rates in the Northern Territory from 2009/10 to 2019/20 and the 10-year average



Sadly, the Northern Territory maintains the highest drowning rate per capita in Australia with 9 drowning deaths recorded in the 2019-2020 period.

For the full National Drowning Report please visit: <https://bit.ly/34dFYZQ>



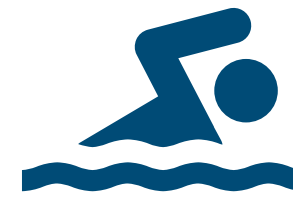
# AQUATIC SERVICES

An Aquatic Facility Safety Assessment was conducted at the Yuendumu Pool on the 3<sup>rd</sup> of March. A massive shout out to Parua, MA & the Team at WYDAC who make the Yuendumu Pool amazing! Thanks to the amazing people who run our remote community swimming pools. Thank you to the Risk Management Team of Royal Life Saving NSW who helped us with 5 Aquatic Safety Assessments & travelled over 3000kms around Central Australia to make this trip a success





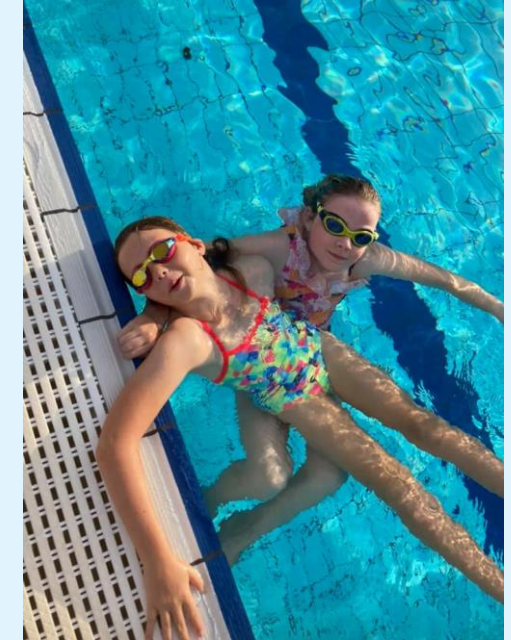
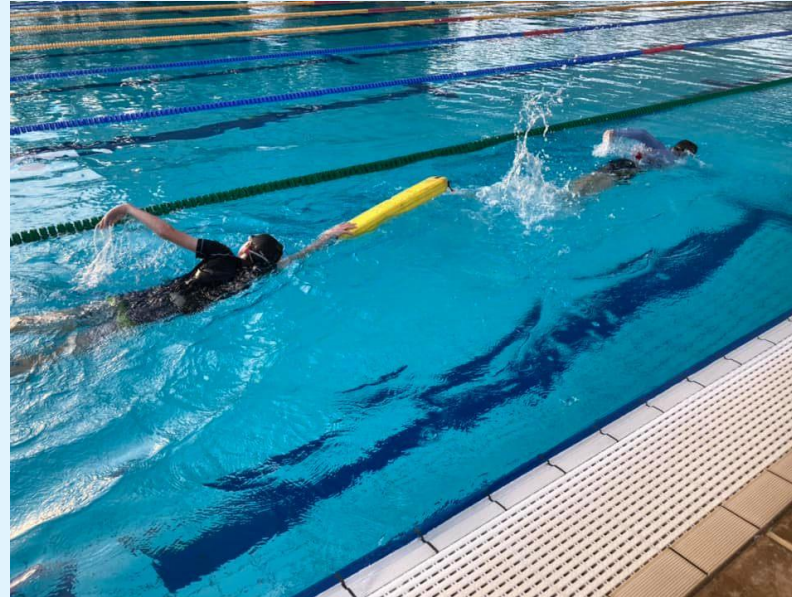
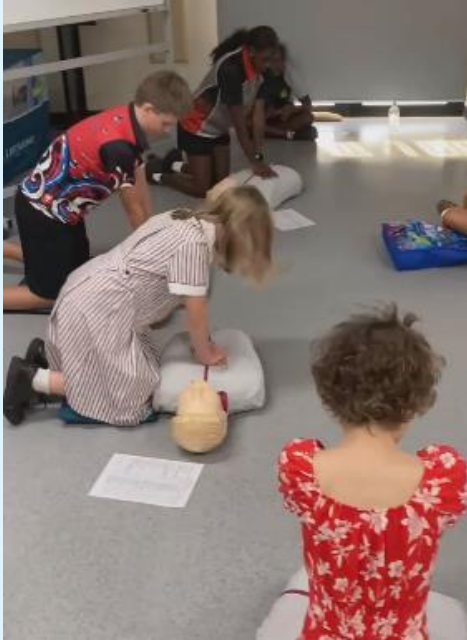
# SPORT



A HUGE THANK YOU to Sherelocks for their generous donation of sausages supporting our Pool Life Saving team Bunnings sausage sizzle on Alice Springs on the 7<sup>th</sup> of March.



# SPORT



What an amazing training season so far with the Darwin Pool Lifesaving Club!  
The athletes have practiced and shared their knowledge on the following vital skills -

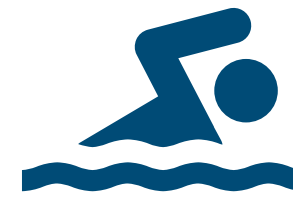
How to respond in an emergency situation ✓

Sending for help ✓ Checking for signs of life ✓ Perform CPR ✓

Not only do we have amazingly talented pool lifesaving athletes but we also have confident community members, ready to help in an emergency!



# SPORT



It has been great spending Wednesday afternoons in the water with the Alice Springs Pool Life Saving Team. The champions have grown and developed incredibly over the term! It's not too late to join in the fun, fitness and Life Saving skills. Wednesday afternoons 3:45-5pm until 7th April. Training will commence again term 2.





Look at these new Katherine swim teachers! It was awesome to help these guys out to be able to provide valuable swimming programs for their community with the AUSTSWIM Teacher of Swimming and Water Safety Course on the 16<sup>th</sup> & 17<sup>th</sup> of March.





# PROGRAMS



ROYAL LIFE SAVING  
NORTHERN TERRITORY

What a fantastic way to finish off our Sunday Lifesaving program! 🌸

A special thank you to the Honourable Natasha Fyles: Member for Nightcliff.

Who spent the morning with us presenting certificates, along with a generous donation of fruit juice boxes and muesli bars.

To all the swim teachers of both the Little Royals & Sunday Life programs, THANK YOU!

Your commitment, professionalism & care of your students throughout the 6 weeks, is a true testament of what it means to be a swim teacher. Last but certainly not least, THANK YOU to all the parents/carers for allowing us to be a part of your families swimming and water safety story.





# PROGRAMS



## ADULT LEARN TO SWIM

Great job to the Adults who finished up their 6 week program on the 24<sup>th</sup> of March.  
Great achievements and confidence throughout this wonderful program. It's never too late to learn to Swim & Survive!





# PROGRAMS



ROYAL LIFE SAVING  
NORTHERN TERRITORY



Tuesday mornings have been a wonderful in the water with the families from Ludmilla FAFT group 23<sup>rd</sup> of February – 23<sup>rd</sup> of March. Thank you to Ludmilla Primary and Darwin Languages Centre for allowing us to run this great program for new parents and their little ones !



# PROGRAMS



ROYAL LIFE SAVING  
NORTHERN TERRITORY



## LITTLE ROYAL SWIM SCHOOL BATCHELOR

Lots of new swimming & lifesaving skills were taught to the students by the amazing swim teachers - Paula and Linda for the Little Royals Batchelor Program in March! A big thanks to all the parents for their commitment to the Sunday lessons and for allowing us to share in your family's water safety journey!

The fun continued as we finished off the day with an Active Family Fun Event on the 28<sup>th</sup> of March! A very special thank you to all the community members that joined in on the pool lifesaving events, carnival races and the delicious BBQ cooked by Trevor.



# PROGRAMS



## LITTLE ROYAL SWIM SCHOOL KATHERINE

Congratulations to all our little swimmers & parents for completing their 6 week Swim & Survive lessons for Little Royals Katherine 14<sup>th</sup> February – 28<sup>th</sup> March. A massive thanks to our super-star- teacher Tiarne for a wonderful program and to all the dedicated families who joined in every weekend.





# KEEP WATCH

**KEEP  
WATCH**  
TO PREVENT DROWNING

 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY



**DROWNING RISK TRIPLES  
WHEN CHILDREN TURN ONE**



**ROYAL LIFE SAVING**  
AUSTRALIA



Remember the key messages:

 Supervision  Restrict Access  Water Familiarisation  Learn CPR



# WATER SAFETY UNIT

A big shout out to Ida Stanley Pre-school for allowing Boof the Barramundi to visit and share how to stay safe in, on and around water on the 3<sup>rd</sup> of March.  
The students now know how to “Be Water safety wise”.



# WATER SAFETY UNIT

The Water Safety Unit



Thank you Woodroffe Pre-School for  
a fun morning! #BeWaterSafetyWise





# WATER SAFETY UNIT

The Water Safety Unit



Thank you Creative Kids Childcare  
Howard Springs for learning the Aqua  
Code & to #BeWaterSafetyWise on  
the 24<sup>th</sup> of March!

# INDIGENOUS ADVANCEMENT STRATEGY



Thank you to the wonderful students from Laynhapuy Homelands School for a fantastic time for the Swim Survive & Strive Program 10<sup>th</sup>- 12<sup>th</sup> of March at the Nhulunbuy Aquatic Centre. They developed important survival swimming strokes and a range of rescue techniques, along with celebrating a 16th birthday!



# INDIGENOUS ADVANCEMENT STRATEGY



Well done students of Mt Leibig (Watiyawanu) for their amazing two days of swimming and Pool Life Saving on the 18<sup>th</sup> & 19<sup>th</sup> of March. Great bunch and amazing swim skill development. Thanks Royal Life Saving Society - Australia, Swim My Way funding.



Thank you to the parents who joined us at the Katherine Public Library on the 12<sup>th</sup> of March for an Emergency Care Session for the Water Safety Awareness Program.

It was great to share stories and speak about the importance of water safety!

It was also lovely to see Selena Uibo: Member for Arnhem who is getting ready to start lessons with her little one too!





## EMERGENCY CARE SESSIONS 2021 - Bookings are essential

### PARAP

Royal Life Saving NT  
77 Ross Smith Ave, Parap (Blue building)

Monday 19th April 9-10am  
Tuesday 20th April 5-6pm

Monday 24th May 5-6pm  
Tuesday 25th May 9-10am  
Saturday 29th May 9-10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

Wednesday 21st April 4:30-5:30pm  
Thursday 22nd April 9-10am

Wednesday 26th May 4:30-5:30pm  
Thursday 27th May 9-10am

### ALICE SPRINGS

Birth & Beyond Parent Resource Centre  
10/89 Fan Arcade Alice Springs 0870

Monday 19th April 10-11am  
Thursday 22nd April 4:30-5:30pm

Monday 24th May 10-11am  
Thursday 27th May 4:30-5:30pm

Are you in another location? Call us today to find out how you can attend an  
Emergency Care Session 8981 5036

# TRAINING

## Swim Teacher Rescue Award !

Congratulations to the teachers from Berry Springs Preschool for successfully updating CPR and STRA qualifications on the 3<sup>rd</sup> of March. Enjoy your 'Water play Wednesdays'





# TRAINING



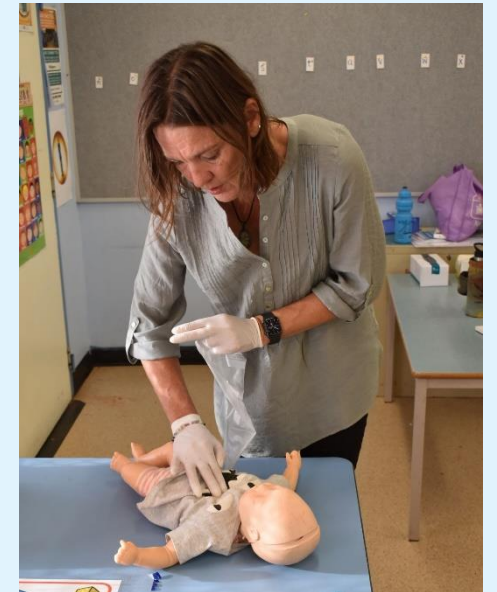
The Junior Police Rangers have been working towards completing their Bronze Medallion. These superstars performed rescues, completed initiatives and finished the session off with a line throw competition on the 4<sup>th</sup> of March. Plus Recover and Resuscitate, Simulated Emergency Rescue Competition, Manikin Tow and a Fin Relay on the 11<sup>th</sup> of March.

Fitness, fun and fantastic teamwork!



# TRAINING

Congratulations to everyone who completed their First Aid training with Dillon in Tennant Creek and Willowra on the 5<sup>th</sup> of March.





# TRAINING

We were rounding out our weekend of Training in Katherine with a First Aid course for the team at Katherine South Primary School. Great to see so many getting involved and gaining the skills to look after your community on the 7<sup>th</sup> of March.



# TRAINING



## Swim Teacher Rescue Award

Congratulations to the teachers from Girraween Preschool and transition classes for successfully updating CPR and STRA qualifications on the 10<sup>th</sup> of March.

The children are lucky to have such a lovely bunch of teachers!



# TRAINING

Congratulations to the staff from Ida Stanley and Bradshaw Preschool for successfully updating CPR and Swim Teacher Rescue Award qualifications on the 14<sup>th</sup> of March.



# TRAINING

The Students from Tennant Creek High School participated in First Aid Training on the 25<sup>th</sup> of March. It is never too early to learn these vital skills, great work!





# TRAINING

Congratulations to the teachers from Namarluk School for successfully updating CPR and Swim Teacher Rescue Award qualifications on the 15<sup>th</sup> of March. Thank you for your commitment to training, we'll see you next year!





# TRAINING

It was fun in the sun on the 16<sup>th</sup> of March, with students and teachers from The Essington School completing their Bronze Medallion assessment !





# TRAINING

On the 17<sup>th</sup> of March the Teachers from Manunda Terrace and Anula preschools completed their Swim Teacher Rescue Award training. Great work everybody! Special shout out to our patient Riley for helping us practice the extended arm rollover!





# TRAINING

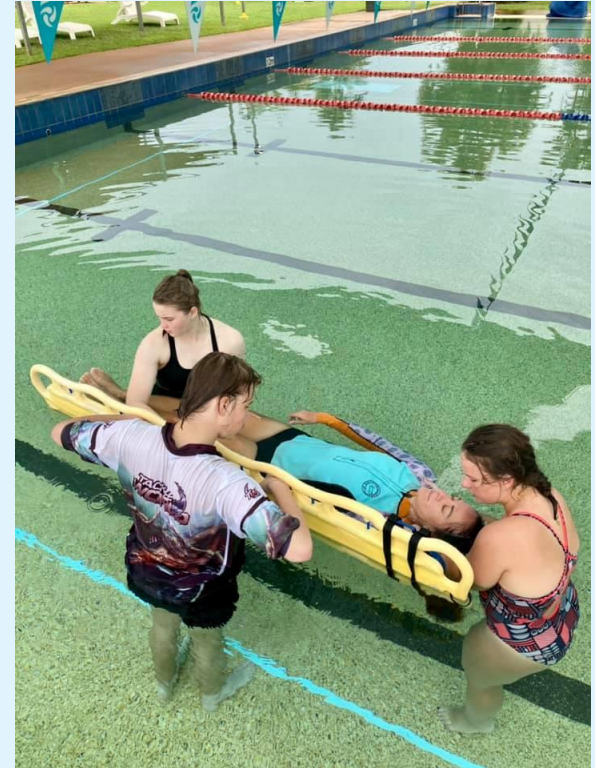
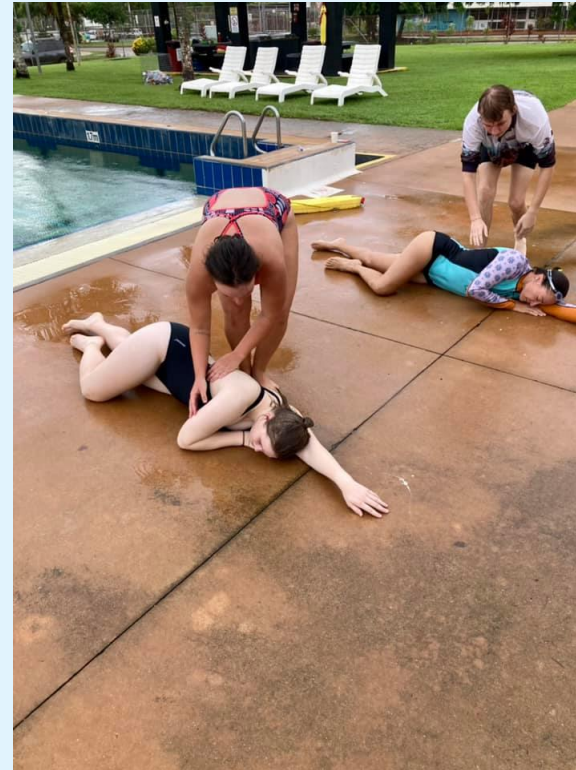
It was an amazing turn out for our training courses held on the 19<sup>th</sup> of March at the Nhulunbuy Aquatic Centre. Bronze Medallion & Bronze Medallion Update ✓





# TRAINING

A little rain didn't stop these Lifeguards from getting it done on the 20<sup>th</sup> & 21<sup>st</sup> of March for their Pool Lifeguard Course at the Nhulunbuy Aquatic Centre.



# TRAINING CALENDAR APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7 Bronze Medallion Update DWN	8 CPR DWN First Aid DWN	9 CPR ASP First ASP	10 Bronze Medallion ASP	11
12	13	14 CPR TENNANT CREEK First Aid TENNANT CREEK	15 Bronze Medallion Bronze Medallion Update TENNANT CREEK	16 Pool Lifeguard TENNANT CREEK	17 Pool Lifeguard Pool Lifeguard Update TENNANT CREEK Bronze Medallion DWN	18 Bronze Medallion DWN
19	20	21	22	23	24	25
26	27	28 Pool Lifeguard Update DWN	29	30		

## Bookings

Royal Life Saving NT Northern Territory Branch  
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GPO Box 1229, Darwin NT 0801

Phone: 08 8981 5036 Website: [nt.training.royallifesaving.com.au](http://nt.training.royallifesaving.com.au)







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