



# Kicking Back

Edition 123| August 2023  
Telephone: 08 8981 5036  
Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)



**Patron:** His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones

**President:** James Sheridan



# 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

Join  
Now!



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

**2023/2024**

# MEMBERSHIP

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.



Benefits include:

- Limited edition gift pack
- 5% discount on courses
- Monthly Newsletter
- Invitations to functions



# Our Patrons



We are so proud and grateful to have His Honour Professor Hugh Heggie and Ms Ruth Jones as our Patrons.

On 11 August, Board Member Penny Hart and Executive Director Floss Roberts were treated to a beautiful morning tea and shared stories of water safety and our programs.



# NT Administrator's Medal Award 2022

Congratulations to Alister Lear who was awarded the NT Administrator's Medal Award for 2022 on 14 August at Government House.

This is part of Alister's citation:

*Alister has been a dedicated RLSSA NT member and volunteer for well over 20 years.*

*Alister represents a strong commitment to the organisation, especially to pool lifesaving as a sport. Alister is a well known, familiar face at member events. Annually, Alister volunteers 100+ hours to pool lifesaving coaching, volunteering at community events and contributing to the fund-raising efforts of the organisation.*

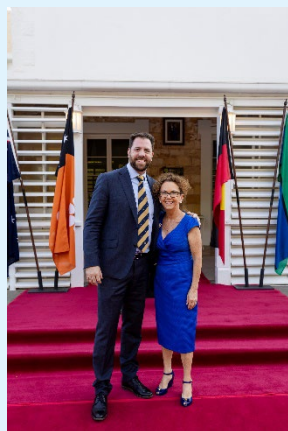
Thank you Alister, a wonderful acknowledgement of your service to RLSSA NT.





# NT Administrator's Medal Award 2022

Board Members, Staff, Volunteers and Members of Royal Life Saving NT attended Government House on 14 August for a wonderful evening acknowledging the commitment and dedication of some Members to water safety education and drowning prevention across the Northern Territory. Thank you to His Honour Professor Hugh Heggie and Ms Ruth Jones for hosting this wonderful evening. Congratulations to all the award recipients.





# NT Administrator's Medal Award 2023

Do you know someone who has made an exceptional contribution to Lifesaving, Water Safety and Drowning Prevention in the Northern Territory?

Nominations are now open for NT Administrator's Medal Award for 2023.  
Follow the link below to complete your nomination and submit it to [finacent@rlssa.org.au](mailto:finacent@rlssa.org.au)  
by no later than 14 November 2023  
<https://bit.ly/3qxW6ox>





# Teddy Bears' Picnic

Boof the Barra and the team had a wonderful time at Darwin's Teddy Bears' Picnic on 12 August.

The morning was spent playing in the #keepwatch duck pond and talking all things water safety. Thanks to everyone who stopped by!





# Programs



Term three swimming programs kicked off on 14 August down at the Nightcliff Swimming Pool.

Welcome back to our dedicated and talented Swim and Survive team.

**Swim**  
and  
**SURVIVE**

*“It’s great to be back helping the children achieve their swimming goals and improve their skills. We love seeing familiar faces returning after a year and seeing how far they have come.” – Adrienne, Team Leader*



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

# **WANTED** **SWIMMING TEACHERS**



## **Are you looking for casual work?**

Royal Life Saving – NT are looking for motivated individuals to assist in delivering the Swim and Survive program in Darwin & Palmerston. You will receive excellent casual hourly rate, flexible working hours during the school term and work in a fun & enjoyable environment.

**Experience preferred but not essential.**

Training will be provided, if necessary, with flexible payment plans available upon employment.

Please contact Laura Withers on 8981 5036 or [watersafety@rlssa.org.au](mailto:watersafety@rlssa.org.au) for more information.



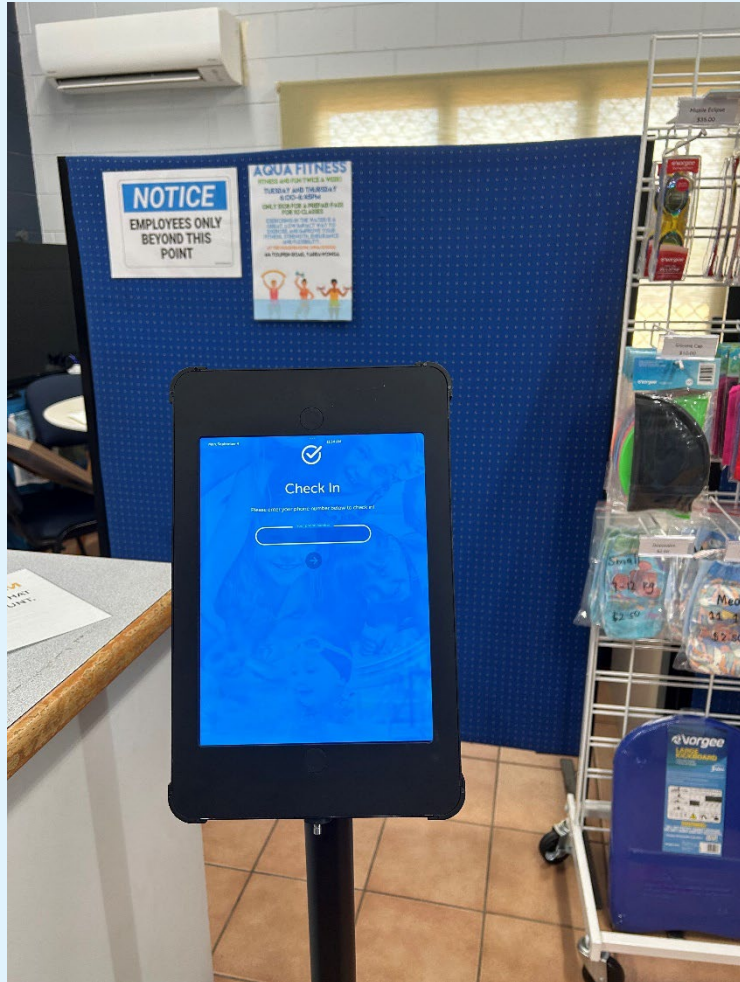


Call (08) 8931 1000

# Goldfishbowl Swim School

"Where the Water is Warm and the Teachers are Cool"

The Only Fully Covered, Temperature Controlled Pool in Palmerston



In August, the Goldfishbowl Swim School rolled out an exciting new self-check in system for lessons.

The seamless program allows families to check-in by typing in the phone number attached to their IclassPro account, then simply tap the check in icon under their child's name.

Goldfishbowl Swim School Manager Lou Salathiel says the system has been working very well, making class check-in quick and easy.







Call (08) 8931 1000

# Goldfishbowl Swim School

"Where the Water is Warm and the Teachers are Cool"

The Only Fully Covered, Temperature Controlled Pool in Palmerston



Darwin pool lifesaving athletes and Goldfishbowl squad swimmers participated in Masterclass Series 2 at the Goldfishbowl on 5 August. The session focused on butterfly stroke correction and line throw event techniques. Looking good, swimmers! Bring on the final carnival on 16 September.



# Cool Seniors

Cool Seniors is one of the hottest programs on the NT Seniors Month calendar. Participants enjoyed water exercise tropical style and learnt personal survival skills and lifesaving techniques in the Grey Medallion.

Congratulations to everyone who came along this year, we had a blast!



This program is supported by the Northern Territory Government and Council Of The Aging NT.



*“You may think you’re not up to the task of being able to rescue someone, but I say persist with staying in the program because you learn heaps, and although you might not be able to do the rescue there can be someone you can give instruction to.” – participant feedback.*



# WSAP Providers Workshop



The Annual Water Safety Awareness Program Providers Workshop was held on 31 August.

The workshop included discussions around the national swimming and water safety framework with attendees sharing ideas to foster comprehensive swimming and water safety education in their swim schools. Guest presenters from Asthma NT gave providers valuable insight into delivering specialised programs.

Thank you to all who came along, in person and via zoom, it's great to get together and reflect on the past year providing water safety lessons across the Northern Territory.



# Water Safety Awareness Program

Well done to these Parents who attended Session 1, Emergency Care of the Water Safety Awareness Program on 4 August.

Sharing vital water safety messages to parents of children under five is at the core of the Water Safety Awareness Program.

Thanks to Birth and Beyond Parent Resource Centre- Alice Springs for your support of this important program.





# **WATER SAFETY**

## **AWARENESS PROGRAM**



## **EMERGENCY CARE SESSIONS 2023**

Bookings are essential

### **PARAP**

**Royal Life Saving NT**

**77 Ross Smith Ave, Parap (Blue building)**

Tuesday 12<sup>th</sup> September 5-6pm

Monday 16<sup>th</sup> October 5-6pm

Tuesday 17<sup>th</sup> October 9-10am

Saturday 21<sup>st</sup> October 9-10am

### **PALMERSTON**

**Palmerston Child & Family Centre 2 Brennan  
Court, Farrar**

Wednesday 13<sup>th</sup> September 4.30-5.30pm

Wednesday 18<sup>th</sup> October 4.30-5.30pm

Thursday 19<sup>th</sup> October 9-10am

### **ALICE SPRINGS**

**Birth & Beyond Parent Resource Centre 10/89 Fan Arcade Alice Spring**

Tuesday 26<sup>th</sup> September 10-11am

Friday 29<sup>th</sup> September 10-11am

Tuesday 3<sup>rd</sup> October 10-11am

Friday 6<sup>th</sup> October 10-11am

Are you in another location?

Email us at [wsap@rlssa.org.au](mailto:wsap@rlssa.org.au) to help us assist you with your enquiry



Don't forget to apply for your Learn to Swim or Sports Vouchers now!  
Semester 2, July – December 2023 is now open.  
Please visit <https://grantsnt.nt.gov.au/welcome> to apply today



# SAVE THE DATE – Water Safety Week



FREE FAMILY EVENTS

# Water Safety WEEK 2023

Be water safety wise!

SUNDAY 17<sup>th</sup> - SATURDAY 23<sup>rd</sup> SEPTEMBER

DARWIN • PALMERSTON • KATHERINE  
TENNANT CREEK • ALICE SPRINGS

Splashfest • Water Safety Activities  
Story Reading with Boof the Barra  
Pool Lifesaving Carnivals • Aquafest

The Water Safety Unit

ROYAL LIFE SAVING NORTHERN TERRITORY

NORTHERN TERRITORY GOVERNMENT

A cartoon fish wearing a lifebuoy is on the right side of the banner.

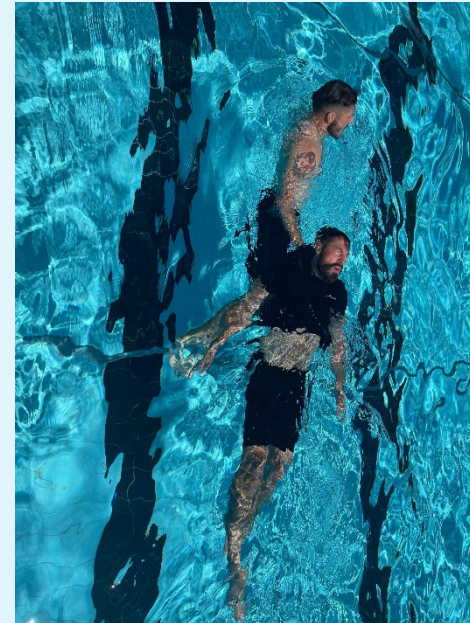
Water Safety Week returns in September with fun, family-friendly events across the Northern Territory. Festivities kick off with Splashfest at Darwin Waterfront on Sunday 17 September.





# Training

Training commenced in August after a short break for the dry season. Our Trainers conducted workplace training and the Bronze Medallion was back at Parap Pool on 12 August. On 31 August our Trainers, Naomi and Helen travelled to Katherine to deliver a Bronze Medallion with staff from Kalkarindji and Lajamanu schools.





# Take the Plunge!



**Terms and conditions apply.**

**Limited places – enquire early to avoid missing out.**

**Contact Royal Life Saving NT's Training Manager today to check your eligibility.**

**Email: [trainingmanagernt@rlssa.org.au](mailto:trainingmanagernt@rlssa.org.au)**

Take the Plunge – Teach a Skill for life program is about creating employment pathways in the aquatic industry across the Northern Territory.

Using Vocational Education and Training, the program focuses on identified skills shortages in Swim Teachers and Pool Lifeguards.

Through the Northern Territory Governments Pre-employment program, eligible participants may have the cost of their Pool Lifeguard and Swim Teacher training fully funded.

The program is running at the following locations:

- **Nhulunbuy** | October & November
- **Tennant Creek** | October & November



# AUSTSWIM



Congratulations to these local NT legends who participated in AUSTSWIM's Teacher of Swimming and Water Safety course held at Parap pool on 19 and 20 August. The two days were packed to the brim, full of learning, insightful discussions and maximum participation by all the candidates. The Northern Territory is in great hands with these up-and-coming swimming and water safety teachers!

# Training Calendar Darwin



## Bronze Medallion

8.30am-4.30pm

6<sup>th</sup> October

14<sup>th</sup> October

18<sup>th</sup> November

9<sup>th</sup> December

## Bronze Medallion Update

8.30am-12.30pm

6<sup>th</sup> October

14<sup>th</sup> October

18<sup>th</sup> November

9<sup>th</sup> December

## Resuscitation Courses

2-4pm

12<sup>th</sup> October

9<sup>th</sup> November

7<sup>th</sup> December

## Pool Lifeguard

8.30-4.30pm

7<sup>th</sup> & 8<sup>th</sup> October

## Pool Lifeguard Update

8.30am-4.30pm

7<sup>th</sup> October

## First Aid Online + Practical Assessments

*Online learning + 4-hour practical Assessment*

2-6pm

12<sup>th</sup> October

9<sup>th</sup> November

7<sup>th</sup> December

## First Aid Child Care & Education

*Online learning + 5-hour practical Assessment*

2-7pm

12<sup>th</sup> October

9<sup>th</sup> November

7<sup>th</sup> December

## Face to Face First Aid

*Workplace training can be requested*



## Bookings

Royal Life Saving NT

ABN 57 939 760 839 - RTO 0859

GPO Box 1229, Darwin NT 0801

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





# Training Calendar Regional

## Resuscitation

Alice Springs: 21<sup>st</sup> September 8.30-10.30am  
Nhulunbuy: 10<sup>th</sup> October 9-11am  
Tennant Creek: 25<sup>th</sup> October 2.30-4.30pm  
Batchelor: 11<sup>th</sup> November 8.30-11.30am  
Alice Springs: 14<sup>th</sup> December 12-2pm

## Pool Lifeguard

**8.30am-4.30pm**

Alice Springs: 23<sup>rd</sup> & 24<sup>th</sup> September  
Nhulunbuy: 12<sup>th</sup> & 13<sup>th</sup> October  
Tennant Creek: 26<sup>th</sup> & 27<sup>th</sup> October

## Pool Lifeguard Update

**8.30am-4.30pm**

Alice Springs: 29<sup>th</sup> September  
Nhulunbuy: 13<sup>th</sup> October  
Tennant Creek: 27<sup>th</sup> October

## Bronze Medallion

**8.30am-4.30pm**

Alice Springs: 22<sup>nd</sup> September  
Nhulunbuy: 11<sup>th</sup> October  
Tennant Creek: 25<sup>th</sup> October  
Batchelor: 11<sup>th</sup> November

## Bronze Medallion Update

Alice Springs: 21<sup>st</sup> September 2.30-6pm  
Nhulunbuy: 10<sup>th</sup> October 3.30-6.30pm  
Tennant Creek: 25<sup>th</sup> October 1-4pm  
Batchelor: 11<sup>th</sup> November 8.30am-12.30pm

## First Aid Online + Practical Assessments

**Online learning + 4-hour practical Assessment**

Alice Springs: 21<sup>st</sup> September 8.30am-1.30pm  
Nhulunbuy: 10<sup>th</sup> October 9am -1pm  
Tennant Creek: 25<sup>th</sup> October 2.30-5.30pm  
Alice Springs: 14<sup>th</sup> December 12-5pm

## First Aid Child Care & Education

**Online learning + 5-hour practical Assessment**

Alice Springs: 21<sup>st</sup> September 8.30am-1.30pm  
Alice Springs: 14<sup>th</sup> December 12-5pm

## Face to Face First Aid

*Workplace training can be requested*



## Bookings

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# AUSTSWIM Courses



**Teacher of Swimming  
and Water Safety**  
8.30am-4.30pm

**Nhulunbuy**  
14<sup>th</sup> & 15<sup>th</sup> October

**Tennant Creek**  
23<sup>rd</sup> October 12-5pm  
24<sup>th</sup> October 8.30am-5.30pm

**Darwin**  
11<sup>th</sup> & 12<sup>th</sup> November

**Teacher of Infant  
and Preschool Aquatics**  
8.30am-4.30pm

**Alice Springs**  
1<sup>st</sup> October

**Darwin**  
3<sup>rd</sup> October

**Tennant Creek**  
7<sup>th</sup> November

**Nhulunbuy**  
15<sup>th</sup> November

**Teacher of Access  
and Inclusion**  
8.30am-4.30pm

**Alice Springs**  
15<sup>th</sup> September

**Darwin**  
6<sup>th</sup> October

**Tennant Creek**  
8<sup>th</sup> November

**Nhulunbuy**  
16<sup>th</sup> November



## Bookings

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Don't forget to follow our new Facebook page  
@RoyalLifeSavingNorthernTerritory



*"Our People, Our Lifestyle, Our Water"*



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY