



KICKING BACK

March 2024

EDITION #130

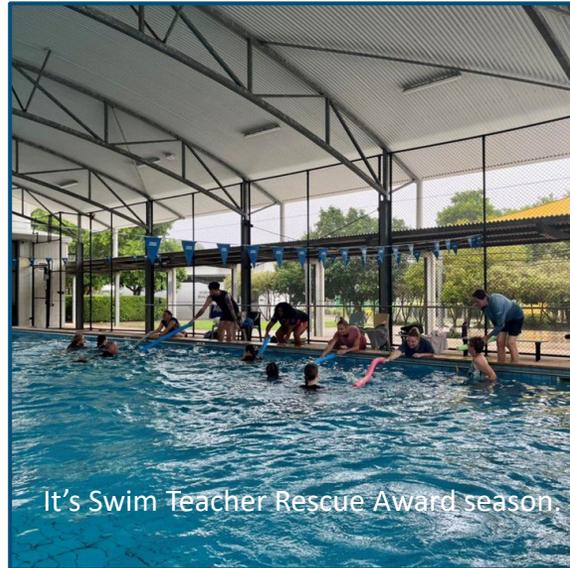


Welcome to the Easter edition of Kicking Back.

March was a busy month jam-packed with delivery of training and Swim and Survive programs across the Territory including a bumper 4-week community visit to Maningrida.



Royal Life Saving NT visits Maningrida.



It's Swim Teacher Rescue Award season.



We celebrated some significant Birthdays.

MISSION, VISION AND STRATEGY

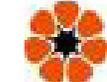
MISSION: To prevent loss of life and injury in the community with an emphasis on the aquatic environment.

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

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

President: Randall Cook

Proudly sponsored by
 Northern Territory
Government

OUR WATER



Happy Easter from Royal Life Saving NT!

Sadly, the risk of drowning increases on public holidays with Royal Life Saving research reporting reports that a total of 123 drowning deaths have occurred during the Easter holidays over the past 20 years, an average of 6 drowning fatalities per 4-day long weekend.

Drowning over Easter occurs most frequently at rivers, while swimming and recreating or boating. If you're out and about enjoying our waterways this long weekend, please remember to stay safe.

Good luck tracking down the Million Dollar Fish!



Royal Life Saving Australia's top 5 tips to enjoy the water safely:

- ⊗ Always supervise children around water
- ⊗ Avoid alcohol around water
- ⊗ Wear a lifejacket when boating and fishing
- ⊗ Know the conditions
- ⊗ Avoid going alone

OUR PLACES



Throughout March, Royal Life Saving NT travelled to Maningrida in Arnhem Land for a series of 4 consecutive week-long visits to deliver training and Swim and Survive programs in the community.

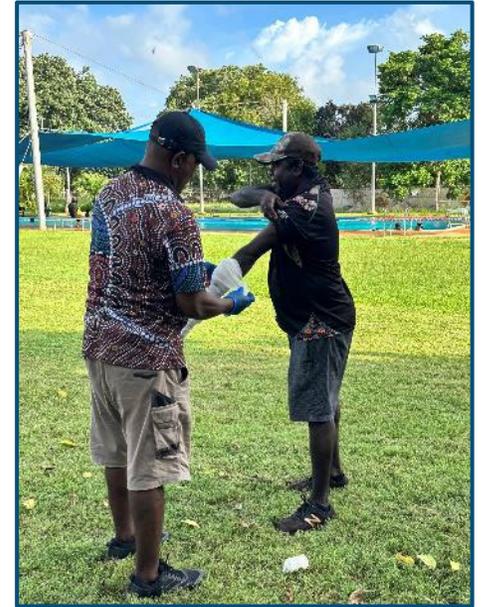
Students from Maningrida College and community members participated in training. This included Bronze Medallion, Bronze Medallion Update, First Aid, First Aid in an Education and Childcare Setting, Pool Lifeguard and Pool Lifeguard Update, Provide Cardiopulmonary Resuscitation and 2 people commenced the swim teacher training.

A massive thank you to Maddie, Loki and Eddy for making everything work. Thank you to the NT Government and the Remote Sports Voucher Team for their leadership and commitment to ensure this program could happen the way the community had designed it.

Keep scrolling for more photos from the visit.



OUR PLACES



OUR PEOPLE



This month in Meet Our Members, the spotlight is on Aaron Dalglish - trainer and member of Royal Life Saving NT (RLSSA NT) for an impressive 16 years. Aaron is Year 12 Coordinator of Outdoor Education at Darwin High School and last year, he was recognised as RLSSA NT Trainer of the Year.

What made you become a member? I joined because I teach the Bronze Medallion as part of Outdoor Education. However, I also think it's really important that as many young people as possible learn to swim well and learn how to make good decisions around the water and be able to help their mates if they get into trouble.

What have been some of your favourite experiences as a member? There is nothing better than seeing a young person complete the timed tow or a timed rescue when they thought they were not going to be able to do it and then they do. Particularly if they have had a few goes at it. For me, its about passing on skills but a personal benefit is as a trainer I get free training.

Pick three words that describe RLSSA NT: Community oriented, inclusive and fun.

What would you say to someone who is thinking about becoming a member? Why not? It's a great way to stay fit and give back to the community.

Are you our next featured member? Drop us a private message on Facebook (and follow us if you're not already!) to register your interest.



Join now!

Benefits include:

- Member's gift pack
- 5% discount on courses
- Monthly Newsletters
- Invitations to functions



OUR PEOPLE



From 4-6 March Royal Life Saving NT's Training Manager Rebecca Gawne travelled to Nhulunbuy to deliver Bronze Medallion, Pool Lifeguard and First Aid training courses.

This was also the perfect opportunity to recognise some very important people in our community.

A member for over 15 years, Alice Doyle was awarded a Life Membership Award for her outstanding contributions and dedication to water safety in the Northern Territory.

Nhulunbuy Corporation was recognised for an unwavering dedication to drowning prevention and water safety education. The organisations commitment to community safety around water is truly commendable and makes a significant difference in saving lives.

Thank you, Bec for hand-delivering these important awards.



OUR PEOPLE



On 1 March we took a little time out to celebrate Operations Manager Laura and Goldfishbowl Swim School Manager Lou's recent 'significant' birthdays with cake, balloons and plenty of cheer.

Happy Birthday, Laura and Lou!



Shout-out to the wonderful schools that completed Swim and Survive programs with Royal Life Saving NT in February and March.



SATTLER
CHRISTIAN
COLLEGE



MARRARA
CHRISTIAN
COLLEGE

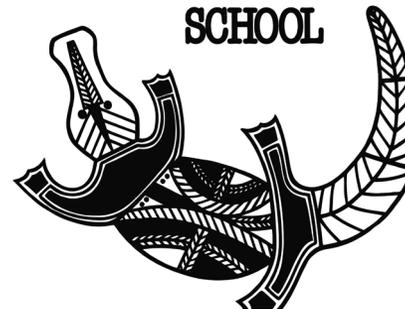


MIDDLE POINT
SCHOOL

BELYUEN



SCHOOL



POOL LIFESAVING



The Darwin pool lifesaving squad celebrated Easter with a cheeky visit from the Easter bunny and a hotly contested obstacle relay race. Great work to the Junior Squad members who had a go at the event for the first time!

Friendly reminder that pool lifesaving finishes for this term on 3 April in Darwin and Alice Springs.

In exciting news, there is a trial program launching at SWELL in Palmerston for 7 weeks. Splashing off on 19 April the sessions will run on Fridays from 5-6pm. Please call the office on 8981 5036 to enroll prior to attending.



Pool lifesaving.
It's more than just a sport.



POOL LIFESAVING



The Northern Territory Sports Awards celebrate the achievement of athletes, coaches, sporting officials and volunteers.

This year 5 wonderful representatives of the sport of pool lifesaving were nominated for their efforts in 2023, both across the season and at the Australian Pool Lifesaving Championships. Volunteer and Coach Carly McLuckie, Team NT Coach Alister Lear and Athletes Deacon Higgins, Kate Conway and Cohen Higgins.

Special shout-out to Darwin Swimming Club's Macey Sheridan who is a finalist in the Junior Sportsperson of the Year Category and Darwin Swimming Club for Team of the Year.

Congratulations and good luck to finalists in each category and to our nominees, you're all winners to us!

RLSSA NT 2024 Nominees





WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS

Bookings are essential

PARAP

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

Monday 22 Apr 5-6pm
Saturday 27 Apr 9-10am
Monday 20 May 5-6pm
Tuesday 21 May 9-10am
Saturday 25 May 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Wednesday 24 Apr 4.30-5.30pm
Wednesday 22 May 4.30-5.30pm
Thursday 23 May 9-10am

Are you in another location?

Email us at wsap@rlssa.org.au and we can assist with your enquiry



Goldfishbowl Swim School



Do you follow the Goldfishbowl Swim School on Facebook? The page is a hub for everything happening at the School including term enrolment reminder dates and special events.

Staff profiles are also shared on the page so followers can get to know some of the friendly faces on the team.

Check out a sneak peek of swim instructors Jacque and Amber's profiles shared so far and head to [@goldfishbowlschool](https://www.facebook.com/goldfishbowlschool) to give the page a follow.



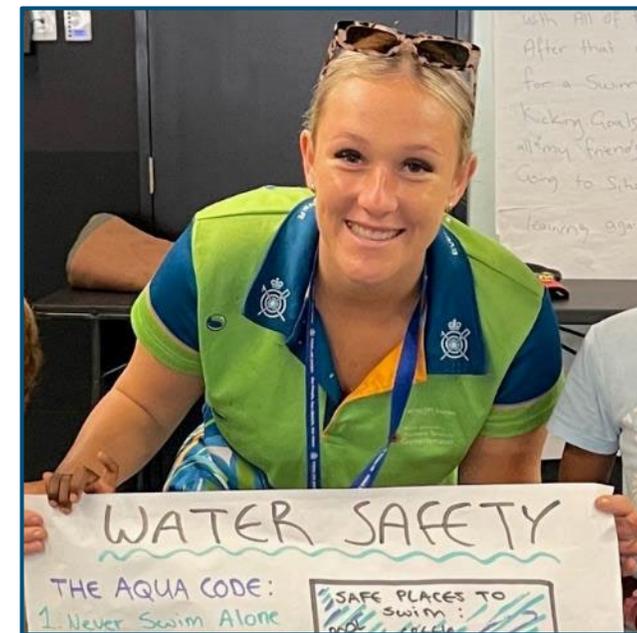
Why do you love being a swim teacher?



Jacque

"It's amazing to be able to teach someone a life skill that can open doors to amazing opportunities.

If you can swim you can have a go at surfing, diving, water polo even synchronized swimming!"



Amber

It's given me so many opportunities from remote work to infant classes.

I love working with kids and building bonds. Seeing previous students who have moved up still say "Hi Miss Amber," it's so rewarding!

TRAINING



The start of the year is Swim Teacher Rescue Award (STRA) season. STRA's equip participants with aquatic rescue knowledge and skills to supervise students undertaking lessons in swimming pools or other controlled aquatic environments.

Since January, Royal Life Saving NT delivered 18 STRA courses with 120 participants.



TRAINING



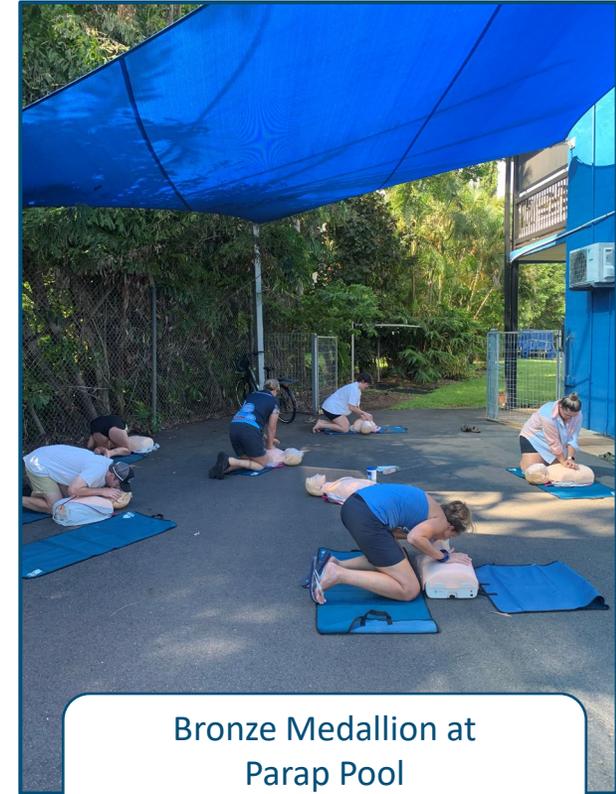
Bronze Medallion at Jabiru Pool on 5 March.



First Aid with Clontarf Foundation on 11 March.



Bronze Medallion at Alice Springs Aquatic and Leisure Centre on 12 March



Bronze Medallion at Parap Pool on 23 March.

UPCOMING COURSES



Resuscitation

Darwin | 28 May, 2-4pm

First Aid (online learning + practical assessment)

Darwin | 28 May, 2-6pm

First Aid Childcare (online learning + practical assessment)

Darwin | 28 May, 2-7pm

Bronze Medallion

Darwin | 20 Apr, 8.30-4.30pm

Alice Springs | 18 May, 8.30am-4.30pm

Bronze Medallion Update

Darwin | 20 Apr, 8.30am-12.30pm

Alice Springs | 19 May, 8.30am-12.30pm

Book Now



trainingmanagernt@rlssa.org.au



<https://nt.training.royallifesaving.com.au>



Royal Life Saving Northern Territory



8981 5036

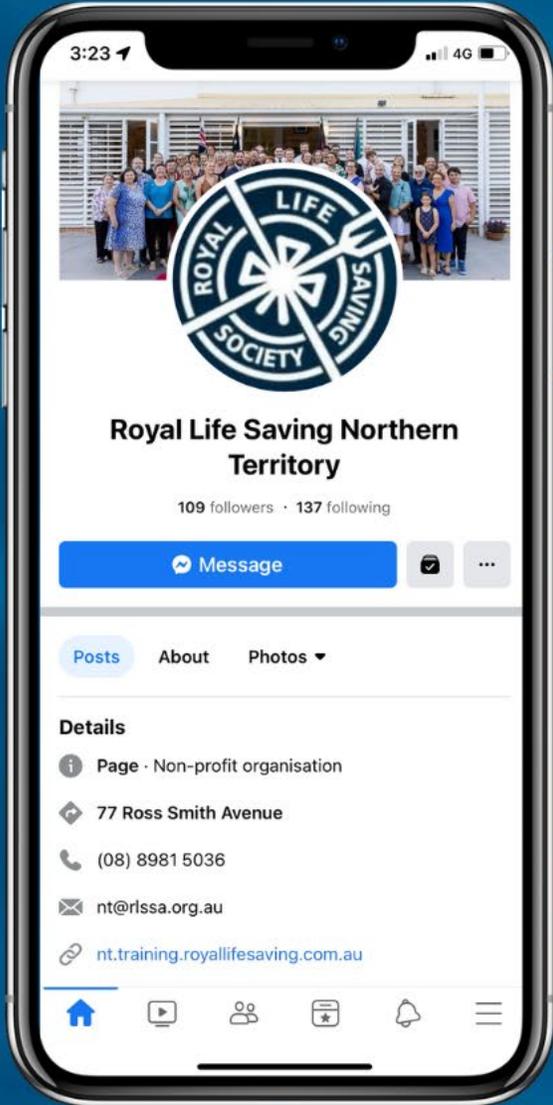


Royal Life Saving NT

ABN 57 939 760 839 - RTO 0859

GPO Box 1229, Darwin NT 0801

RTO Provider #0859



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NORTHERN TERRITORY

