



KICKING BACK

January 2024



ROYAL LIFE SAVING
NORTHERN TERRITORY

EDITION #128



Welcome to the first edition of Kicking Back for 2024.

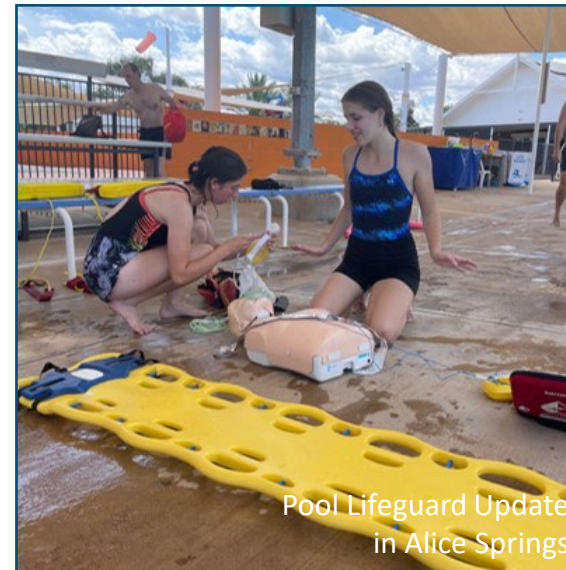
January was jam-packed with pool lifesaving prowess at the Australian Pool Lifesaving Championships, plus training and delivery of water safety messaging across the Territory.



Swim, Survive and Strive
in Gunbalanya



APLSC
2024



Pool Lifeguard Update
in Alice Springs

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

Be safe in, on and around water. From the RLSSANT Management Committee

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

AUSTRALIAN POOL LIFESAVING CHAMPIONSHIPS **2024**



The Northern Territory Pool Lifesaving Team travelled to Melbourne Sports and Aquatic Centre to compete at the 2024 Australian Pool Lifesaving Championships from 18-20 January. The team made up of 10 athletes, 3 officials and 1 team manager included 3 athletes competing for the first time.

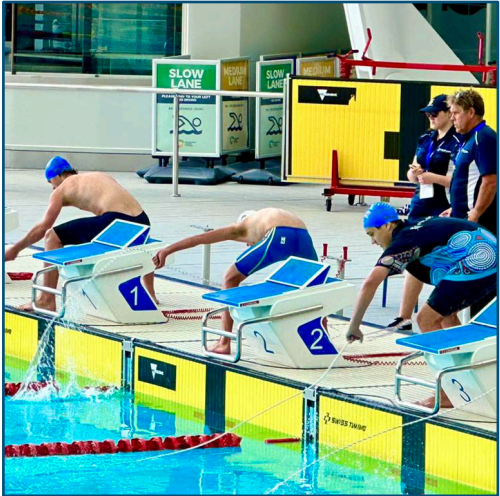
The elite competition sees lifesavers from across Australia compete in speed events in the pool - swimming races with a lifesaving twist - and events with a humanitarian purpose including CPR and the Simulated Emergency Response Competition (SERC).



This year Western Australia took home the overall title for the first time in 20 years. Team Manager and Coach Laura Withers said the competition was one of the best with Team NT taking home 4 medals, 1 overall age champion trophy and 16 personal bests. Some returning athletes shaved close to 20 seconds off previous times!

Congratulations to all the athletes, volunteers, managers, coaches and officials on another successful event celebrating the only sport with a humanitarian purpose.

AUSTRALIAN
POOL LIFESAVING
CHAMPIONSHIPS **2024**



POOL LIFESAVING



Pool lifesaving training returns to Darwin and Alice Springs from 7 February at Parap Pool and Alice Springs Aquatic and Leisure Centre.

With a range of squads and levels available, come along to increase fitness and learn technical skills in swimming and competition lifesaving under the guidance of our qualified coaches.



Junior Pool Lifesaving Squad

Recommended for ages 8+ with the ability to swim 50m without stopping

Pool Lifesaving Competition Squad

Recommended for ages 13+ following a swimming ability assessment

Adult Fitness & Fun

Adults of all ages and swimming abilities welcome

For further information please contact Laura at
Royal Life Saving Society NT

P: 8981 5036

E: sportnt@rlssa.org.au

FEES

23/24 Pool Lifesaving Membership: \$10.00

+

New members: \$100 (10 sessions and club shirt)

Returning members: \$50 (10 session pass)

OUR PEOPLE



Introducing Meet our Members, highlighting our people to learn what they love about RLSSA NT. Up first is pool lifesaving parent and individual member of 7 years Trish Bayard.

What made you become a member? My son was doing Nippers in the Dry season, and I wanted him to continue swimming in the Wet. He wasn't keen on swimming squad and one of the older Nippers was doing pool lifesaving so suggested we try it and we both became members.

What have been some of your favourite experiences as a member? I love watching the kids compete and having the opportunity to travel interstate and represent the NT. Also, seeing these kids learn invaluable skills that can save lives and benefit them throughout their lives. I was very proud when my son achieved his Bronze Star and Bronze Medallion. I've met some great people through being a member and enjoyed a number of events we're invited to attend.

Pick three words that describe RLSSA NT Community, safety and lifesaving.

What would you say to someone who is thinking about becoming a member? There are great benefits to becoming a member, like discounted training courses and sporting opportunities but above all I feel great supporting an organisation that works so hard to prevent drownings. The services they provide for our community across all age groups is invaluable.

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



Join now!

Benefits include:

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





Goldfishbowl Swim School



Goldfishbowl Swim School and Swim and Survive instructors gathered on 12 January for an in-service to prepare for Term 1.

The day started at Parap HQ for a CPR refresher before heading to the Goldfishbowl for aquatic rescue scenarios to complete the Swim Teacher Rescue requalification.

With a combined total of over 150 years of experience, the cohort also shared tips and tricks for supporting children on their learn to swim journey.



"It was a fun day of sharing knowledge and re-connecting after the Christmas break. It was great to see everyone."

Matilda Stones – Swim Instructor.



Little Royals Swim School returned to Katherine from 15-18 January. The 4-day intensive learn to swim program saw 27 children aged from 6 months-10 years participate in the Swim and Survive program.

Monsoonal weather arrived in Katherine around the same time as our swim instructor did, but a little rain didn't stop the fun lessons from going ahead. Well done to all the swimmers and their families.



The Water Safety Unit



The first Emergency Care Sessions of the Water Safety Awareness Program for 2024 rolled out in Darwin and Alice Springs from 29-31 January.

Sharing key messages of keeping watch, restricting access, water familiarisation and CPR awareness, it's great to see parents embracing this important program.

With 2024 dates already booking out, keep scrolling for further information about the Water Safety Awareness program and upcoming sessions.





WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS

Bookings are essential

PARAP

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

Monday 11 Mar 5-6pm
Tuesday 12 Mar 9-10am
Saturday 16 Mar 9-10am
Monday 22 Apr 5-9pm
Tuesday 23 Apr 9-10am
Saturday 27 Apr 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Wednesday 13 Mar 4.30-5.30pm
Thursday 14 Mar 9-10am
Wednesday 24 Apr 4.30-5.30pm

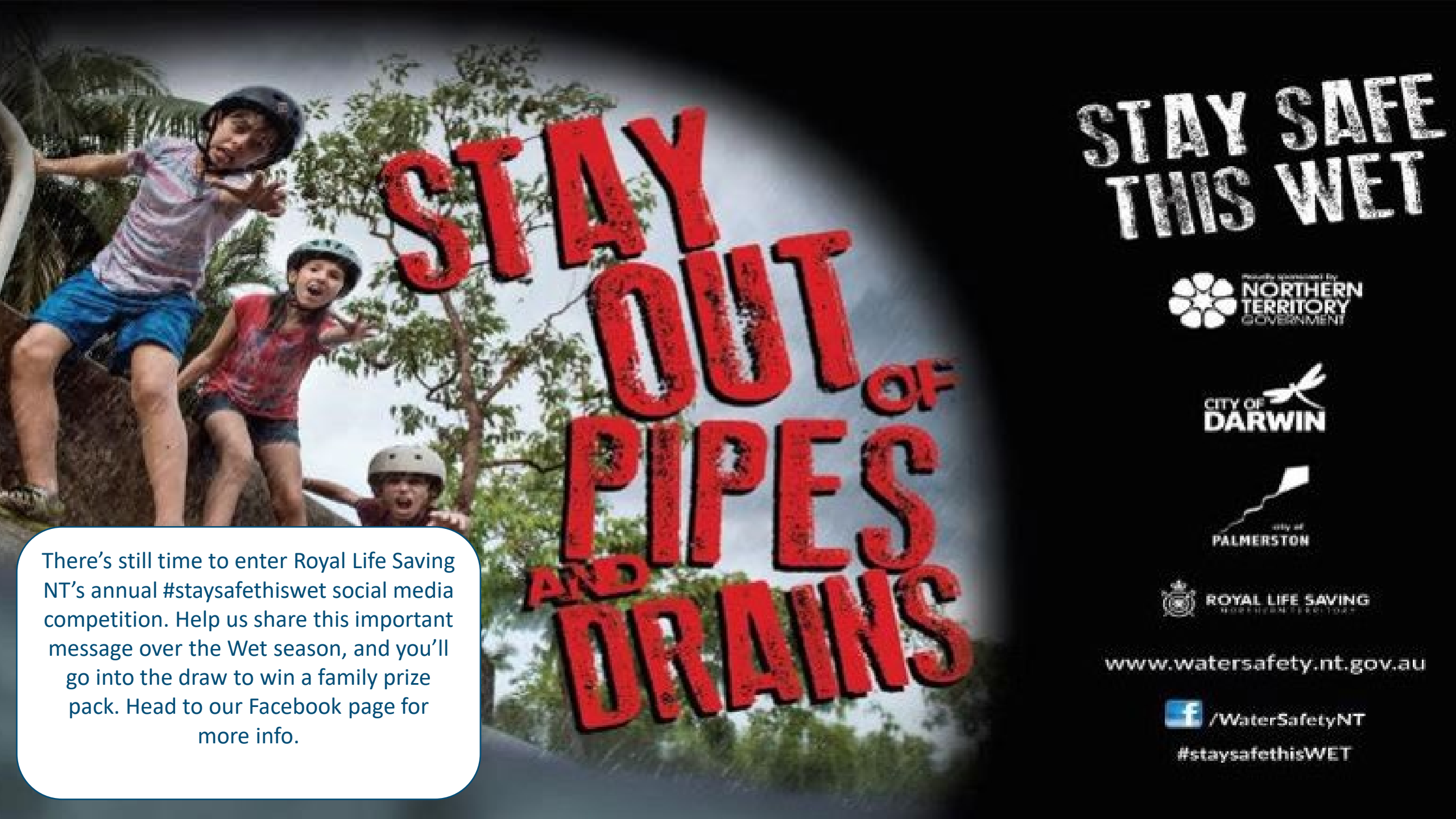
Alice Springs

Birth and Beyond
Fan Arcade, Alice Springs

Wednesday 7 Feb 10-11am
Friday 23 Feb 10-11am
Friday 15 Mar 10-11am

Are you in another location?

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



There's still time to enter Royal Life Saving NT's annual #staysafethiswet social media competition. Help us share this important message over the Wet season, and you'll go into the draw to win a family prize pack. Head to our Facebook page for more info.

STAY SAFE THIS WET



www.watersafety.nt.gov.au

 /WaterSafetyNT
#staysafethisWET

OUR PLACES



Royal Life Saving Northern Territory travelled to picturesque Gunbalanya from 15-19 January to deliver the Swim, Survive and Strive project to Gunbalanya School students and CPR, Bronze Medallion and First Aid training to community members.



TRAINING



It was a busy start to the year with lifeguards, teachers and healthcare professionals across the Territory booking training courses to update qualifications and train new staff. Great work to all participants.



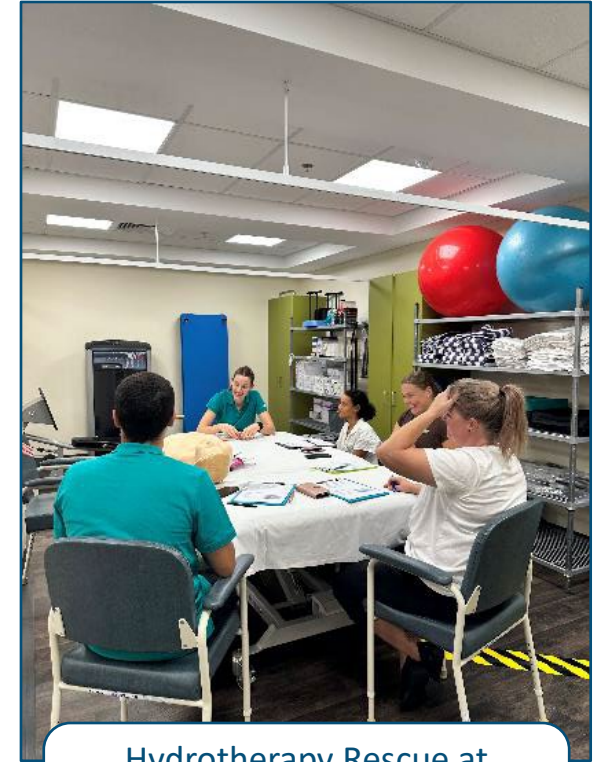
Aquatic Facility Safety Assessment at Areyonga on 10 January.



Hydrotherapy Rescue at Palmerston Regional Hospital on 12 January.



Pool Lifeguard Update at Alice Springs Aquatic and Leisure Centre on 25 January.



Hydrotherapy Rescue at Darwin Private Hospital on 30 January.

UPCOMING COURSES



Resuscitation

Alice Springs | 8 Feb, 12-2pm
Darwin | 27 Feb, 2-4pm

Bronze Medallion

Alice Springs | 9 Feb, 8.30am-4.30pm

Bronze Medallion Update

Alice Springs | 3 Feb, 8.30am-12.30pm

Pool Lifeguard

Alice Springs | 10 & 11 Feb, 8.30am-4.30pm

Pool Lifeguard Update

Darwin | 24 Feb, 8.30am-4.30pm

First Aid (online learning + practical assessment)

Alice Springs | 8 Feb, 12-5pm
Darwin | 27 Feb, 2-6pm

First Aid Childcare (online learning + practical assessment)

Alice Springs | 8 Feb, 12-5pm
Darwin | 27 Feb, 2-7pm

AUSTSWIM Teacher of Swimming and Water Safety

Darwin | 17 & 18 Feb, 8.30am-4.30pm
Alice Springs | 25 & 26 Feb, 8.30am-4.30pm

Book Now



trainingmanagernt@rlssa.org.au



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



Royal Life Saving Northern Territory



8981 5036

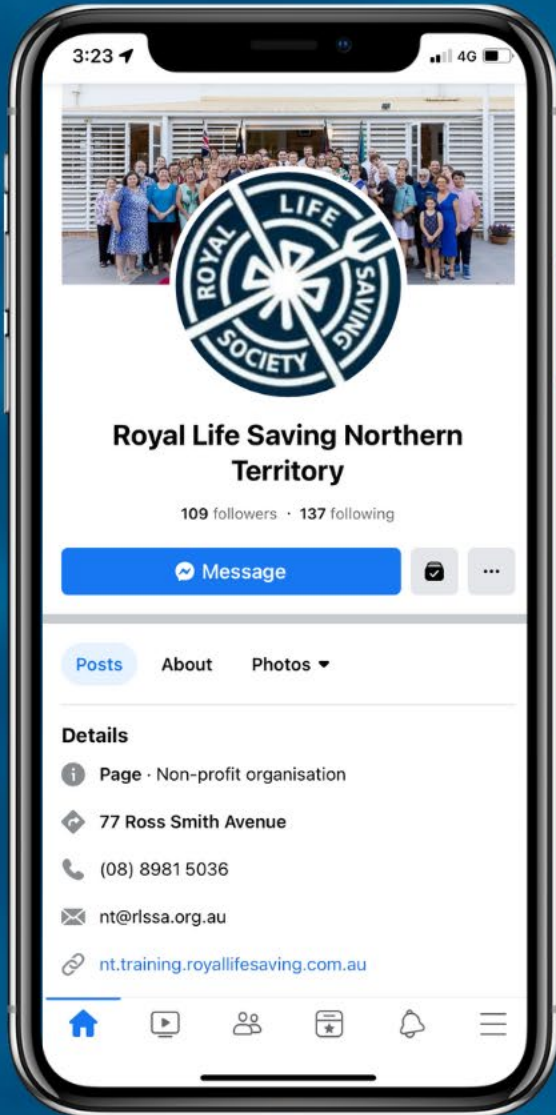


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