



**WATER. IT'S ONLY SAFE
WHILE YOU'RE WATCHING.
KEEP WATCH**

Kicking Back

Edition 120 | June 2022-May 2023

Telephone: 08 8981 5036

Email: 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*

Proudly sponsored by
 **Northern Territory
Government**



ROYAL LIFE SAVING
NORTHERN TERRITORY

SUPPORTED BY

Australian Government

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

WE'RE BACK!

Royal Life Saving NT has experience a lot of changes over the past 12 months.

Our Kicking Back newsletter was put on hold and our social media presence was minimal as we focused on the delivery of programs and services.

The good news is our amazing Kate Conway is our new editor of the Kicking Back newsletter and Kate will be assisting us with our social media profiles.

Please enjoy our reflection of the past 12 months.

Edition 121 of Kicking Back will be available in the first week of July.

WE also have a new Facebook page <https://bit.ly/3MYz6pJ>



Have a safe and happy long weekend

Starting in 2023, Australians celebrate the official birthday of their king, Charles III. The holiday falls on the second Monday in June. Please have a safe and happy long weekend. Look after your family and friends when you are in, on and around water.



JUNE '22

We jumped on the ferry with students from Murrupurtiyanwu Catholic Primary School to the pool at Pirlangimpi for Swim, Survive & Strive lessons and staff completed first aid training.



JULY '22

In July, we kicked off a busy month on the show circuit visiting Tennant Creek, Alice Springs and Darwin shows. We fundraised by directing the carparking at the Darwin 4WD, Boating & Camping Expo and were honoured to take out second place Best Community Group Stallholder at the Darwin Show.



AUGUST '22

August is Seniors Month in the NT and Cool Seniors, RLSSA NT's program of WETS Aquatic Exercise and Grey Medallion for Senior Territorians is always a highlight on the calendar.

Seniors enjoyed keeping fit, learning water rescue skills and were treated to a delicious afternoon tea. Everyone received certificates to acknowledge their achievements.

Congratulations to all participants, you're an inspiration to us all and we can't wait to see you again this year.



SEPTEMBER '22



Splashfest returned to Darwin Waterfront to kick start Water Safety Week 2022 with glitter, bubbles and plenty of family friendly fun.



OCTOBER '22



In October we travelled right across the Territory delivering courses from the Red Centre to the Top End in a month jam packed with training courses, learning and fun.



NOVEMBER '22



November was all about AUSTSWIM and supporting our industry by training wonderful people who want to become teachers of swimming and water safety.



DECEMBER '22



In December we held the annual Royal Life Saving NT Members Christmas party and the Swim and Survive teacher's party. There was Christmas presents and a visit from the jolly man in the red suit and it was great to see everyone together looking festive after a big year.



JANUARY '23

The NT Team travelled to Melbourne Sports and Aquatic Centre for the Australian Pool Lifesaving Championships 2023 and with the help of two drafted interstate competitors, the NT had entrants in all age groups for the first time in 15 years. Thanks to our wonderful athletes, parents, coach, team manager and officials for representing the Northern Territory in Pool Lifesaving at the highest level.



FEBRUARY '23

Little Royals Swim School made a big splash at Nightcliff Pool in February.



MARCH '23

Centre for National Resilience



In March Royal Life Saving NT ran a water safety program for the 700 evacuees from Daguragu, Kalkarindji, Pigeon Hole and Palumpa, at the Howard Springs Centre for National Resilience.

The program ensured the pool was opened seven days a week and staffed by qualified lifeguard and qualified Swim Teachers. The children were really excited that the pool was opened and families returned to their community in May with increased water safety knowledge and skills.



APRIL '23

Training continued in April, turning tradies, educators and local legends into everyday lifesavers.



MAY '23 –Seniors Expo

COTA hosted an amazing Seniors Expo on 27th May. Congratulations to Gary who won our survey prize. Thank you to everyone who completed our water safety survey.





- The 2023 NT Sport Integrity survey is now open to all Territory sport stakeholders – including players, coaches, administrators, committee members, officials, parents, scorers, and basically anyone involved in sport in the NT.
- The survey has been posted to the Department's [Facebook Page](#) and the [Have Your Say](#) website, it would be greatly appreciated if the Facebook post or link could be circulated to your networks via your PSB and association/club pages.
- The survey will take participants approximately 15 minutes to complete and the results will form the data evidence base for the 2024-2025 NT Sport Integrity Action Plan.
- The survey will be open until 31 August 2023.

Join
Now!



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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



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



ROYAL LIFE SAVING
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Enrolments for Term 3 Open on Monday 19th
June.

Find out more on our website

<https://www.learntoswimdarwin.com.au/>



We offer a range of classes from **6 months to adults!**



The Goldfishbowl Swim School supplies learn to swim classes for all ages from infants to adults - age is no barrier!



Our covered temperature controlled 25 meter facility lends itself to providing high quality infant and toddler aquatics. The pathways provided enable children to progress from preschool lessons to more advanced learn to swim classes and eventually into coaching squads if that is the desired outcome.



The adults program is available for all, from building confidence in the water to stroke correction and fitness.

Our aqua aerobics class is fitness and fun twice a week.



The Goldfishbowl Swim School promotes water safety and awareness, for all age groups including infants, toddlers, pre-school, school age children and adults.



Term 3:

Term 3 starts on the 17th of July.

Join us and get your kids learning in a fun and safe environment!

CONTACT US:



gfish2@bigpond.com



08 8931 1000



44 Toupein Road Yarrowonga





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 for more information.



WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS 2022

Bookings are essential

PARAP

Royal Life Saving NT
77 Ross Smith Ave, Parap (Blue building)
Saturday April 2, 9-10am
Monday April 11, 5-6pm
Tuesday April 12, 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar
Wednesday April 13, 4:30-5:30pm
Thursday April 14, 9-10am

ALICE SPRINGS

Birth & Beyond Parent Resource Centre
10/89 Fan Arcade Alice Springs
Tuesday April 26, 10am -11am
Friday April 29, 10am – 11am

Are you in another location? Call to find out how you can attend an
Emergency Care Session 08 8981 5036

TRAINING CALENDAR DARWIN



Bronze Medallion Courses

12th August 8.30-4.30
9th September 8.30-4.30
6th October 8.30-4.30
14th October 8.30-4.30
18th November 8.30-4.30
9th December 8.30-4.30

Bronze Medallion Update

12th August 8.30-12.30
9th September 8.30-12.30
6th October 8.30-12.30
14th October 8.30-12.30
18th November 8.30-12.30
9th December 8.30-12.30

Resuscitation Courses

13th July 2.00 –4.00pm
10th August 2.00 –4.00pm
14th September 2.00 –4.00pm
12th October 2.00 –4.00pm
9th November 2.00 –4.00pm
7th December 2.00 –4.00pm

Pool Lifeguard

7th & 8th October 8.30-4.30pm

Pool Lifeguard Update

7th October 8.30-4.30

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



First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment

13th July 2.00 –6.00pm
10th August 2.00 –6.00pm
14th September 2.00 –6.00pm
12th October 2.00 –6.00pm
9th November 2.00 –6.00pm
7th December 2.00 –6.00pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment

13th July 2.00 –7.00pm
10th August 2.00 –7.00pm
14th September 2.00 –7.00pm
12th October 2.00 –7.00pm
9th November 2.00 –7.00pm
7th December 2.00 –7.00pm

Face to Face First Aid

Workplace training can be requested

TRAINING CALENDAR REGIONAL & REMOTE



Resuscitation Courses

Katherine: 2nd November 12.30-2.30pm

Batchelor: November 12, 8.30am – 10.30am

Pool Lifeguard

Katherine: 4th & 5th November 8.30-4.30

Pool Lifeguard Update

Katherine: 5th November 8.30-4.30

Alice Springs: November 7, 8.30am – 4.30pm

Bronze Medallion Courses

Katherine: November 4, 8.30am – 4.30pm

Batchelor: November 12, 8.30am – 4.30pm

Bronze Medallion Update

Katherine: 3rd November 8.30-12.30

Batchelor: November 12, 8.30am – 12.30pm

Swim Teacher Rescue Award

Katherine: 5th November 1.30-4.30

First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment

Katherine: 3rd November 8.30-12.30

First Aid Child Care & Education

Online learning + 5 hour practical Assessment

Face to Face First Aid

Workplace training can be requested



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AUSTSWIM TRAINING CALENDAR



Teacher of Swimming and Water Safety

Darwin

19th & 20th August 8.30-4.30

11th & 12th November 8.30-4

Katherine

17th & 18th September 8.30am – 4.30pm

Teacher of Infant and Preschool Aquatics

Darwin

3rd October 8.30-4.30

Katherine

26th November 8.30am – 4.30pm

Teacher of Access and Inclusion

Darwin

6th October 8.30-4.30



Bookings

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