



Kicking Back

Edition 112 | August 2021

Telephone: 08 8981 5036 | Email: nt@rlssa.org.au

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



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

2021-2022 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

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



COMMUNITY – Our People



It was the Teddy Bears' Picnic on the August 8 as a part of the Darwin Festival!
Boof had lots of fun teaching Water Safety and enjoying all the fun activities on the esplanade!

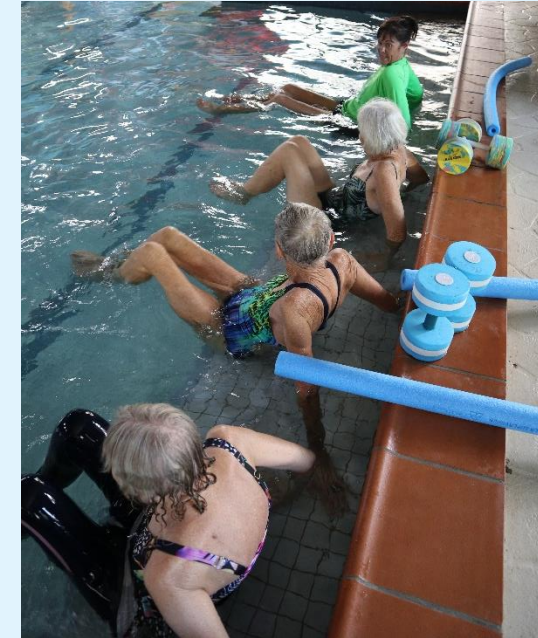
COMMUNITY – Our People

The Festival of Teaching was held on August 28 at Palmerston Senior College. We were proud to be invited to extend some knowledge about water safety programs to prospective schools and their principals. Some of our programs that were showcased were the Swim and Survive Program, water safety talks, Boof the Barra and Pool Lifesaving.



Cool Seniors 2021

August is Seniors Month! Hosting Cool Seniors, WETS Aquatic Exercise and Grey Medallion for Senior Territorians! These Seniors enjoyed improving movement, keeping fit and learning water rescues and skills.



Cool Seniors 2021

Our Cool Seniors Program finished with an afternoon tea and certificate presentation on August 31. Congratulations to all our participants, you are an inspiration to us all and we can't wait to see you all again next year





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 Stephen Gazzola on 8981 5036 or
remoteswimsurvive@rlssa.org.au for more information.

PROGRAMS



Families participated in the very first Little Royals Swim School program in Alice Springs from August 4-25. It was a great introduction for new parents with young babies as they utilised their Water Safety Awareness Program vouchers.

Thank you to all who enrolled, we are looking forward to future programs in Alice Springs.





ROYAL LIFE SAVING
NORTHERN TERRITORY

**Swim
and
SURVIVE**

Royal Life Saving NT
**Little Royals
Swim School**

SUNDAY LESSONS

17th October – 25th November | Nightcliff Pool

Sunday Lifesaving

Children 5yo and up

45min lessons

8.30 – 9.15am 9.15 – 10am

Advanced levels 8.30 – 10.00am

Little Royals Swim School

Children under 5yo (Starting at 6months old)

30min lessons

• 8:30-9am 9-9:30am 9:30-10am

Learn to Swim, Sport and Water Safety Awareness Program vouchers accepted!

For more information, call Royal Life Saving NT on 08 8981 5036

Enrol online today!

AUSTSWIM



What an amazing course for the AUSTSWIM Teacher of Swimming and Water Safety on the August 7 & 8 at Parap Pool Darwin! 🌀
With a group of 19 fantastic, diverse people, eager to learn and participate in the weekend of activities.

There was amazing discussion around water safety, strokes and the ever important fun factor in lessons. The course participants soaked up the stroke knowledge.

A big thank you to Floss and Steve for sharing your experience, knowledge and fun factor on the course.





Congratulations to everyone who completed their AUSTSWIM Teacher of Adults on August 13. A massive shout out to the participants who travelled from Katherine and Jabiru.

Thanks so much to our presenter Marcelle for her expertise in making the training wonderful.



Congratulations to everyone who completed their AUSTSWIM Teacher of Toward Competitive Strokes on August 14.
A massive shout out to the participants who travelled from Katherine and Alice Springs.



Congratulations to everyone who completed their AUSTSWIM Teacher of Aquatics - Access and Inclusion on August 15.
A massive thank you to the participants who travelled from Katherine & Alice Springs. Well done to the presenters
Marcelle, Mya and Petina for their expert delivery.

KEEP WATCH

**KEEP
WATCH**
TO PREVENT DROWNING

 **ROYAL LIFE SAVING**
NORTHERN TERRITORY



Remember the key messages:

 Supervision  Restrict Access  Water Familiarisation  Learn CPR

The Water Safety Unit



Thank you for having us at your assembly Holy Family Catholic Primary School on August 6. Boof felt like a superstar! It was great to see all students learning how to be safe in and around the water!

The Water Safety Unit

Thank you Good Shepherd Lutheran School, Palmerston for inviting us at your amazing Family Fun Day on the August 7. It was great to see everyone having a wonderful time. Boof was so excited to see Hector, both friends sharing safety knowledge!



The Water Safety Unit

FREE FUN

WATER SAFETY WEEK 2021

Visit FREE events and activities held around the Territory
Calendar for Darwin, Palmerston, Katherine & Top End

DATE	EVENT	LOCATION	TIME
SUNDAY 19th	SPLASHFEST	Darwin Waterfront	9am - 12pm
MONDAY 20th	Story Reading	Casuarina Public Library	10am - 11am
TUESDAY 21st	Story Reading	Nightcliff Public Library	10am - 11am
		Palmerston Library	10am - 11am
WEDNESDAY 22nd	Story Reading	Darwin City Library	10am - 11am
		Katherine Public Library	10:30am - 11:15am
	Pool Lifesaving Carnival	Katherine Aquatic Centre	2:30pm - 4pm
		Parap Swimming Pool	5pm - 7pm
THURSDAY 23rd	Story Reading	Karama Public Library	10am - 11am
FRIDAY 24th	Water Safety Fun with Boof	Leanyer Recreation Park	3:00pm - 4:00pm
SATURDAY 25th	AQUAFEST	Palmerston Swimming Pool	10am - 1pm

Safety rules are your best tools!

The Water Safety Unit | ROYAL LIFE SAVING NORTHERN TERRITORY | PRODUCT SPONSORED BY Northern Territory Government

P: 08 8981 5036 | www.royallifesaving.com.au/nt | @royallifesavingnt

Water Safety Week will be held from September 19-25 across the Northern Territory.

Start planning now to attend some events near you, they are all FREE!

FREE FUN

WATER SAFETY WEEK 2021

Visit FREE events and activities held around the Territory
Calendar for Alice Springs and Tennant Creek

DATE	EVENT	LOCATION	TIME
SUNDAY 19th	Water Safety Week Opening event	Alice Springs Aquatic & Leisure Centre	1pm - 4pm
MONDAY 20th	Royal Life Saving Information stall	Alice Plaza	11am - 1pm
TUESDAY 21st	Multicultural - Water Safety Awareness Activity	Alice Springs Aquatic & Leisure Centre	12.30pm - 1.30pm
WEDNESDAY 22nd	Story Reading	Alice Springs Town Library	10:15am - 11:15am
	Pool Lifesaving Carnival	Alice Springs Aquatic & Leisure Centre	3:30pm - 5:30pm
THURSDAY 23rd	Multicultural - Water Safety Awareness Activity	Tennant Creek Swimming Pool	2.30pm - 4.30pm
FRIDAY 24th	Pool Life Saving Carnival	Tennant Creek Swimming Pool	3:30pm - 5pm
SATURDAY 25th	BBQ Breakfast & Stand up paddle boards	Lake Maryann Tennant Creek	9am - 12pm

Safety rules are your best tools!

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The Water Safety Unit

Mark your diaries, bring the family, tell your friends and get ready for Splashfest September 19 from 9am -12pm at the Darwin Waterfront. Splashfest is the opening event of Water Safety Week and is FREE!



SPLASHFEST
Safety rules are your best tools!

9am – 12pm Sunday 19th September

Free event at Darwin Waterfront

Boof the Barra • Waterslides • Circus entertainment • Splash bucket fun
Water Safety Creek competition • Stilt walkers • Saltwater ceremony
Water Safety demonstrations and much more!

Opening event for
Water Safety Week

The Water Safety Unit

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DARWIN WATERFRONT

(A cartoon fish wearing a blue cap with 'SUPERVISION' written on it is shown on the right side of the poster.)

The Water Safety Unit

Mark your diaries, bring the family, tell your friends and get ready for Aquafest September 25 from 10am -1pm at the Palmerston Swimming Pool. Aquafest is the closing event of Water Safety Week and is FREE!



AQUAFEST
Safety rules are your best tools!

10am – 1pm Saturday 25th September

Free event at Palmerston Swimming Pool

Boof the Barra • Waterslides • Circus entertainment
Splash bucket fun • Sausage sizzle
Free entry • Photo booth

Closing event for Water Safety Week

The Water Safety Unit

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city of
PALMERSTON

SUPERVISION

The poster features a cartoon fish wearing a blue cap with 'SUPERVISION' written on it. The background is a tropical scene with palm trees and a pink swan in the water at the bottom.



WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS 2021

Bookings are essential

PARAP

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

Monday 6th September 5-6pm
Saturday 11th September 9-10am
Monday 18th October 5-6pm
Tuesday 19th October 9-10am
Saturday 23rd October 9-10am
Monday 15th November 5-6pm
Tuesday 16th November 9-10am

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

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Wednesday 8th September 4:30-5:30pm
Wednesday 20th October 4:30-5:30pm
Thursday 21st October 9-10am
Wednesday 17th November 4:30-5:30pm
Thursday 18th November 9-10am

ALICE SPRINGS

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

Monday 6th September 10am
Tuesday 7th September 10am
Thursday 9th September 5pm
Monday 18th October 10am
Tuesday 19th October 10am
Saturday 23rd October 10am



WATER SAFETY

AWARENESS PROGRAM



Thank you to the families for coming along to Birth & Beyond in Alice Springs on August 7 for the Water Safety Awareness Program - Emergency care session. Making new friends and investing in their children's Water Safety journey!

INDIGENOUS ADVANCEMENT STRATEGY

Congratulations to the wonderful Assistant Teachers of Ramingining School who completed their First Aid Course with great enthusiasm on August 11. Thank you for welcoming us to your beautiful community once again.



TRAINING CALENDAR DARWIN



Resuscitation Courses

14th October 2pm - 4pm
11th November 2pm – 4pm

Pool Lifeguard

2nd & 3rd October 8.30am-4.30pm

Pool Lifeguard Update

6th October 12.00pm -8.00pm
7th October 8.30am-4.30pm
9th October 8.30am-4.30pm

Bronze Medallion Courses

11th September 8.30am -4.30pm
29th September 8.30am -4.30pm
16th October 8.30am-4.30pm

Bronze Medallion Update

15th September 3.30pm -7.30pm
13th October 3.30pm -7.30pm

First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment
14th October 2pm – 6pm
11th November 2pm – 6pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment
14th October 2pm – 7pm
11th November 2pm – 6pm

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

TRAINING CALENDAR REGIONAL & REMOTE



Resuscitation Courses

Alice Springs: 30th September 8.30am – 10.30am
Tennant Creek: 27th October 8.30am -10.30am
Katherine: 4th November 12pm – 2pm
Batchelor: 13th November 8.30am – 10.30am
Nhulunbuy: 25th November 8.30am – 10.30am

Bronze Medallion Courses

Alice Springs: 1st October 8.30am – 4.30pm
Tennant Creek: 28th October 8.30am -4.30pm
Katherine: 5th November 8.30am – 4.30pm
Batchelor: 13th November 8.30am – 4.30pm
Nhulunbuy: 26th November 8.30am – 4.30pm

First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment
Alice Springs: 30th September 8.30am – 12.30pm
Tennant Creek: 27th October 8.30am – 12.30pm
Katherine: 4th November 12pm – 4pm
Nhulunbuy: 25th November 8.30am – 12.30pm

Pool Lifeguard

Alice Springs: 2nd & 3rd October 8.30am-4.30pm
Tennant Creek: 29th & 30th October 8.30am – 4.30pm
Katherine: 6th & 7th November 8.30am – 4.30pm
Nhulunbuy: 27th & 28th November 8.30am – 4.30pm

Bronze Medallion Update

Alice Springs: 1st October 8.30am – 12.30pm
Tennant Creek: 28th October 8.30am – 12.30pm
Katherine: 5th November 8.30am – 12.30pm
Batchelor: 13th November 8.30am – 12.30pm
Nhulunbuy: 26th November 8.30am – 12.30pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment
Alice Springs: 30th September 8.30am – 1.30pm

Pool Lifeguard Update

Alice Springs: 7th November 8.30am – 4.30pm
Tennant Creek: 31st October 8.30am – 4.30pm
Katherine: 7th November 8.30am – 4.30pm
Nhulunbuy: 28th November 8.30am – 4.30pm

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



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"Our People, Our Lifestyle, Our Water"

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