



Royal Life Saving Society - Australia

ANNUAL REPORT 2013/2014

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

120

— YEARS OF —
SAVING LIVES

Royal Life Saving is focused on reducing drowning and promoting healthy, active and skilled communities through: innovative, reliable, evidence based advocacy; strong and effective partnerships, quality programs, products and services; underpinned by a cohesive and sustainable national organisation.

Royal Life Saving is a public benevolent institution (PBI) dedicated to reducing drowning and turning everyday people into everyday community lifesavers.

We achieve this through:

- Advocacy
- Education
- Training
- Health Promotion
- Aquatic Risk Management
- Community Development
- Research
- Media and Marketing
- Sport, Leadership and Participation
- International Networks

We are guided by the values of: Safety, Quality, Integrity and the Humanitarian tradition and have been serving the Australian community for over 120 years.

Royal Life Saving Society – Australia
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ABN: 71 008 594 616





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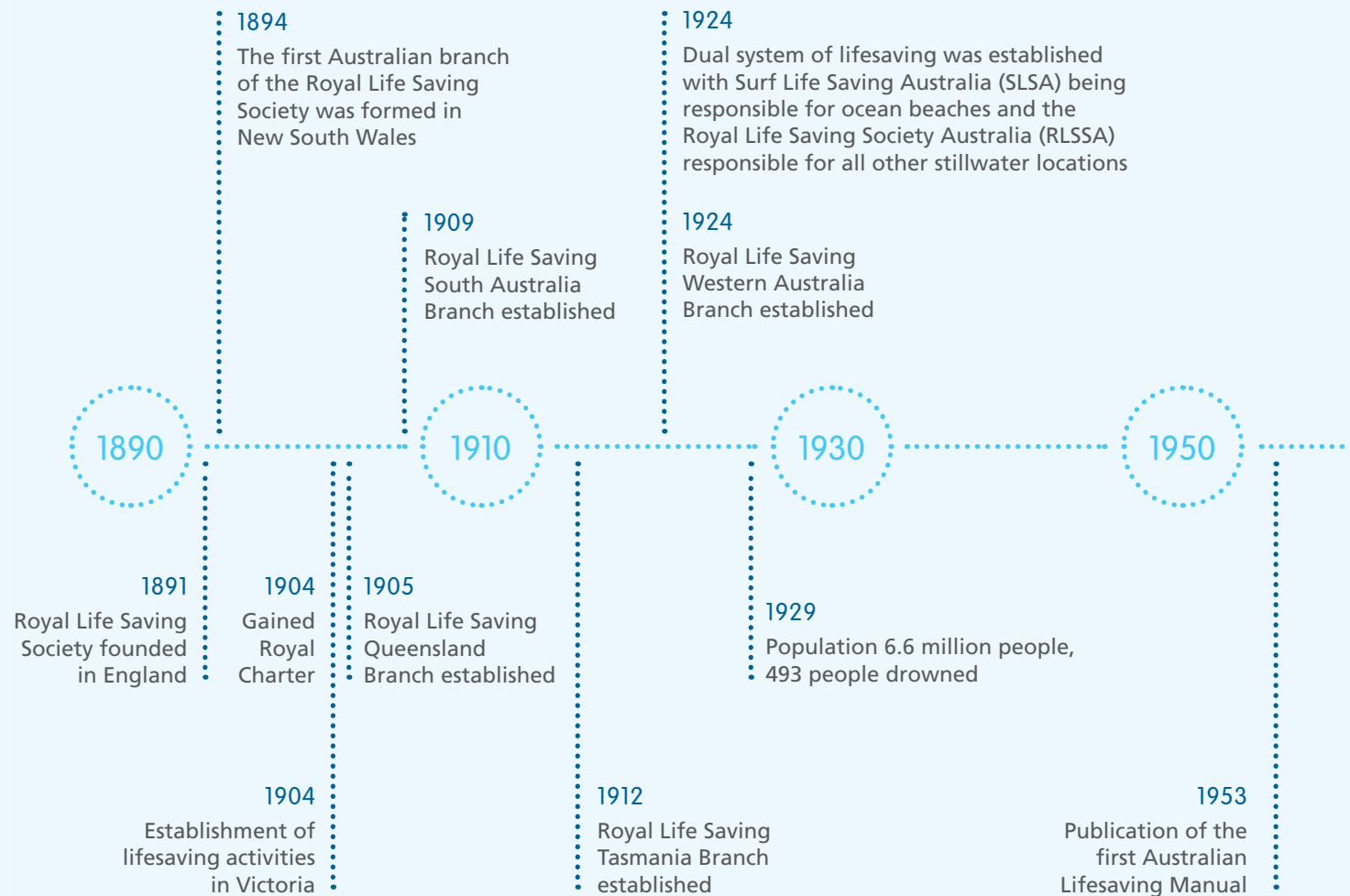
CELEBRATING 120 YEARS OF ROYAL LIFE SAVING

.....
The Royal Life Saving Society (RLSS) was founded in England in 1891 to combat a high drowning toll. The techniques advocated by the Society were soon adopted by many countries and today the RLSS represents the largest single organisation dedicated to the teaching of lifesaving and the prevention of drowning.
.....

The first Australian Branch was formed in New South Wales in 1894 and the movement soon spread to all States. In December 1924, a dual system of lifesaving was established with Surf Life Saving Australia being responsible for ocean beaches and the Royal Life Saving Society - Australia responsible for all other waterways and stillwater environments.

In subsequent years the Society focused its attention on water safety education and rescue training for inland areas, and particularly for school children. In the immediate pre and post Second World War era the Bronze Medallion was included in many secondary school physical education programs.

During that period, as had been the case for the previous 60 years, the Society's training Manual was imported directly from the United Kingdom and was heavily orientated to a military drill-type approach. However, by the early 1950s a group of dynamic physical educationalists, led by George Turnbull and Frank Henry of the New South Wales Branch, started developing techniques specific to Australian conditions. This controversial but exciting period of the Society's history resulted in 1953 in the first Australian Life Saving Manual.



This period of change in Australia ultimately led to an important international change in 1959 with the establishment of the “Australian National Branch” and the RLSS Commonwealth Society. This time was followed by a period of relative stability, with the water safety and lifesaving programs being used in most Australian schools.

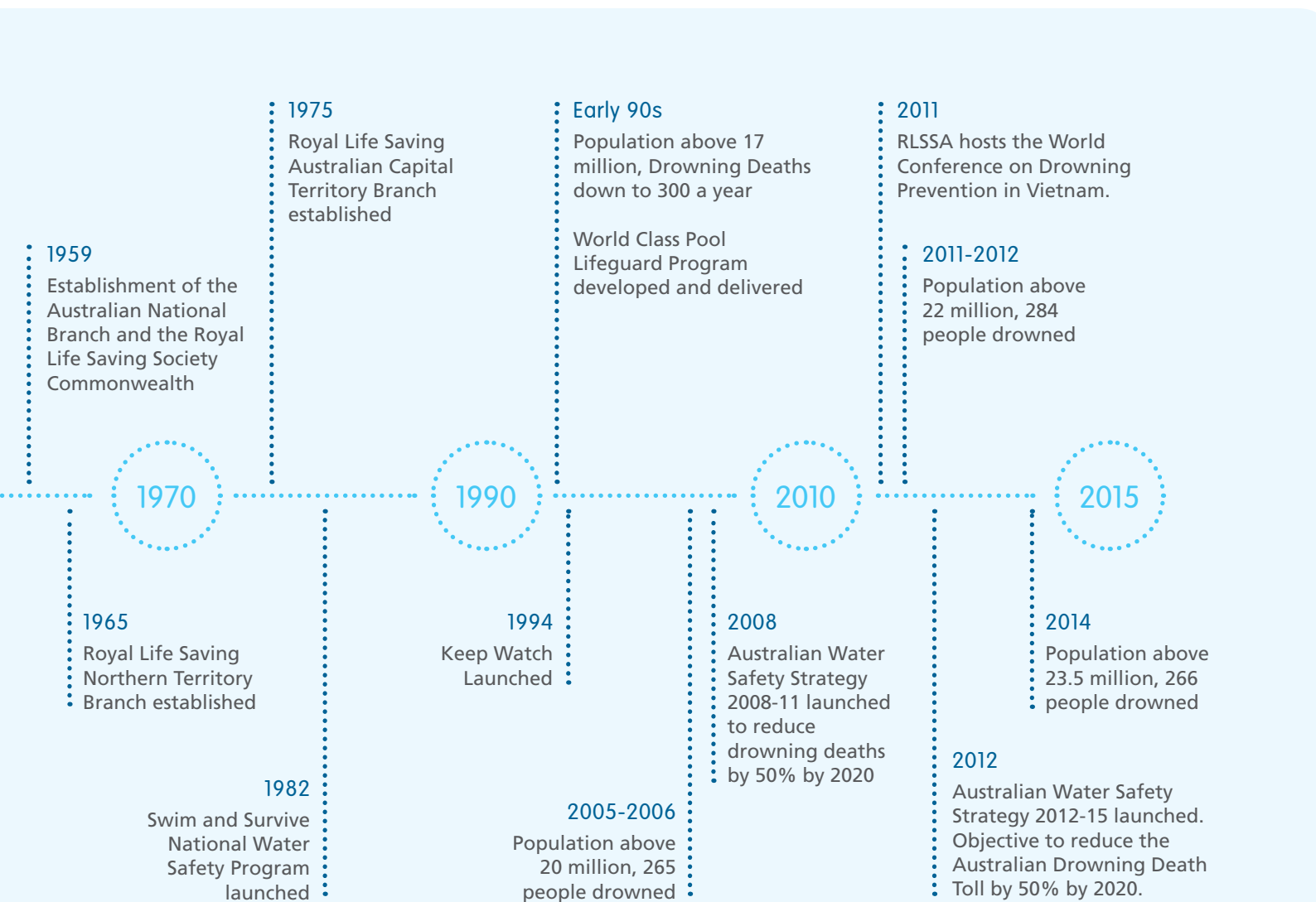
In the late 1970s, the longest and most sustained period of change and growth commenced with the help of a group of Victorian educationalists. At that time no national water safety education program existed. This group recognised that if they could provide a well-balanced and easy-to-follow water safety program, it would be readily accepted by swimming and school teachers nationwide. After trialling a program in a number of States and Territories, the Society launched the “Swim and Survive” program in 1982.

This program was so well structured and in demand from teachers, it resulted in over 1 million awards being taken in just 2 years. At the same time the organisation launched the first edition of “Swimming and Lifesaving - The Manual”, a radical and modern looking educational text.

In addition to these developments, Royal Life Saving Society - Australia developed a world-class lifeguarding program, particularly for pools, during the early 1990s. The Pool Lifeguard Program is now widely recognised as the qualification for those supervising others in and around inland waters.

Today, RLSSA operates as Australia’s leading water safety educator - a not for profit charitable organisation, public benevolent institution (PBI) and volunteer community service organisation with member organisations in every State and Territory of Australia.

Over one million Australian’s undertake a Royal Life Saving course or program every year. Over 5 million Australians have achieved their Bronze Medallion since its inception, and over 10 million have learnt their essential water safety skills through Swim and Survive.



ROYAL LIFE SAVING SOCIETY – AUSTRALIA

Patrons, Directors, Office Bearers and Committees

Patrons

Her Excellency Ms Quentin Bryce AC, Governor-General of the Commonwealth of Australia (Until May 2014)

His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) (from June 2014)

National Board of Directors

Dianne Montalto ESM – President

President, Royal Life Saving Society Australia, Victoria. Appointed as a National Councillor in June 2008, and has continued as a Director from April 2009. Dianne is qualified as an aquatics education teacher and lifesaving trainer.

The Hon. Terence John Higgins AO QC – Deputy President

President, Royal Life Saving Society - Australian Capital Territory. Recommended as National Councillor in 2005, and continued as a Director in April 2009.

James Whiteside

President, Royal Life Saving Society - New South Wales. Appointed as a National Councillor in October 2005, and continued as a Director in April 2009.

Randall Cook B.Ed; Grad Dip ED Management

President, Royal Life Saving Society - Northern Territory. Recommended as a National Councillor in April 2008, and continued as a Director in April 2009. Randall retired from the Board in April 2013 and returned to the Board in July 2013 after a period overseas.

Alice McDonald

Board Member, Royal Life Saving Society - Northern Territory. Alice joined the Board in April 2013 during absence of Randall Cook, and resigned upon his return July, 2013.

Leslie Mole Jp

Board Member, Royal Life Saving Society - Queensland. Appointed as a National Councillor in April 2006, and continued as a Director from April 2009. Les has a Bachelor of Adult and Vocational Education.

David Dewar

Board Member and Chairperson, Royal Life Saving Society – South Australia. David has served on the National Board previously, and was reappointed as Director December 2013.

Glenda Bowen-Pain AM

Former Deputy President, Royal Life Saving Society - South Australia. Appointed as a Director in October 2010. Glenda resigned from the Board in December 2013.

Penelope Snashall B.Bus

President, Royal Life Saving Society – Tasmania. Pene was appointed as a Director November 2013.

Geoffrey Wieczorski

Board Member, Royal Life Saving Society - Tasmania. Appointed as a Director in July 2011. Geoffrey resigned as a Director November 2013.

Cameron Eglington M Ed; B.P.E, Dip. Teach, PE.

Cameron joined the Board in June 2013 representing Royal Life Saving Society Western Australia.

Justin Scarr MBA B.Ed

Justin has been a senior executive for the past 16 years, appointed as Chief Executive Officer, and Company Secretary in 2013.

National Advisers

Education and Training

Dr Shayne Baker OAM

Sport

Gray Parkes (until February 2014) / Robert Reid (from July 2014)

Medical

Professor John Pearn AO RFD

Legal

The Hon. Terence Higgins AO QC

Finance and Audit

Anthony Bandle

State and Territory Member Organisation Executive

ACT Cherry O'Connor

NSW David Macallister

NT Floss Roberts

QLD Michael Darben

SA Tony Taylor

TAS Christian Farley (until February 2014) / Mel Bush (from June 2014)

VIC Sandra Vander Pal

WA Alex McKenzie

National Sport Committee

ACT Peter Castle

NSW Roz Grey (until April 2014) / Felysia Konakoff (from April 2014)

NT Karon Lamb (until October 2013) / Penny Hart (from December 2013)

QLD Paul Barry

SA Glenda Bowen Pain AM

TAS Amanda Mayes (from June 2014)

VIC Anni Gardiner

NAT Gray Parkes (until February 2014) / Robert Reid (from July 2014)

Honours Committee

VIC Dianne Montalto ESM (Chair)

QLD Les Mole

QLD John McClelland

SA David Dewar

TAS Alison McIntyre

Life Members

| | |
|------|-------------------------------------|
| 1995 | Neville Bayfield OAM (NSW) |
| 1995 | Gerald Brameld OAM (QLD) |
| 1998 | Victor John Dennis (WA) |
| 1998 | Ian Mackie AM (NAT) |
| 1998 | Gwendolyn Welford BEM(C) (QLD) |
| 1999 | Alan B. Swinton OAM QPM (TAS) |
| 2000 | V.J Forde AM (SA) |
| 2000 | John McClelland (QLD) |
| 2002 | Heather MacGowan OAM (WA) |
| 2004 | Theresa Leopold (SA) |
| 2004 | Faye Trevor (SA) |
| 2005 | Lesley Bartlett (SA) |
| 2005 | Professor John Pearn AO RFD (QLD) |
| 2005 | Patricia Quick (SA) |
| 2006 | Jan Burton (SA) |
| 2006 | C Dedman (SA) |
| 2006 | David Dewar (SA) |
| 2006 | Raymond M Martin OAM (SA) |
| 2006 | Vincent McStraw (SA) |
| 2006 | Mark Needham (SA) |
| 2006 | Ann Price (SA) |
| 2007 | John Kew (SA) |
| 2007 | Hayden Lamshed (SA) |
| 2007 | Faye Milham (SA) |
| 2008 | Dorothy E Brown OAM (NSW) |
| 2009 | Rod Welford (QLD) |
| 2010 | The Hon.Terence Higgins AO QC (ACT) |
| 2010 | Dianne Montalto ESM (VIC) |
| 2010 | Barbara Morgan OAM (VIC) |
| 2010 | Karen Freak (SA) |
| 2011 | Robyn Pryce-Jones (TAS) |
| 2013 | Anni Gardiner (VIC) |
| 2013 | Gary Kearney (TAS) |
| 2013 | Sandra Vander Pal (VIC) |

Past Presidents

| Year | President |
|-----------|-------------------------------------|
| 1934-1951 | Sir Thomas W White |
| 1951-1977 | Justice Percy Joske |
| 1977-1979 | Sir Percy Joske |
| 1979-1987 | Sir Basil Osborne CBE |
| 1987-1994 | Neville Bayfield OAM |
| 1994-1997 | Heather MacGowan OAM |
| 1997-2003 | Chief Justice Terence Higgins AO QC |
| 2003-2009 | Dr Shayne Baker OAM |
| 2009-2011 | Chief Justice Terence Higgins AO QC |
| 2011-2012 | Les Mole |

International Life Saving Organisations

International Life Saving Federation (ILS)

President

Graham Ford (Australia)

Secretary General

Dr. Harald Vervaecke, PhD (Belgium)

Committee Membership

Dianne Montalto ESM

ILS Board and ILS Asia-Pacific Board

Justin Scarr

Drowning Prevention Commissioner, ILS Asia-Pacific
Secretary General

Professor John Pearn AO RFD

Medical Committee

Amy Peden

Drowning Prevention Commission

Dr Shayne Baker OAM

Rescue Commission

Anni Gardiner

Sport Commission

Commonwealth Royal Life Saving Society

President

H.R.H Prince Michael of Kent

Deputy Commonwealth President

Clive Holland

Commonwealth Secretary

Emma Harrison

Committee Membership

Dianne Montalto ESM

Commonwealth Management Committee

Justin Scarr

Business Development Committee

Amy Peden

Community and Organisational Development
Committee

Anni Gardiner and Emma MacMillan

Sport Development Committee

Monique Sharp and Emma MacMillan

Commonwealth Lifesaving Championships 2013

Anni Gardiner and Monique Sharp

125th Anniversary Committee

NATIONAL PRESIDENT'S REPORT

.....
Royal Life Saving is in its 120th year in Australia, and so I proudly commend this Annual Report to you, as a reflection of the wonderful work and contributions that Royal Life Saving Society – Australia (RLSSA) and our Members make across the Australian community. The commitment to saving lives and reducing drowning is evident in the various reports and case studies that follow.
.....

Firstly, this year we farewelled Dame Quentin Bryce, as Governor General of Australia and RLSSA Patron. Amongst such distinguished service, our Members recall with fondness the Reception held in their honour at Government House in September 2010. This was indeed a special evening where our volunteer service to the Australian Community and our wider role in preventing drowning across the Commonwealth was reflected upon by Dame Quentin Bryce. We are pleased to welcome The Governor-General, His Excellency General the Honourable, Sir Peter Cosgrove AK MC (Retd), who graciously accepted the role of RLSSA Patron. We wish him well in this important national role.

The year started with two major events. The first being the Aquafutures International Aquatic Conference hosted by RLSS – Queensland and attended by volunteers, industry and members from across Queensland and the rest of Australia. The RLSSA Board was pleased to host a Board meeting, as well as a meeting of Members. This event was a fantastic and innovative demonstration of RLSS-Q's commitment to life saving.

In September 2013, Royal Life Saving hosted the Commonwealth Life Saving Championships in Canberra. I was pleased to host the Commonwealth Deputy President Mr Clive Holland and his partner, along with teams, officials and supporters from nine Commonwealth nations. The event was managed in a very professional manner and once again officials and administrators showed their commitment. The spirit of competition was intense. My personal highlight was the Commonwealth Youth Forum hosted at the AIS Arena, which helped the athletes contemplate the humanitarian basis of our sport. I would like to thank Monique Sharp and Emma MacMillan for running a great event.

Royal Life Saving was well represented at International Life Saving (ILS) meetings, and World Conference on Drowning Prevention in October. The events were hosted by the DLRG – the German Lifesaving Federation. I was pleased to offer The Society's congratulations on their centenary year celebrations, which included a very large reception with the President of Germany, Mr Joachim Gauck and other dignitaries.

As President, I chair the Honours and Awards Committee. This Committee acknowledges the contributions of volunteers, staff and those honoured for their bravery in rescue situations. The Committee has been revitalising the process, and we are pleased by our progress.

I would like to thank the Committee for their active involvement and Rhonda Groneman for providing secretariat services to the Committee.

A number of National Advisers support the work of the organisation throughout the year. I would like to acknowledge the outstanding work that Gray Parkes, who resigned in February 2014, has contributed to our organisation in various roles including as National Sport Adviser. Gray has made many wonderful contributions to the sport of pool lifesaving in Australia, the Commonwealth and through ILS. Many young athletes, coaches and officials have benefited from Gray's leadership, commitment and knowledge of sport.

I would like to thank the Australian Government for their increased commitment to RLSSA particularly the funding announced as part of the Coalition's Policy to Reduce Drowning. This support will help Royal Life Saving address drowning in inland waterways and to remove the barriers to children from disadvantaged backgrounds from participating in Swim and Survive.

I attended the Australian Pool Life Saving Championships 2013 conducted in Canberra, with 170 competitors from Interstate teams and Clubs. We witnessed 52 Individual Pool Life Saving Championship Records and 46 National Records over 3 days.

Throughout the year the Board has focused on a Review of Governance, and strengthening relationships with the Royal Life Saving Member Organisations. The Board has continued to issue Communiqués after each Board meeting to all Members and Directors. This means that all relevant information is communicated to everyone keeping us abreast of what is happening in National Office, Board level, and across the country.

I would like to thank all Board members for their attendance at meetings and the commitment they show to RLSSA. I would also like to thank them for their support given to me as President during what proved to be a very busy and challenging year for us all.

We must give appropriate recognition to our CEO Justin Scarr and all National Staff, State and Territory CEO's and Staff who are working hard to reduce drowning and achieve our objectives.

During the year I was able to visit some of our State and Territory offices and I would like to thank you for your hospitality. Thank you, to you all for your professionalism and commitment and passion with the work that you have given our Organisation. You have proved you are outstanding ambassadors for Drowning Prevention. It is appreciated.

In closing I would like to say that I think we are making great progress as we work with passion, commitment and dedication for Drowning Prevention. This will continue to make sure that the RLSSA continues to be a peak body respected for our commitment to Drowning Prevention by the community, Government and the Aquatic Industry not only in Australia but worldwide.

Yours in Lifesaving,
Dianne G. Montalto ESM
National President

CHIEF EXECUTIVE OFFICER'S REPORT

.....
The 2013/14 year has been focused on consolidating relationships, planning and strengthening infrastructure, and undertaking key development projects for implementation in coming years. Royal Life Saving (RLS) continues to make substantial progress in many areas of drowning prevention policy and research, and through the programs and projects supported by the national office team and delivered by our Royal Life Saving colleagues across the country.
.....

This commitment to drowning prevention research and policy was recognised in August by the then Opposition, now Government, who during the 2013 Election, announced the Coalition Policy to Reduce Drowning. Responding to advice provided by Royal Life Saving, the Coalition committed an additional \$4 million over 4 years to focus on reducing drowning in inland waterways, and to provide Swim and Survive to children who would otherwise miss out. This Policy also contributes funds to Surf Life Saving Australia and to AUSTSWIM.

In October, after a few weeks in Office, the Minister for Health, Minister for Sport, Hon Peter Dutton MP confirmed this commitment when releasing the Royal Life Saving National Drowning Report 2013. This Report compiled by Amy Peden using the National Fatal Drowning Database, showed a spike in drowning and disturbing increases in drowning in inland waterways, and among men. The release of the Report was supported by a network of RLS spokespeople, who achieved substantial media coverage.

In August, Royal Life Saving Society – Queensland held the AQUAFUTURES Conference on the Gold Coast. The event was well attended by Industry, and both the National Board and Members held meetings in a show of support for the event.

The Event Management Team, Monique Sharp and Emma MacMillan strengthened our reputation for conducting high quality, well managed events, by conducting the Commonwealth Pool Life Saving Championships in September, and the Australian Pool Life Saving Championships in January. Both events were held in Canberra, with many highlights including a reception at Old Parliament House and a Breakfast Forum for youth lifesavers from across the Commonwealth.

The Board continues to strengthen cooperation with the Royal Life Saving Membership, issuing Communiques after each Board meeting to ensure that the Members, their Boards and Staff are aware of the work of the Board and any decisions requiring consideration.

We acknowledge the significant contribution of Gray Parkes, who resigned after more than fifteen years in volunteer roles including National Sport Adviser, RLS National Coach, Australian Lifesaving team Coach, National Director of Sport, and Member of ILS Athletes Commission, Gray set very high standards and perhaps his greatest achievement was mentoring many high performance and emerging athletes, as well as coaches across the country.

Gray always provided strong direction to our sport development staff and leadership of the National Sport Committee.

National Advisers; Prof John Pearn AO RFD (Medical), and Dr Shayne Baker OAM (Education and Training) worked tirelessly to support and mentor staff, volunteers and colleagues, as well as represent and advance our work in an expansive range of forums.

The theme of compulsory swimming and water safety was promoted via the Swim and Survive Fund with the support of UNCLE TOBYS and their Ambassadors. The fund aims to reduce the social and economic barriers to participation, by providing opportunities for children and young people to learn valuable life skills in water safety, personal survival and basic rescue. In 2013/14, the fund contributed to diverse range of communities including Bhutanese, Nepalese, Sudanese and African refugees, as well as Chin (Burmese) communities.

We also welcomed Protector Aluminium as a partner for Keep Watch. The important Keep Watch messages will appear on their pool fencing and gate hardware products to promote drowning prevention awareness.

The focus in research was on investigations into drowning in people over the age of 55 years, and drowning in inland waterways. Both Reports provide detailed insights and make recommendations for the focus of prevention efforts. They add to a building library of RLS Reports and journal articles.

The International Drowning Research Centre – Bangladesh (IDRC-B) is going from strength to strength. The IDRC-B was established in 2010 with the support of the Australian Government and our partners The Alliance for Safe Children (TASC) and the Centre for Injury Prevention and Research – Bangladesh (CIPRB). IDRC-B continues to release ground breaking research and now has funding agreements with Bloomberg Philanthropies, UNICEF – UK and Grand Challenges Canada, all focused on advancing our understandings of child drowning prevention research.

The National Office team has worked extremely hard over the past year and is proud of the results. The following pages outline some of the key achievements, case studies, facts and figures. We thank Rhonda Groneman, Monique Sharp, Emma MacMillan, Amy Peden, Penny Hodggers, Penny Larsen, Kristal Grainger, Chris Head, Chris Groneman, Sunny Fung and Matt Hanlon.

We thank all our program partners and contributors to the networks, committees and projects, and the Board for ongoing guidance.

Justin Scarr
Chief Executive Officer

STRATEGIC FRAMEWORK 2012–15

Positioning Statement/Statement of Purpose

Royal Life Saving is focused on reducing drowning and promoting healthy, active and skilled communities through: innovative, reliable, evidence based advocacy; strong and effective partnerships, quality programs, products and services; underpinned by a cohesive and sustainable national organisation.

Organisational Overview

Royal Life Saving is a public benevolent institution (PBI) dedicated to reducing drowning and turning everyday people into everyday community lifesavers.

We achieve this through: Advocacy, Education, Training, Health Promotion, Aquatic Risk Management, Community Development, Research, Sport, Leadership and Participation, and International Networks.

Our guiding values: Safety, Quality, Integrity, Humanitarian tradition



FINANCIAL SUMMARY

The National Board of Directors for Royal Life Saving Society – Australia continues to maintain a sound and secure financial position.

STATEMENT OF COMPREHENSIVE INCOME for the year ended 30 June 2014

| | 2014 | 2013 |
|--|------------------|------------------|
| Revenue | 3,067,378 | 3,686,902 |
| Fundraising | 25,697 | 637,490 |
| Other Income | 27,169 | 14,372 |
| Total Revenue | 3,120,244 | 4,338,764 |
| Expenses | | |
| Management and Administration expenses | 794,155 | 857,277 |
| Fundraising | 25,027 | 369,211 |
| Media Meeting and Promotional Expenses | 290,011 | 338,968 |
| Programs and Program Support | 1,929,236 | 2,657,829 |
| Provision for doubtful debts | 0 | 15,000 |
| Amortisation and Depreciation | 50,920 | 72,054 |
| Total Expenses | 3,089,349 | 4,310,339 |
| Net Surplus for the year | 30,895 | 28,425 |
| Other Comprehensive Income | 0 | 0 |
| Total Comprehensive income attributable to the Members of RLSSA | 30,895 | 28,425 |

STATEMENT OF FINANCIAL POSITION as at 30 June 2014

| | 2014 | 2013 |
|--------------------------------------|------------------|------------------|
| CURRENT ASSETS | | |
| Cash | 2,540,091 | 1,818,918 |
| Receivables | 137,201 | 585,731 |
| Inventories | 184,364 | 227,132 |
| Other | 27,058 | 30,770 |
| TOTAL CURRENT ASSETS | 2,888,714 | 2,662,551 |
| NON-CURRENT ASSETS | | |
| Property, plant and equipment | 1,925,593 | 1,972,866 |
| TOTAL NON-CURRENT ASSETS | 1,925,593 | 1,972,866 |
| TOTAL ASSETS | 4,814,307 | 4,635,417 |
| CURRENT LIABILITIES | | |
| Creditors and borrowings | 2,479,657 | 2,517,090 |
| Provisions | 780,535 | 585,372 |
| TOTAL CURRENT LIABILITIES | 3,260,192 | 3,102,462 |
| NON CURRENT LIABILITIES | | |
| Creditors and borrowings | 0 | 9,734 |
| TOTAL NON CURRENT LIABILITIES | 0 | 9,734 |
| TOTAL LIABILITIES | 3,260,192 | 3,112,196 |
| NET ASSETS | 1,554,115 | 1,523,221 |
| RETAINED FUNDS | | |
| Retained surplus | 1,018,339 | 987,444 |
| Asset revaluation reserve | 535,776 | 535,777 |
| TOTAL RETAINED FUNDS | 1,554,115 | 1,523,221 |

A copy of the audited financial statements for Royal Life Saving Society – Australia is available upon request.



ADVOCACY

Royal Life Saving's position on the extensive range of water safety issues in Australia has been developed through years of research and practical experience. Our challenge is to ensure all the issues and our policy responses are understood and supported by government, industry, the corporate sector and the community.

Royal Life Saving is working hard to eliminate drowning. We believe that through nationally coordinated and locally- driven education campaigns we can reduce the number of drowning deaths and near-drownings that occur in Australia each year.

Our advocates are lifesavers.

Our staff actively participate in national and international water safety forums and engage with other community stakeholders who work to prevent drowning.

In the past year Royal Life Saving engaged in: product testing for new swimming aids; and provided expert witness testimony and advice to coronial inquests.

We also presented at the following conferences for the Australian Council for the teaching of Swimming and Water Safety (AUSTSWIM); Aquafutures; Australian Council of Health and Physical Education and Recreation (International); Australasian Injury Prevention and Safety Promotion; World Conference on Drowning Prevention; Spark of Life; and the Australian Amusements Leisure and Recreation Association Conference.

In addition, Royal Life Saving staff served on the following Standards Australia committees:

- Pool Fencing
- Water Safety Signs
- Flotation Aids for Water Familiarisation and Tuition
- Buoyancy Aids

.....
Royal Life Saving volunteers and staff sit on a range of boards and advisory panels for various not-for-profit organisations.
.....

These organisations include: the Australian Council for the Teaching of Swimming and Water Safety (AUSTSWIM); Australian Amusements Leisure and Recreation Association; Australian Resuscitation Council; Australian and New Zealand Safe Boating Education Group; Community Services and Health Industry Skills Council; and Service Skills Australia.

Key Media Campaigns

Royal Life Saving's key media campaigns during 2013/14 provided significant media coverage including TV, Radio, Print and Online Media. Campaigns included:

• **Royal Life Saving Summer Drowning Toll** which was released on 24 January 2014, highlighting drowning figures from December 2013 and urging all Australians to be safe when enjoying the water over the Australia Day long weekend. Traditionally, there is a spike in drownings across the warmer months and the holiday period when more people are recreating around water. Unfortunately, this summer there were 47 drowning deaths across December and January. Further to these drowning deaths there had been a number of near-misses. Royal Life Saving was aware of 11 non-fatal drownings of children under the age of 10 in swimming pools.

• **Release of the Royal Life Saving Report – Drowning Deaths in Australian Rivers, Creeks and Streams: A 10 Year Analysis.** Across this ten year period, rivers, creeks and streams were the aquatic location with the highest number of drowning deaths, accounting for 25% of the deaths in the last decade. (Refer to pages 14 and 44 for full details).

• **Royal Life Saving Swim and Survive 'Parents and carers warned not to opt out of swimming lessons for their children during Autumn and Winter'** Figures show drowning deaths happen all year round, including Autumn and Winter. There is a common misconception that drowning deaths only occur in Summer. Figures show in the 10 year period from 2002/03 to 2011/12, 44 children aged 5-14 drowned during Autumn and Winter, accounting for 31% of the total drowning deaths in this age group.

UNCLE TOBYS Ambassador and Olympic Gold Medallist Cate Campbell lent her support to Royal Life Saving and the important message for parents not to opt out of swimming lessons. This campaign gained significant media coverage, in particular radio coverage across Australia raising community awareness around the issue. (Refer to page 19 for full details).

• **Royal Life Saving National Drowning Report 2014** provided insights into who, where, when and how people drowned in Australian waterways over the past year. Report released September 2014. (Refer to page 42 for full details).

Feature Media Campaign 2013/14

Release of the Royal Life Saving Report – Drowning Deaths in Australian Rivers, Creeks and Streams: A 10 Year Analysis

Figures released by Royal Life Saving showed that 735 people drowned in Australian rivers, creeks and streams between 2002 and 2012. Across this ten year period, rivers, creeks and streams were the aquatic location with the highest number of drowning deaths, accounting for 25% of the deaths in the last decade.

The research has enabled Royal Life Saving to identify the top 10 river drowning black spots across the country. The Murray River was identified as the number one river drowning black spot in the country with 43 deaths, followed by the Brisbane River in Queensland and the Yarra River in Victoria. The remaining top 10 river drowning black spots are: the Swan River (WA); Hawkesbury River (NSW); Murrumbidgee River (NSW); Sandy Creek (QLD); Derwent River (TAS); Katherine River (NT); and rounding out the top ten is the Macquarie River (NSW).

Royal Life Saving emphasised the need for everyone to stay safe and to consider the following River Drowning Prevention Tips:

- Never swim alone.
- Never undertake any form of aquatic activity under the influence of alcohol or drugs.
- Be aware of hazards specific to rivers and creeks such as sudden pockets of deep water, cold water, an uneven river bed, steep and often unstable river banks.
- In rivers and creeks, strong currents and submerged objects are often difficult to see due to the murky water.
- When boating, always wear a lifejacket, check weather conditions before setting off and tell someone where you are going and when you are due back.
- Always actively supervise children around water.



Australian Water Safety Strategy 2012–15: Towards a nation free from drowning

Royal Life Saving is working hard to achieve the important goal of a 50% reduction in drowning by the year 2020. The table below shows what the current figures are in relation to this target. The Australian Water Safety Strategy can be downloaded from www.watersafety.com.au

| AWSS 2012-15 Goal Areas | Drowning Deaths in 2013/14 | | AWSS 2012-15 Target by 2020 | Progress |
|---|----------------------------|----|-----------------------------|---------------------|
| 1. Reduce drowning deaths in children aged 0-14 years | Children 0-4 years | 20 | 17 | Progress being made |
| | Children 5-14 years | 10 | 8 | Progress being made |
| 2. Reduce drowning deaths in young people aged 15-24 | | 40 | 18 | Of High Concern |
| 3. Reduce drowning deaths in people aged 55+ | | 87 | 51 | Of High Concern |
| 4. Reduce drowning deaths in inland waterways | | 90 | 54 | Of High Concern |
| 5. Reduce surf beach drowning deaths | | 34 | 21 | Progress being made |

Please note: A drowning death could be included in more than one goal area in the table above.

Government Backs Royal Life Saving in a Bid to Reduce Drowning

Royal Life Saving welcomed the announcement in October 2013 that the Australian Government would invest \$15 million into Australia's peak water safety agencies as part of its policy to reduce drowning across Australia.

The announcement included \$4 million allocated to Royal Life Saving, to enhance Royal Life Saving's work to reduce drowning in inland waterways and promote access to swimming and water safety in disadvantaged communities.

The Australian Government announced support for Royal Life Saving to reduce drowning across inland waterways by building a River Drowning Black Spot Identification Programme and to increase community education.

"Reducing drowning in inland waterways will involve investigating high risk inland waterways and expanding community education and awareness programs that target alcohol consumption, the safe use of watercraft and practical lifesaving skills in rural and remote areas" said Royal Life Saving CEO Justin Scarr.

Royal Life Saving CEO Justin Scarr says "Rivers, lakes and dams are a common location for drowning deaths in Australia. 735 people have lost their lives in the past 10 years in a river, creek or stream. 104 people drowned in inland waterways last year alone."

The Coalition Policy to Reduce Drowning responded to Royal Life Saving's concerns about the decline in swimming and water safety skills of children aged 5-19 years, which may have grave consequences as they age and are exposed to recreational water activities away from parents and lifeguards, on boats and in rivers.

Justin Scarr says "Increasing the availability of Swim and Survive lessons to Australian children, particularly in communities who are known to miss out, is a key priority. Ensuring that children from Indigenous, migrant and economically disadvantaged communities have access to the lifesaving skills of Swim and Survive may address drowning but also opens up a lifetime of safe, fun and healthy recreation in, on and around water."

Justin Scarr says "The Coalition policy recognises the work of Australia's three leading water safety organisations - Royal Life Saving, Surf Life Saving Australia and AUSTSWIM".

Below: October 2013 - The Honourable Peter Dutton MP, Minister for Health and Minister for Sport and Justin Scarr, Chief Executive Officer, Royal Life Saving.

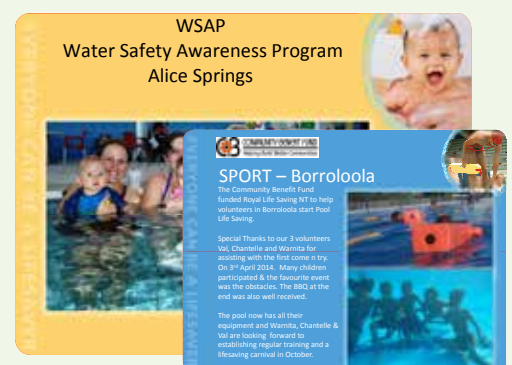


Royal Life Saving Society NT keeping Territorians up to date on all things Water Safety

Royal Life Saving Society - NT publishes a colourful monthly eNewsletter 'Kicking Back.' Each edition has stories and information about the work of Royal Life Saving Society - NT including:

- New initiatives
- Community events and activities
- Program updates
- Pool lifesaving sport highlights and activities
- Training and skills information and
- Upcoming courses.

'Kicking Back' is a great way for Territorians to keep in touch with Royal Life Saving. With so many stories and features over the last year, we have compiled the following snapshots.



EDUCATION



EDUCATION

Royal Life Saving's water safety education programs are designed so all Australians can have the skills and knowledge to safely participate in a range of aquatic activities.

Our programs build awareness of dangers in aquatic environments, teach essential water safety skills and develop lifesaving skills that may one day save a life; reflecting Royal Life Saving's mantra that 'Everyone can be a Lifesaver'.

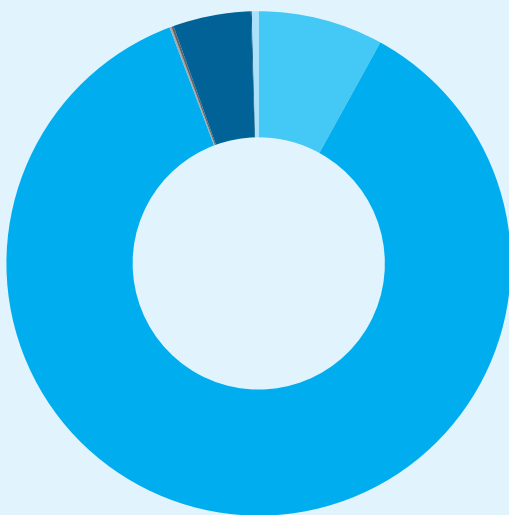
The range of programs allows individuals to continually develop their skills and knowledge as they move through different life stages, reflecting the unique challenges that are specific to each age group. These challenges include: water familiarisation for young children; foundation skills for primary aged children; essential survival and lifesaving skills for teenagers; and water safety for older adults.

Our key education programs include:

- Swim and Survive:
 - Wonder (6–36 months)
 - Active (3–5 years)
 - Courage (5–14 years)
- Water Smart
- Bronze Medallion
- Grey Medallion

Education Awards

626,957 Awards Issued by Royal Life Saving in 2013/14



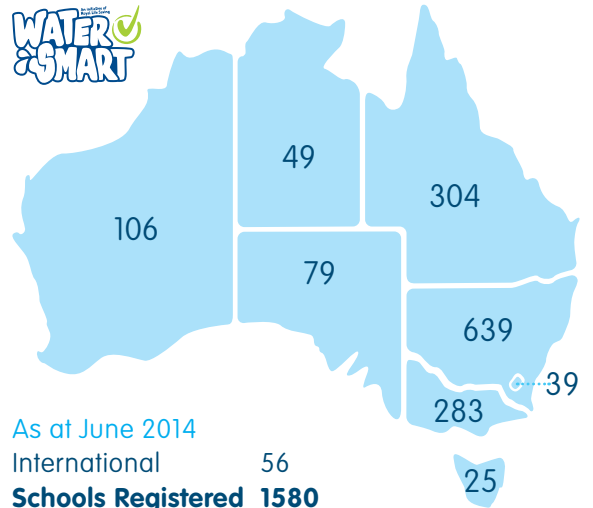
- Water Safety Education Classroom (Includes Water Smart) - 50,167 (8%)
- Swim and Survive - 540,760 (86.3%)
- Junior Lifeguard Club Participants - 701 (0.1%)
- Rescue Strand - 889 (0.1%)
- Bronze - 31,330 (5%)
- Adv Lifesaving - 341 (0.05%)
- Grey Medallion - 2,769 (0.44%)

Water Smart

Water Smart is aimed primarily at primary school students and is easily implemented in the classroom. Curriculum materials are available free of charge. Teachers can deliver a unit of water safety or the Water Smart Award. Resources such as activity sheets, teacher notes, posters, video clips and water safety tips are available.

To access these resources, schools and community groups register on the schools zone of the Swim and Survive website (www.swimandsurvive.com.au).

The number of schools that have registered over the past financial year has more than doubled from the previous year, with a total of 1580.



Water Smart Translated Resources

To help educate and inform Australians from all backgrounds about water safety, Royal Life Saving translated safety tips into a range of languages. These tips are designed to teach children and teenagers how to actively and safely participate in aquatic activities. The Water Smart tips have been translated into five languages: Arabic, Dari, Simplified Chinese, Traditional Chinese and Tamil.



Swim and Survive

Swim and Survive is national program that seeks to increase swimming and water safety skills of Australian children to prevent drowning and increase participation in safe aquatic activity. The Swim and Survive program has been taught to Australian children for 30 years in pools, schools and other aquatic locations across the country by qualified swimming and water safety instructors.

Swim and Survive ensures the essential components of personal survival and water safety are provided, in addition to developing strong and effective swimming techniques.

Wonder, Courage and Active have been chosen as the Swim and Survive program titles to reflect the hopes and aspirations of children and families as they embark on a lifetime of fun and safety in the water.

Since 2009, UNCLE TOBYS has been supporting the Swim and Survive program, by helping to raise the importance of swimming and water safety education with parents, carers and local communities.

UNCLE TOBYS play a valuable role in providing opportunities for children and young people to learn vital life skills in swimming and water safety through the Royal Life Saving Swim and Survive Fund (see page 39 for details).

.....
This year, our key activities have focused on the development and growth of the Swim and Survive program and strengthening relationships with our valued Swim and Survive partner facilities and schools.
.....

Swim and Survive Partners and Events

Swim and Survive Partners are a national network of registered swim schools that deliver the Swim and Survive program, working together with Royal Life Saving to promote water smart communities.

The program is conducted in 300 Swim and Survive Partner facilities throughout Australia, by qualified swimming and water safety instructors. A dedicated Swim and Survive Coordinator in each State and Territory Member Organisation (STMO) provides advice, guidance and support to local Swim and Survive Partner facilities.

In 2013/14, Royal Life Saving supported Swim and Survive Partner events in Victoria, New South Wales, South Australia and the Australian Capital Territory, to promote the value of swimming and water safety education in the community and to provide information on Royal Life Saving training courses, products and services.

Royal Life Saving also provided Swim and Survive promotional materials and resources to aquatic centres, swim schools, schools and community organisations to support local water safety activities and events.

Partner Event Schedule

- 01 31 August 2013 - Monbulk Aquatic Centre (Belgravia Leisure), Monbulk VIC
Paralympian and UNCLE TOBYS Ambassador, Matthew Cowdrey
- 02 19 October 2013 - Prince Alfred Park Pool (Belgravia Leisure), Surry Hills NSW
- 03 27 October 2013 - Fanny Durack Aquatic Centre (Belgravia Leisure), Petersham NSW
- 04 3 November 2013 - Noarlunga Sports and Leisure Centre (Belgravia Leisure), Noarlunga SA
- 05 30 November 2013 - Dickson Aquatic Centre, Dickson ACT

01



02



04



05



03

Website – www.swimandsurvive.com.au

Visits to the Swim and Survive website have grown significantly over the past year, with 75.6% of people visiting the website for the first time. The Swim and Survive Kids Zone, continues to provide valuable water safety tips, activities and games for children, while parents, carers and prospective Swim and Survive Partners can learn about the core values of the Swim and Survive program.

| | 2012/13 | 2013/14 |
|------------------------|--|---|
| No. of Visits | 53,316 | 60,978 |
| No. of Unique Visitors | 40,297 | 46,104 (75.6%) |
| No. of Page Views | 213,113 | 256,899 |
| Pages per Visit | 4.00 | 4.21 |
| Average Visit Duration | 00:03:26 | 00:03:28 |
| Top 5 pages | <ol style="list-style-type: none"> 1. Swim and Survive Homepage 2. Swim and Survive Kids Zone (LP) 3. Swim and Survive Program Information 4. Swim and Survive Games Zone: Kids Zone (LP) 5. Swim and Survive Water Safety Colouring-In Posters: Kids Zone (LP) | <ol style="list-style-type: none"> 1. Swim and Survive Homepage 2. Swim and Survive Water Safety: Kids Zone (LP) 3. Swim and Survive Water Safety: Kids Zone: Colouring-In Posters (LP) 4. Swim and Survive Program Information 5. Swim and Survive Games Zone: Kids Zone (LP) |

Swim and Survive Facebook
www.facebook.com/swimandsurvive

Swim and Survive joined Facebook in November 2013 to keep passionate water safety followers, including parents and carers; aquatic centres; swim teachers; and schools updated on all things Swim and Survive.

Royal Life Saving engages regularly with the Swim and Survive Online Community by sharing water safety messages and promoting community water safety events and family activities at Swim and Survive Partner facilities including open days, water safety weeks and family fun days.

Media Campaign

Royal Life Saving Swim and Survive ‘Parents and carers warned not to opt out of swimming lessons for their children during Autumn and Winter’.

This year, the Swim and Survive Media Campaign encouraged parents and carers not to opt out of swimming lessons in winter, by raising awareness that drowning deaths occur all year round.

With almost one third of drowning deaths in children aged 5 to 14 years occurring in Autumn and Winter, Royal Life Saving encouraged parents and carers to keep their children in lessons to ensure that they didn’t fall behind.

UNCLE TOBYS Ambassador and Olympic Gold Medallist Cate Campbell supported the campaign in the lead up to the 2014 Commonwealth Games in Glasgow. Cate reflected on her own experience to promote the key message.

.....
 Speaking from the Media Launch in Brisbane, Cate said “In my Learn to Swim days, my parents enrolled us into lessons at our local pool throughout the year. I believe that my continuous participation built strong foundation skills and is the reason I have been successful as a competitive swimmer.”

The campaign generated support from print and broadcast media and the Australian community, including parents, carers, swim schools, swimming instructors and emergency service personnel.



Bronze e-Lifesaving

One of the priority goals of the Australian Water Safety Strategy 2012-15 focuses on reducing drowning deaths in young people aged 15-24 years. Traditionally, young people learnt essential swimming and lifesaving skills through schools which conducted the Bronze Medallion as part of their physical education program. Steadily this participation has declined due to barriers such as time, cost and competing activities. A lack of swimming and water safety skills, together with: risk-taking behaviour; peer pressure; increasing independence; and the consumption of alcohol and/or drugs when recreating in and around water, are contributing factors to the high drowning rates for this age group.

.....
Royal Life Saving has recognised that teenagers and young adults need to be engaged in swimming and lifesaving activities to provide them with the skills and knowledge for safer aquatic recreation. For this reason, Royal Life Saving has developed the Bronze e-Lifesaving initiative to provide an easy to implement platform for learning.
.....

Bronze e-Lifesaving is an interactive learning program that can be easily implemented in the classroom and has been designed to have strong links to the new Australian Curriculum: Health and Physical Education. Utilising aquatic themes, the program challenges students to explore risk-taking behaviour, personal attitudes, beliefs and relationships and to develop skills in making informed decisions, refusal tactics and leadership.

Bronze e-Lifesaving teaches students survival skills, rescue techniques and basic resuscitation and first aid care for managing situations where their own or others' wellbeing and safety may be at risk.

Bronze e-Lifesaving is a secondary schools program and has two units to complete; Unit 1 and Unit 2. Unit 1 has been designed to suit Year 7 and 8 students, whereas Unit 2 is aimed at Years 9 and 10. Within each unit there are three online modules to work through in class. These can be supplemented with extension activities within and outside class hours. The modules are:

- Module 1 – Hazards and Personal Safety
- Module 2 – Risks and Peer Influences
- Module 3 – Responding to Emergencies

BRONZE



Each of the modules listed features one or more video scenarios. The storylines of the scenarios centre on the theme of the module and highlight key learning points. The scenarios range from serious drama to fun and informative with characters within the target age group. Learners are invited to analyse the characters' awareness, attitudes, knowledge and skills and then to connect with the surrounding content, using activities such as: drag and drop; flip tiles; polls; quizzes; and multiple choice questions. These tasks encourage individuals and groups to think about and analyse the characters actions, and reflect on their own attitudes, skills and knowledge.

THE KEY OBJECTIVES OF THE BRONZE e-LIFESAVING PROGRAM ARE:

- Getting lifesaving back into schools
- Developing swimming and lifesaving skills
- Building relationships with the education sector
- Data collection
- Increasing awareness of Royal Life Saving brand
- Increasing participation in other Royal Life Saving programs and services including Bronze Medallion, First Aid and Resuscitation



The Bronze e-Lifesaving program will be deployed in Term 4, 2014 and will be FREE for all Australian Secondary Schools.

The Bronze e-Lifesaving program has been supported by the Australian Government through Saving Lives in the Water funding.



GREY MEDALLION

Unfortunately, older Australians (aged 55 and over) are a significant proportion of the overall drowning deaths in Australia. As the population ages, the number of deaths in this age group continues to increase. The Royal Life Saving National Drowning Report for 2014 shows 87 older Australians drowned in 2013/14, accounting for 33% of all drowning deaths. The River / Creek / Stream location was the category of aquatic location that recorded the largest number of drowning deaths in this age group in 2013/14 with 21 drowning deaths (or 24% of all drowning deaths in this age group).

.....
The Grey Medallion program is a water safety and lifesaving skills initiative for older adults. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic recreation activities safely.
.....

This practical program provides older adults with personal survival techniques, improved swimming skills, the ability to deal with emergency situations and a thorough understanding of water safety in order to reduce the likelihood of drowning.



Watch the 'Grey Medallion' video at [youtube.com/RoyalLifeSavingAust](https://www.youtube.com/RoyalLifeSavingAust)

The Grey Medallion Program in Victoria

A successful trial of the Grey Medallion program was conducted by Life Saving Victoria (LSV) from May to June 2014, providing a program framework for Victorian aquatic facilities to offer to local senior community members.

With adults aged over 60 having the highest age-specific drowning rate in Victoria, the 'Helping older adults to become Everyday Lifesavers – social inclusion and health project for over 60s' was developed with funding support from the Lord Mayor's Charitable Foundation.

As the first of its kind in Victoria, the program aimed to reduce drowning deaths, while encouraging a healthy, independent and active lifestyle.

LSV partnered with Watermarc Banyule and YMCA's Ascot Vale Leisure Centre, to deliver two 10 week water safety and aquatic participation programs for 43 local community members aged 60+.

Incorporating the Royal Life Saving Grey Medallion Program, the theoretical and practical sessions covered water safety knowledge, resuscitation and emergency care, aquatic exercise and personal survival and lifesaving skills, empowering participants to deal with emergencies, as well as facilitating confidence and competence to enjoy aquatic exercise and other aquatic activities safely.

The program was a great success and program evaluation conducted by LSV found participants reporting improvements in self-reported water safety knowledge following completion of the program. Before the program, 21% of participants rated their aquatic skills and knowledge as good and none rated it as excellent. At the program conclusion, 59% rated these skills and knowledge as good and a further 30% now rated it as excellent. Furthermore, improvements were also found in self-reported health and wellbeing with a significant increase in those reporting their health as excellent (26% pre-test vs 74% post-test).

The 'Helping Older Adults Become Everyday Lifesavers' program aimed to prevent aquatic related death and injury to adults over 60 years, and provides an example of the translation of LSV's research into practice and how this evidence can be used to drive drowning prevention initiatives.





TRAINING

Since 1894, Royal Life Saving has been training Australians to be lifesavers.

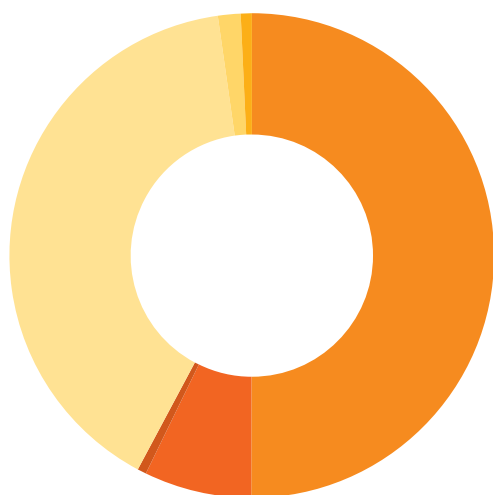
While the principles have not changed, we are now training people to use these lifesaving skills in a wide range of workplaces and communities.

Our key training programs include:

- First Aid and Emergency Care
- Resuscitation (CPR)
- Pool Lifeguarding
- Bronze Medallion
- Swim Teaching (AUSTSWIM)
- Pool Operations
- Professional Development

Training Awards

245,122 Awards Issued by Royal Life Saving in 2013/14



- Resuscitation - 122,640 (50%)
- Pool Lifeguard - 17,584 (7.2%)
- Pool Operations - 1,462 (0.6%)
- First Aid - 97,952 (40.0%)
- Instructor/Trainer Assessor - 3,700 (1.5%)
- AUSTSWIM Teacher of Swimming and Water Safety & Extension Courses - 1,784 (0.7%)

Vocational Education and Training (VET)

The 2013/14 year in Vocational Education and Training (VET) moved into a new era of training for Royal Life Saving, with many innovative and exciting projects being initiated.

The most exciting project this year was the search for a new Training Management System (TMS) to deploy across all State and Territory Member Organisations (STMOs). After months of thorough research, Royal Life Saving chose to partner with VM Learning and their TMS product aXcelerate. A remarkable result as 6 out of the 8 STMOs chose to take up and integrate the system into their training provision.

This is an exciting addition to the Royal Life Saving Training Systems, with many benefits and improvements to work flows already being observed. Royal Life Saving is looking forward to working in partnership with VM Learning to maximise the benefits this new system will provide.

In addition to the aXcelerate TMS, Royal Life Saving is working closely with the digital agency, Vortilla Digital, to integrate into the TMS and produce a more flexible and user friendly learner portal that allows clients to enrol in both face to face and online learning products available to all STMOs.

Work continues in partnership with NSW and Canopi on the development of e-learning training content that will assist with decreasing training and materials costs, increase productivity and achieve greater consistency across all Royal Life Saving Training programs, resulting in an improved and more advanced product for the end user.

Along with the many technology improvements, Royal Life Saving has also been privileged to be included as a partner in the review of both the First Aid Units within the Health Training Package and the Community Recreation Units across the Sport, Fitness and Recreation Training Package.

VET Committee

The VET Committee has continued to work together on the expansion of the Vocational Training Capacity Plan, with significant outcomes being achieved in: compliance; best practice and communication; stronger training governance; and progressive improvement across all training departments.

Members

| | |
|--------------------------------------|--------------------|
| Cherry O'Connor / Ben Cuttriss – ACT | Floss Roberts – NT |
| Anthony Cottee – NSW | Tony Taylor – SA |
| Michael Darben / Jo Voltz – QLD | Ian Brown – WA |
| Carolyn Butcher – VIC | |

This committee, through the Vocational Training Capacity Plan, have enabled Royal Life Saving: to be innovative and adaptive to our customers' changing needs; to support the ongoing growth of our organisation; to represent industry best practice; and, to be consistent with our longstanding commitment to saving lives and support safe aquatic activities.

.....

This committee leads the passionate network of trainers (some of which are profiled in this report) to provide Royal Life Saving Training programs to the Aquatic Industry and wider community that exceed all expectations and allow Royal Life Saving to continue to be a lead Training Provider.

.....

Trainer Profiles:

A sample of the passion and tireless commitment of hundreds of Royal Life Saving Trainers across Australia.



Sheila Langley
Victoria

Sheila Langley has been a full time trainer for Life Saving Victoria for the past three years, teaching pool, open water and first aid training courses. Sheila has also conducted international training for LSV, to over 400 people in first aid, pool and surf lifesaving. "I learned to swim in a dried up water bed in the outback. I've always been drawn to the water and teaching people came naturally," she said.

Sheila thrived in the water from a young age representing NSW in Lifesaving from the age of 13. It turns out Lifesaving is in Sheila's blood, her great-great grandfather founded one of the first surf lifesaving clubs in Australia.

.....
"Lifesaving always comforted me and to be able to inspire people in the same way it's inspired me gives me Goosebumps."

Along with teaching, Sheila has also helped in the development of a number of courses including: Online CPR & senior first aid, the online pool lifeguard course, and the pilot grey medallion program.



Josephine O'Reilly
Western Australia

Having spent over 30 years as a trainer, and with experience as an ambulance officer and industrial medic, Josephine O'Reilly knows just how critical first aid training can be. "I've been fortunate to witness how important it is to have a first aider there from the beginning, it makes a huge difference to the outcome of an injured person, particularly in resuscitation and bleeding" she said.

Josephine started training people in 1980, before joining Royal life in 1990, teaching Advanced First Aid, Senior First Aid and infant/child resuscitation with the Heart Beat Club in WA. "Growing up in rural WA was isolated and water safety wasn't prominent, but Royal Life Saving has been fantastic in raising awareness and it's great to see drowning numbers decreasing."

Josephine hopes to continue training people to recognise and confidently deal with emergency situations, which can be the difference between life and death.

.....
"It's great to see more teens coming in to do first aid for themselves. They're saying to me, if something happens to my friend I want to be able to help them."



Mark FitzSimons
Northern Territory

Since 2006, Mark FitzSimons has been a trainer in the Northern Territory (NT), the region with the highest rate of fatal drowning.

He believes legislative change would help reduce the death toll - "It's frustrating to see, there is no Alcohol limit in the water in NT and life jackets on a stationary boat aren't even compulsory."

Mark was born and raised in Zimbabwe and migrated to Australia at the age of 12. "When I came out here water safety in schools was compulsory. Unfortunately these days, more schools are dropping it to cut costs."

.....
"There's now a generation of parents and kids emerging that didn't get the water safety training I had and that's alarming."

As a trainer, Mark is determined to: provide his students with vital water safety skills; promote a water safe community; and reduce NT's alarming rate of drowning.



Gary Barber
South Australia

Gary Barber has been a volunteer trainer for the past 15 years and the current coach of the South Australian Lifesaving team.

Countless people have benefited from his training; learning essential life saving skills.

.....
"A week after a student finished my First aid course, he performed CPR on a complete stranger on the street and revived him."

Senior First Aid, Advanced Resuscitation, Pool Lifeguard License - Gary's courses don't just offer water safety skills; he offers a support network to his students. "I see my students like family, they contact me when they need advice and I'm there for them. That's what life's about, helping other people."

Gary's passion played a major part in his longevity as a volunteer trainer: "I like helping people and that's why I was drawn to Royal Life because they have the same passion for community safety."

Training Courses

Royal Life Saving believes that everyone can be a lifesaver. Whether as a responsible member of the community or for a lifesaving career, the skills you learn are skills for life.

First Aid

Royal Life Saving First Aid training courses are compliant with Workplace Health and Safety requirements and provide participants with the knowledge and skills to administer first aid to a victim of illness or injury until professional medical help arrives. Anyone - parents, workers, passers-by - may have to give first aid at some time, giving credence to Royal Life Saving's motto that "Everyone can be a lifesaver".

Royal Life Saving provides both traditional and flexible training delivery methods including First Aid in a Box – a self-paced, flexible training program. Candidates receive their own learning manikin and DVD and complete the theory and online assessments at their own pace.

Upon completing the online content and learning CPR, candidates are required to attend a two-hour practical workshop to refine their first aid skills and be assessed for their first aid qualification.



Resuscitation

Resuscitation - the actions taken to keep a person alive after their own breathing and heartbeat have stopped - can mean the difference between life and death. Early intervention with Cardio Pulmonary Resuscitation (CPR) can and does save lives. Royal Life Saving Resuscitation courses give participants training and knowledge in Basic Life Support, CPR, Defibrillation, Oxygen Resuscitation and Emergency Care.

All Royal Life Saving resuscitation training is delivered in accordance with the Australian Resuscitation Council (ARC) guidelines and gives both theoretical and practical experience in CPR and associated emergency care.



Pool Lifeguard

Australian Lifeguards are world-renowned for their high levels of skill and knowledge in accident prevention and rescue response. The minimum industry requirement for employment as a Pool Lifeguard in a swimming pool or aquatic facility is the RLSSA Pool Lifeguard Certificate.

This entry-level qualification is recognised across Australia and in many other countries and provides a gateway into an exciting lifeguarding and aquatics career. The course covers essential modules such as accident prevention, administration, public relations, education, rescue response and basic technical operations.



Bronze Medallion

The majority of drowning accidents occur inland in places such as rivers, dams and home swimming pools. Such places are rarely patrolled by qualified lifeguards.

It is therefore important that all members of the community learn some lifesaving techniques. The thoughtful application of the knowledge and skill provided within this program will save lives, ensure the rescuer's safety and prevent a possible double drowning. The Royal Life Saving Bronze Medallion is recognised as the minimum standard for a qualified lifesaver. This award also increases employment opportunities with many pools and aquatic centres as they require employees who conduct aquatic programs to have their Bronze Medallion.



Swim Teaching - AUSTSWIM

AUSTSWIM has developed quality aquatic education program for those wishing to enter the aquatic industry as a teacher of swimming and water safety™. The AUSTSWIM accreditation is the industry standard for swimming and water safety teachers™ and is delivered and recognised in each state and territory of Australia and many countries overseas. As a foundation member of AUSTSWIM, Royal Life Saving is a proud supplier of AUSTSWIM courses including:

- Teacher of Swimming and Water Safety
- Teacher of Adults
- Teacher of Aquatics to People with Disabilities
- Teacher of Competitive Strokes
- Teacher of Infant and Preschool Aquatics



Pool Operations

Royal Life Saving currently offers the Pool Operations course to assist industry bodies in meeting their obligations to industry best practice. This course is only one in a series of new programs that Royal Life Saving will be offering to industry. This course provides candidates with the knowledge and skills relevant to the supervision and operation of an aquatic facility, plant and associated equipment and the monitoring and maintaining of water quality. This course is the industry standard for pool supervisors.



Professional Development

Working in the Aquatic and Recreation Industry can lead to a dynamic, balanced and flexible career with a range of employment opportunities. Royal Life Saving can help candidates to improve and succeed in their chosen career by providing a range of Professional Development courses and workshops including Conflict Resolution, Risk Management, Emergency Procedures, Supervisors and Aquatic Customer Service right through to a full qualification in Certificate III in Aquatics and Certificate IV in Community Recreation.





HEALTH PROMOTION

Royal Life Saving's commitment to reducing drowning and water-related incidents is best seen through the creation of water-safe communities.

Royal Life Saving has achieved this through a proud history of promoting safe aquatic recreation and by developing health promotion programs that target special needs groups such as:

- Children under five (Keep Watch)
- Remote Indigenous Communities
- Rural and Regional Communities
- Refugees, Recent Arrivals and Culturally and Linguistically Diverse Communities
- Older Australians (Grey Medallion)
- Others including alcohol related drowning deaths



Keep Watch

Keep Watch continues to be Australia's most comprehensive drowning prevention and water safety program for children under five. The program has a wide range of resources and sub-programs targeting parents and carers that are designed for specific locations such as bath time, the farm and public pools.

Protector Aluminium has partnered with Royal Life Saving to promote child drowning prevention. Protector Aluminium has had a long term commitment to water safety through its range of pool fencing and pool gate hardware. Protector Aluminium will promote the messages of Keep Watch on its products and to its customers.

With over 190 public pools across Australia participating in the Keep Watch @ Public Pools program, and hundreds of thousands of resources distributed across Australia, Royal Life Saving continues to work towards ensuring all children under the age of five are safe when in, on, or around water. In Western Australia and Victoria our members support Watch around the Water which shares similar objectives.

The Keep Watch and Home Pool Safety websites (www.keepwatch.com.au & www.homepoolsafety.com.au) provide an invaluable source of information for parents/carers, grandparents, child care workers, swim teachers, community health workers and others interested in preventing child drowning. Both websites include factsheets and a range of vital information, freely available to download and print.

These regularly reviewed and updated fact sheets are designed to help people keep themselves and others in their care safe at aquatic locations or while undertaking aquatic activities.

The 27 fact sheets cover a variety of topics from the four Keep Watch actions of: Supervise; Restrict Access; Water Awareness; and Resuscitation, to farm water safety, water safety around the home and watercraft safety.

The following Keep Watch resources are distributed across Australia to support the messages of the program:

- Keep Watch CPR Fridge Magnets
- Keep Watch Brochures
- Keep Watch @ The Farm Brochures
- Please Close the Gate Farm Signs
- Keep Watch @ Bath Time Brochures
- Keep Watch @ Bath Time Tap Hangers
- Home Pool Safety Checklists
- Keep Watch Key Message Posters
- Keep Watch Information Manuals

Keep Watch supported by:



Keep Watch Life Stages

Royal Life Saving takes a life stages approach to drowning prevention. This is important as potential drowning risks and hazards vary naturally throughout a person's life. Differentiating between various life stages creates natural focus areas, better tailoring the development of programs and advocacy.

.....
Our life stage approach addresses specific risks and hazards for children and young adults.
.....



0-12 months

Every month on average 1 child between the ages of 0 and 12 months drowns in Australia. Three quarters of these drowning deaths occur around the home: in bathtubs; backyard swimming pools; buckets; and eskies.

Bath time poses one of the highest risks of drowning for infants, with 35 children drowning in bathtubs and spa baths in the past nine years. A lack of adequate adult supervision is the main cause of drowning deaths in this life stage.

Actions to prevent your child aged 0-12 months from drowning include:

- Always actively supervise children around water
- Ensure you have everything needed for bathing before entering the bathroom e.g. towels, clothes
- Bath water should be kept to a minimum depth
- Children are not to be left alone or in the care of an older child while in the bath or around water
- Supervising adult should always maintain physical contact with children in or around water
- Learn CPR. Enrol in a course or update your skills
- Create a safe play area to restrict a child's access to water
- Empty buckets and containers that can hold water



12-36 months

Every year on average 29 children aged 12-36 months drown in Australia. Many occur in a few seconds when parents and carers become distracted. Active adult supervision is essential in protecting your child from drowning.

Over 50% of all drowning deaths occur in home swimming pools, posing the greatest drowning risk. Children commonly access the pool through a faulty fence, a propped open gate or by climbing on objects such as a table or BBQ.

Actions to prevent your child 12-36 months from drowning include:

- Always actively supervise children around water
- Supervising adult should have physical contact or be within arms' reach of the child
- Ensure pool fence is correctly installed, regularly maintained & gate is never left open
- Create a safe play area to restrict a child's access to water
- Establish simple rules such as no going near water without an adult
- Enrol your child in water familiarisation lessons
- Learn CPR. Enrol in a course or update your skills
- Empty buckets and containers that can hold water around the home

Indigenous Fact Sheets: Keep Watch, Protect Your Mob

Research shows that Indigenous Australians are four times more likely to die from drowning than other Australians.

To support Indigenous communities and organisations to promote water safety education and drowning prevention strategies, Royal Life Saving - NSW with the support of the New South Wales Government, developed the following 7 fact sheets: **Supervision, Restrict Access, Water Awareness, Resuscitate, Bath Time Safety, Home Water Safety, and Water Safety in Rural and Remote Areas**

These fact sheets feature illustrations by Indigenous artist Fern Martins, Inheritance Art Design and feature real stories to highlight the key issues.



3 to 5 years

Ten children between the ages of 3 and 5 years drown every year on average in Australia. Almost 50% of all drowning deaths occur in home swimming pools. Boys in this age group are twice as likely to drown than girls.

Restricting access to water, particularly in homes with swimming pools or easy access to water is vital. Correctly install and regularly maintain pool fencing and create a safe play area near the home. These years are a good time to enrol in learn to swim classes.

Actions to prevent your 3-5 year old from drowning include:

- Always actively supervise children around water
- Supervising adult should always be within arms' reach of the child in and around water
- Ensure pool fence is correctly installed, regularly maintained & gate is never left open
- Create a safe play area to restrict a child's access to water
- Enrol your child in water familiarisation lessons and learn to swim classes
- Establish simple rules such as no going near water without an adult
- Learn CPR. Enrol in a course or update your skills



6 to 10 years

Every year on average, 8 children between the ages of 6 and 10 years drown in Australia. 68% of children who drown in this age group are boys. Inland waterways such as rivers and lakes are the location where the highest number of drowning deaths occur.

As children increasingly engage with their peers, they still require a high level of supervision from parents and carers. Children can overestimate their ability and underestimate risks to their safety. Ages 6 to 10 are perfect for further developing swimming and water safety skills with qualified instructors and practicing those skills outside of lessons.

Actions to prevent your 6-10 year old from drowning include:

- Constant active supervision is required
- Be prepared to get wet and enter the water
- Continue learn to swim lessons with qualified instructors
- Children to gain supervised experience in different aquatic environments
- Adults to model safe behaviours around water for children
- Learn CPR. Enrol in a course or update your skills



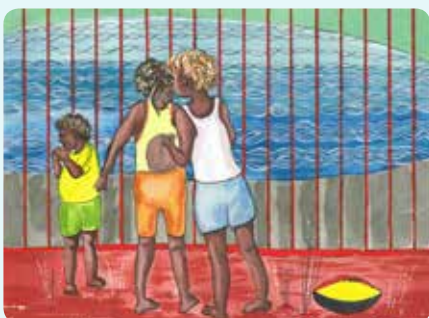
11 to 16 years

Every year on average, nine teenagers between the ages of 11 and 16 years drown in Australia. Over half occur in inland waterways such as rivers, lakes and dams. Over two thirds are male.

In this age group, teenagers become more independent and supervision may come from peers and lifeguards. Peer group pressure can lead to risk taking behaviour, the influence of drugs and alcohol can also increase a teenager's risk of drowning during these years.

Actions to prevent your 11 to 16 year old from drowning include:

- Parents to discourage risk taking behaviour around water
- Teenagers to learn survival and rescue skills
- Parents to discuss dangers of alcohol and drugs with aquatic activity
- Parents to continue to model and reinforce safe behaviours around water
- Teenagers to learn CPR and emergency skills





AQUATIC RISK MANAGEMENT

Developing safety guidelines and risk management systems for all aquatic environments is essential for supporting water-safe communities.

Royal Life Saving works to improve industry safety and risk management standards through key activities including:

- Guidelines for Safe Pool Operation
- Guidelines for Water Safety
- Aquatic Facility Safety and Inland Water Safety Risk Assessments
- Lifeguarding training systems
- Management consultancy

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Over 250 Aquatic Facility Safety Assessments were undertaken during 2013/14.
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Guidelines for Safe Pool Operation

Management standards and practices provide the managers of public pools and aquatic facilities with useful information about the minimum requirements and best practices in the operation of public pools and aquatic facilities. The Guidelines for Safe Pool Operation (GSPO) is a venue-based risk management tool provided as a voluntary guide for operators to assist operators in satisfying their legislative requirements and providing a high standard of care for visitors to their centre.

Operators of aquatic facilities are charged with a responsibility for public and occupational health and safety and they must work within a set of standards, state legislation and industry best practice. Although the GSPO is published by Royal Life Saving, it represents the collective opinion of the aquatics industry and a range of expert personnel across Australia through its development process.

The Guidelines have been primarily designed for application in municipal owned public facilities. However, the Guidelines relate to all facilities in which members of the public are encouraged to attend for recreational, fitness or educational purposes. The Guidelines are intended to be voluntary, acting as a guide to operators on the safe operation of swimming facilities.

The Royal Life Saving Guidelines for Safe Pool Operation clearly set out the requirements for a safe aquatic facility and are vital for managers of aquatic facilities. The GSPO also contains invaluable information for local government, facility owners, architects, engineers, duty managers and pool lifeguards.

The GSPO includes 91 guidelines across the following seven sections of aquatic facility operation:

1. General Operations
2. Technical Operations
3. First Aid
4. Facility Design
5. Supervision
6. Low Patronage Pools
7. Programs

Royal Life Saving undertakes a regular review of GSPO. The Guidelines may also be amended based on coronial recommendations and industry feedback when necessary.

The Guidelines for Safe Pool Operation can be purchased online at www.royallifesaving.com.au



Australian Lifeguard Network

The Australian Lifeguard Network (ALN) is a community of Pool Lifeguards and aquatic professionals. The aim of the Australian Lifeguard Network is to benefit members by:

- Supporting lifeguarding as a genuine career opportunity
- Raising the standard of lifeguarding in Australia by supporting training and professional development
- Providing opportunities for the aquatics industry, and lifeguards in particular, to come together and share ideas and experiences
- Providing better access to industry leaders and experts
- Improving the level of safety in our aquatic facilities by ensuring staff are highly trained and well-equipped to deal with the challenges they face every day, and
- Engaging in conversations with industry about what they want and need from the network.

As the ALN grows we hope that lifeguards will contribute to the repository of information available by sharing resources and learning materials with the Network.

The ALN has been developed by Royal Life Saving however, the ideas shared through the network are those of Pool Lifeguards and aquatics professional working throughout Australia.

- 01 ACT Lifeguard Challenge 2014
- 02 NSW Lifeguard Challenge 2014 Winners – Parramatta Swimming Centre



Lifeguard Challenge Series

The Australian Lifeguard Network Lifeguard Challenge Series provides Pool Lifeguards with the opportunity to showcase their professional skills and knowledge in a fun, friendly competitive environment. Royal Life Saving sees the Lifeguard Challenge as an important initiative to motivate Lifeguards to undertake ongoing training and encourage Lifeguards to join in to the various Pool Lifesaving Sport events on offer – including the Australian Pool Life Saving Championships.

Two Lifeguard Challenges were held in 2013/14 in ACT and NSW

The ACT Canberra Milk Lifeguard Challenge was held at the Australian Institute of Sport in February 2014 (the hosting rights of the next Challenge go to the previous years' winners) and the event saw over 30 lifeguards, in eight teams, from three facilities go head to head for the title of ACT Lifeguard Challenge champions.

The team from Dickson Aquatic Centre took home the Overall Champions title and will look to retain their trophy at the next ACT Lifeguard Challenge in 2015!

In March 2014, the Aquatic Safety Training Academy hosted seven competing facilities in the NSW Lifeguard Challenge, with Parramatta Swimming Centre taking out this year's title. Other competing facilities included: Macquarie University; Sydney Olympic Park Aquatic Centre; Granville Aquatic Centre; Aquatic Safety Training Academy; Emerton Leisure Centre; and Blacktown Leisure Centre Stanhope.

The rivalry is strong between teams in NSW and they are looking forward to taking to the pool in the NSW Lifeguard Challenge in 2015!

Teams from across ACT and NSW are now preparing for their respective Lifeguard Challenges in 2015.

For more information on the Australian Lifeguard Network and the Lifeguard Challenge please visit:
www.australianlifeguardnetwork.com.au
www.facebook.com/AusLifeguards
www.twitter.com/AusLifeguards



Watch the 'Get Involved' and the 'Lifeguard Challenge Series' videos at youtube.com/RoyalLifeSavingAust

Case study Jacqui Forbes – Pool Manager Burringurrah, Western Australia

Jacqui Forbes has been a Pool Manager at Burringurrah for the last 3 years, enjoying the sheer variety of the role. "I enjoy the challenge and variety of my job. I get to be Pool Manger, Lifeguard, Swim and Survive teacher, RLSS trainer, Kiosk Lady, Gardener, Cleaner and Event Organiser – there is never a dull moment" she said.

What does the pool brings to the community?

"It's a central part of the community and provides a good incentive for getting kids to school (no school no pool policy applies). In conjunction with the school sports program, we put on activities such as: water polo; snorkeling; lifesaving; the "Swim 4 Fruit, laps program" (after school and on weekends); and free play activities. The pool and programs make a huge difference to the health, fitness and lifestyles of people living in Burringurrah – including the Teachers, Police, Department of Child Protection, Nurses and families who use the pool."

In her work in Aquatics and Recreation, Jacqui relishes the opportunity to promote a healthy and active community, while working with a diversity of cultural backgrounds. "I have the opportunity to experience aspects of the indigenous culture and lifestyle that many people will never get".



Aquafutures Conference, Queensland

Royal Life Saving Society Queensland (RLSSQ) hosted the Aquafutures International Conference which was a three day Conference that brought together an eclectic range of industry leaders to focus on four key areas: Rescue, Programs, Facility Management and Water Quality Management.

The conference focused on how the industry can meet the challenges it faces in the future with the Conference Program designed to motivate Delegates through 'body, mind and business' and to equip participants with the tools they will require to be successful in the industry in the future.

Aquafutures provided professional development across a broad range of industry specific subjects, an increase in industry and public awareness and perception of RLSSQ, access to information, products and services provided by the aquatic, recreation and other allied industries, strengthened partnerships and collaboration with industry bodies, sponsors and exhibitors (e.g. AUSTSWIM) and establishment of an on-going Conference.

Review of Inland Water Safety Risk Assessments in New South Wales

Reducing Drowning Deaths in Inland Waterways Phase 2 Report

Inland waterways such as rivers, creeks, lakes and dams have consistently accounted for high numbers of drowning deaths in Australia and are a category of aquatic location where research and drowning prevention interventions are urgently needed.

A 10 year review of fatal drowning data identified rivers, creeks and streams were responsible for one quarter of all fatal drownings in Australia between 2002 and 2012. This review of drowning deaths also allowed for the identification of river drowning blackspots across the country at which to target interventions and further research.

This report builds upon the phase 1 study of fatal drowning data and examined the feasibility of conducting Inland Water Safety Risk Assessments (IWSRA) as well as a review of the data generated through the pilot process of 100 Inland Water Safety Risk Assessments conducted in New South Wales.

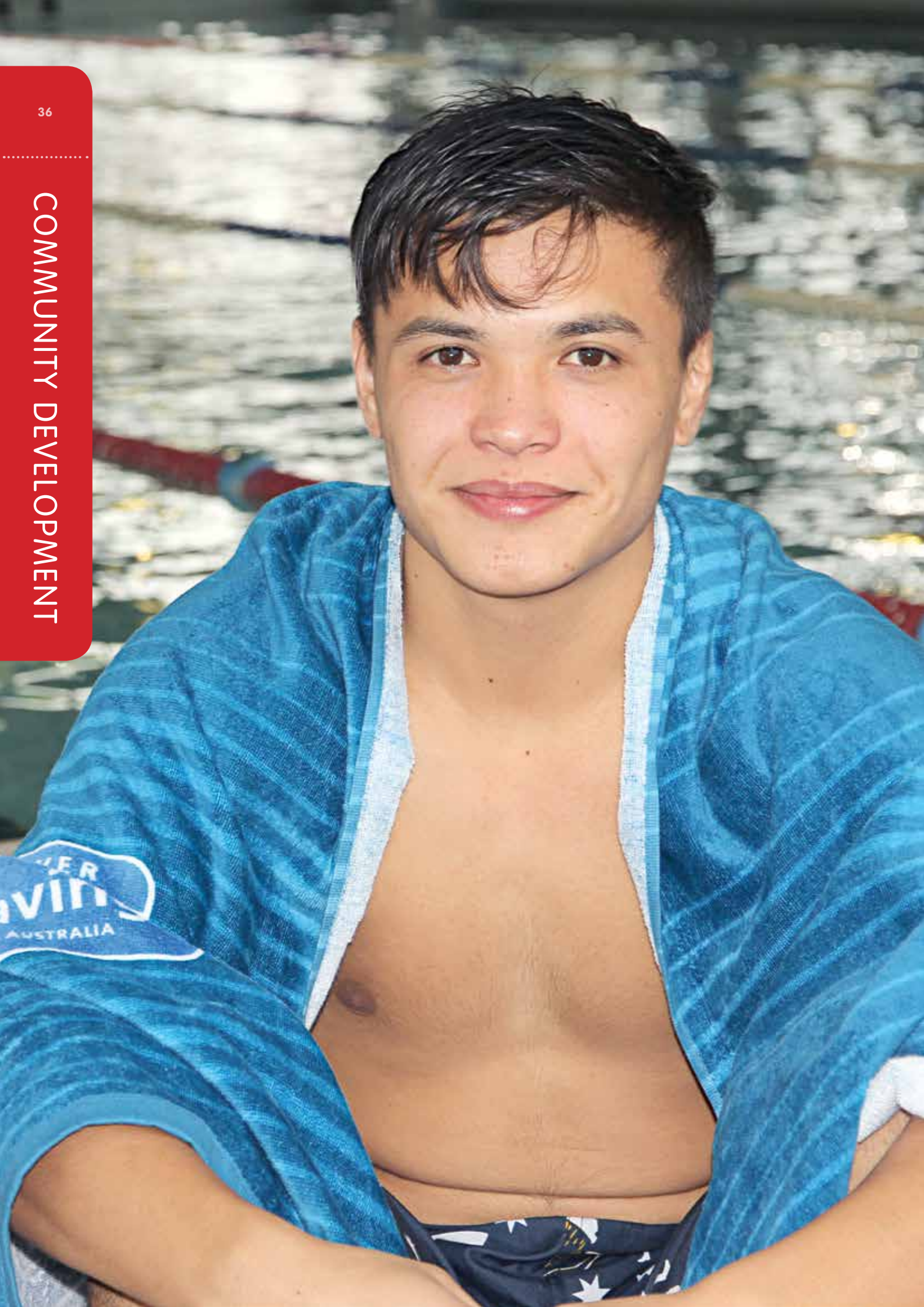
An Inland Water Safety Risk Assessment involves the auditing of open water environments that are utilised by the community for recreation or similar activities. The IWSRA assesses signage compliance, hazards, access and egress points and provides land owners with a comprehensive improvement plan to implement.

A content analysis was conducted on the findings from 26 IWSRA conducted in New South Wales. These assessments were conducted at a range of locations from major cities to remote areas and engaged a number of different councils.

Key findings were:

- Many commonly occurring hazards identified at inland waterway locations, often ranked as high risk
- Many hazards identified had no existing risk treatments in place. Commonly recommended risk treatments included signage, public rescue equipment and public education programs
- The assessment tool requires modification to be suitable for use outside New South Wales
- The assessment tool requires a skilled workforce to support its implementation
- The demand for risk assessments at inland waterways is untested to determine if the provision of this service is viable
- Assessments are useful as one part of a broader drowning prevention strategy at inland waterway locations
- Stakeholder engagement is key at all phases of the assessment process
- Minimal ability for the organisation to track implementation of risk treatments
- The concept of Facility Visitation Rate to guide signage implementation needs modification to be relevant for drowning prevention outcomes
- There are difficulties in sourcing information on nonfatal drowning, aquatic deaths and injuries at inland waterway locations to determine "true risk" of an inland waterway location

Conducting location specific risk assessments forms an important part of a holistic drowning prevention strategy for inland waterways across the country. Royal Life Saving will work with land managers and the community to develop and implement strategies to minimise their risk of drowning when recreating in such locations.



COMMUNITY DEVELOPMENT

Royal Life Saving actively implements a community development model that focuses on:

- Community engagement and communication
- Community participation and programming
- Training, employment and leadership development
- Sound project management and evaluation methodologies

Community projects aim to build local opportunities for local people and target a range of health, social and economic issues. These issues have included:

- Populations at risk of drowning
- Use of aquatic facilities
- High levels of chronic disease
- Youth diversion
- Employment and training pathways

We are active in a range of communities including:

- Indigenous communities
- Rural and remote communities
- Culturally and Linguistically Diverse Communities (CALD)
- Refugee communities
- Second and third generation arrivals.

Indigenous Programs

Our research shows that Aboriginal Australians are four times more likely to die from drowning than other Australians.

To reduce this high incidence rate of drowning among Aboriginal and Torres Strait Islander (ATSI) people, programs have been created and delivered across Australia by Royal Life Saving State and Territory Member Organisations.

Programs include specialised aquatic training to members of ATSI communities while encouraging them to participate in aquatics and to consider the aquatics industry as a profession.

The following represents some recent and ongoing programs across Australia.

- Australian Capital Territory - Ngadyung Aboriginal and Torres Strait Islander Aquatic Recreation Program
- New South Wales - Indigenous Aquatic Safety Training Unit
- Northern Territory - Remote Pools Project

Making Aquatics a Terrific Experience (MATE) Program in Tasmania

In ensuring the equitable delivery of aquatic programs within Tasmania, Royal Life Saving offers the AUSTSWIM program Making Aquatics a Terrific Experience (MATE), an innovative and interactive community seminar aimed at optimising health and wellness opportunities for those with a disability.

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The program provides carers with the skills and knowledge to take their MATE to the pool for recreation activities. It is not a program about swimming strokes; it is a guide to encourage and facilitate physical activity for people who may not always have the opportunity to participate in aquatic activities.

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Royal Life Saving Society - Tasmania has received ongoing financial support from the Tasmanian Community Fund to provide this program to paid and unpaid carers at low cost around the State. Once carers feel confident about taking their MATE to the pool, they too can have a relaxing and enjoyable experience.

The program is suitable for all types of disabilities, from intellectual disabilities to those in a wheelchair, stroke victims and people with autism. It offers comprehensive notes, real life scenarios, simulation exercises and networking opportunities.

Adult Learn to Swim and Water Safety Information sessions for 1,500 Culturally and Linguistically Diverse (Asian and African communities) adults across New South Wales

Through the NSW Government Blackspots Fund, Royal Life Saving NSW secured funding to provide Adult Learn to Swim and Water Safety Information sessions to 1,500 CALD (Asian and African communities) adults free of charge. 500 attendees came from Western Sydney and a further 1,000 came from regional and remote Australia.

Royal Life Saving NSW worked with a number of aquatic facilities and community organisations in order to reach their target audience. The Western Sydney Initiative was implemented across the following aquatic facilities: Aquatic Safety and Training Academy; Blacktown Aquatic Centre; Emerton Leisure Centre; Fairfield City Leisure Centres; Granville Swimming Pool; and Parramatta Swimming Pool. Local community organisations also were on board with: Horn of Africa Relief & Development Agency (HARDA); Community Migrant Resource Centre; Sydwest Multicultural Services; Boronia Multicultural Services; Wentwest; and others offering their support. The programs took place during October 2013 – April 2014 (Term 3 – Term 4 2013 and Term 1 2014).

Delivery of the Regional and Remote initiative will take place with over 700 adults enrolled into a program, during October 2014 – April 2015.

Royal Life Saving NSW would like to thank the NSW Government and everyone who has been involved for their support and enthusiasm with these initiatives. The feedback from participants has been overwhelmingly positive, with participants building confidence when in swimming, water safety knowledge, undertaking resuscitation, personal survival and lifesaving skills.

As part of the Western Sydney Initiative, various sessions were filmed and collated into a mini-documentary. The video profiled participants in the courses and uncovered their cultural backgrounds, reasons for participating in the course, relationship with water and water safety, and why they couldn't swim. Further, how these students were using their new skills and knowledge at home and in the broader community. The video aims to promote the program to community groups and networks to demonstrate the accessibility and benefit of participating in adult learn to swim and water safety education sessions. As well as providing insight for the aquatic industry about cultural issues and attitudes to be aware of when interacting with CALD patrons and the wider community to promote Royal Life Saving and our Community Development projects.

Currently, through the NSW Government Blackspots fund, Royal Life Saving NSW has secured additional funding to provide a further 1,000 CALD (Asian and African communities) adults with this opportunity across Sydney (Eastern Sector) during 2015.

What participants and instructors have said:

"I never learnt how to swim in my native country as I didn't have access to such an opportunity. I am so very excited that I can now swim. The swim instructors were brilliant and very patient with me which helped me to feel safe in the water." SydWest – African Women's Program, Aquatic Safety Training Academy

"The program was very useful because before the classes I couldn't swim and I was scared if I fall in the water I would drown but now I can swim very well, I can swim 500 metre nonstop." Afghan / Iranian Male Swim Program, Ruth Everuss Pool

"I was scared to swim and I fear water but now I like water I'm not scared any more. I'm feeling comfortable and relaxed with water." African Women Swim Program, Blacktown Aquatic Centre

"I think this learn to swim program has been wonderful. I have enjoyed every session I have attended and feel a lot more confident in water. This confidence is going to help me enjoy life lot more especially with my kids in and around water." Chinese Participant, Dubbo RSL Swim School

"It would be great to see more of this type of program. The people who participated got so much out of it and have spoken to people who were scared to participate because of their fear of water, and they now wish they had put their names down" Swim Instructor, Fairfield City Leisure Centres

"We all wanted to say thank you for making this funding available for the multicultural people in our community. It made a difference to their confidence and gave them a chance to meet new people" Swim Instructor, Dubbo Swim School

"It was amazing and rewarding to watch their progress each week. Watching the smiles of joy on their faces as they overcame their fears in the deep was priceless" Swim Instructor, Blacktown Leisure Centre



Swim and Survive Fund

In many communities and regional/remote locations, swimming and water safety education is simply not accessible.

The Royal Life Saving Swim and Survive Fund aims to reduce the social and economic barriers to participation, by providing opportunities for children and young people to learn valuable life skills in water safety, personal survival and basic rescue.

Donations and in-kind support from individuals, community organisations and Royal Life Saving Partner facilities, increase access to safe aquatic facilities and qualified instructors, facilitating structured swimming and water safety education programs. Since 2010, the Swim and Survive Fund has provided 6,047 children and young people aged 5-18 years with a course of water safety lessons at a Royal Life Saving Partner facility, free of charge.

In 2013/14, 335 children and young people aged 5-18 years received a 10 swimming and water safety lessons at a Royal Life Saving Partner facility. Seven programs were conducted across five States and Territories including Tasmania (68), Australian Capital Territory (11) Northern Territory (46), Victoria (91) and Western Australia (90).

Many of these participants had very limited or no exposure to water prior to their involvement and for some, learning how to float was a life changing achievement. Participants represented diverse CALD communities including Bhutanese, Nepalese, Sudanese and African refugees, as well as Chin (Burmese) communities.

01 Royal Life Saving NT – Melaleuca Refugee Centre

02 Royal Life Saving ACT – Swim 4 Life Program



Fund activities in the Northern Territory

For a number of years Royal Life Saving NT have aimed to target at risk community members by conducting a Swim and Survive program for the Melaleuca Refugee Centre during the January school holidays. This year this program went ahead with the assistance of the Swim and Survive Fund and City of Darwin.

As identified by the Melaleuca Refugee Centre, 45 recently arrived refugee children, ranging in age from 6 years to 18 years, with very limited or no water skills or confidence participated in a Swim and Survive program at Casuarina pool. The emphasis of the program for these children was on water familiarisation, stroke development, rescue and survival skills.

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Hannah Pugh-Uren from Melaleuca Refugee Centre said: "This swimming program is always popular and essential for the young people who we work to support. This year however we felt it even more important due to the large number of newly arrived families that had settled in Darwin in the past 6 months. Many of these young people have never had the opportunity to learn to swim and were excited to get in the water and start learning. There was a lot of excitement and ongoing interest from families during the program- many parents wanting to know when they will get to learn! Melaleuca Refugee Centre appreciates all the support from everyone involved at Royal Life Saving and Casuarina Swimming Pool, the support and care for each individuals needs was exceptional."

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The success of the program would not have been achieved without the support and assistance from Royal Life Saving Swim and Survive Fund, City of Darwin, management and staff of Casuarina pool, the instructors from Royal Life Saving NT and finally the enthusiastic children.





RESEARCH

Royal Life Saving programs, products and services are underpinned by research and a commitment to continual improvement. They are constantly evaluated, improved and benchmarked against world's best practice.

Our research capacity includes:

- Drowning and injury related research
- Maintenance of the Royal Life Saving National Fatal Drowning Database
- Program effectiveness and evaluation
- Management of internal research activities
- Partnering in research projects both domestically and internationally

A comprehensive facts and figures searchable database is available on the Royal Life Saving website. The database allows for users to easily access Royal Life Saving research reports, which includes:

- National Drowning Reports
- Survey Reports
- Drowning Data Reports
- Evaluation Reports
- Water Safety Issues Research
- Australian Water Safety Strategies
- Australian Water Safety Council Conference Proceedings



Reports can be downloaded from www.royallifesaving.com.au

Research Publications and Partnerships

Many research reports were completed during 2013/14, including the Royal Life Saving National Drowning Report 2014. The production of this report is made possible by the National Coronial Information System (NCIS) and State and Territory Coronial Offices. The drowning prevention research of the Royal Life Saving Society – Australia is supported by the Australian Government.

New South Wales Grey Medallion Evaluation

Royal Life Saving Society - Australia assisted the Royal Life Saving Society - New South Wales in conducting a pre and post course evaluation for participants of Grey Medallion courses, delivered at 50 facilities across metro and regional New South Wales. This research also included a survey to facilities conducting the courses to examine attitudes towards conducting future courses and the role of Royal Life Saving in assisting in the expansion of the program.

The surveys of participants found that the Grey Medallion program is a great way to engage and re-engage older Australians in semi-formal instruction and education on water safety and drowning prevention strategies. Sixty three percent of respondents had not previously participated in a lifesaving course prior to participating in the Grey Medallion. Of those who had participated in a lifesaving course, 69% hadn't participated in a course for 20 years or longer.

Ninety percent of respondents also reported that the Grey Medallion course had motivated them to improve their health and wellbeing. Eighty three percent reported an improvement in their aquatic skills and 77% were considering participating in more aquatic activities as a result of participating in the course.

The final evaluation report made a number of recommendations including the need to identify and develop strategies for engaging older Australians with the Grey Medallion program who are not regularly visiting their local pool and ensuring that ongoing pathways and participation in aquatic activity is included in Instructor training and continually communicated to course participants to ensure ongoing participation after course completion.

ACT Department of Education Schools Swim & Survive Program 2013

Royal Life Saving assisted Royal Life Saving ACT with producing a report on the 2013 Schools Swim and Survive program. The program included data on the achievements of over 6000 students who participated in the program during the 2013 calendar year.

The de-identified data collected through the program allows Royal Life Saving to analyse achievement in learn to swim programs across a number of variables including age and sex of student as well as the impact of medical conditions and previous bad experiences on achievement.

By asking specific questions on the enrolment form it was possible to examine the impact that frequency of swimming (outside of formal lessons) and the types of aquatic venues visited (e.g. home pool, beach, river) on achievement of swimming and water safety skills.

The Royal Life Saving National Drowning Report 2014 found that 266 people drowned in Australian waterways between 1 July 2013 and 30 June 2014. The number of people drowning in Australia has decreased this year and is the lowest number recorded in the past 12 years.

This year's figure of 266 drowning deaths is a reduction of 29 drowning deaths (or 10%) on the adjusted total of 295 drowning deaths in 2012/13. This is also a reduction of 26 drowning deaths (or 9%) on the 10 year (2002/03 to 2012/13) average of 292 drowning deaths.

Of the 266 drowning deaths that occurred in Australian waterways in 2013/14, 215 (81%) were male.

Snapshot of Findings

Overall

- 266 people drowned in Australia between 1 July 2013 and 30 June 2014
- This is a reduction of 29 drowning deaths (or 10%) on the adjusted total of 295 drowning deaths in 2012/13
- This is a reduction of 26 drowning deaths (or 9%) on the 10 year average of 292 drowning deaths

Sex and Age Group

- 81% of all drowning deaths were male (215 drowning deaths)
- 19% of all drowning deaths were female (51 drowning deaths)
- 20 (8%) drowning deaths occurred in children aged 0-4 years
- 10 (4%) drowning deaths occurred in children aged 5-14 years
- 40 (15%) drowning deaths occurred in young people aged 15 to 24 years
- 87 (33%) drowning deaths occurred in people aged 55 years and over

State and Territory

- 90 (34%) drowning deaths occurred in New South Wales
- 60 (23%) drowning deaths occurred in Queensland
- 47 (18%) drowning deaths occurred in Victoria

Location and Activity

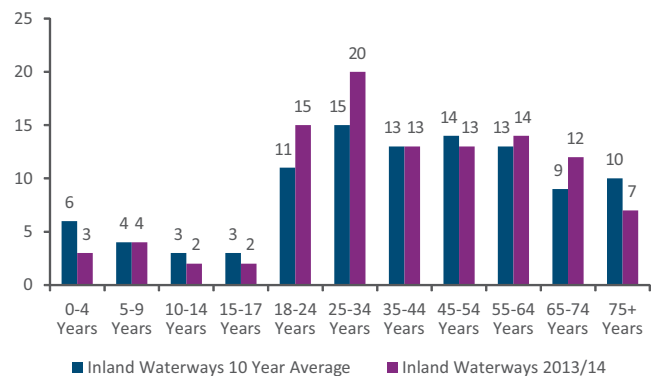
- 105 (39%) drowning deaths occurred in inland waterway locations
- 39 (15%) drowning deaths occurred in Swimming Pools
- 34 (13%) drowning deaths occurred at Beaches
- 65 people (24%) were Swimming and Recreating immediately prior to drowning
- 56 people (21%) drowned as a result of Falls into water
- 43 people (16%) were using Watercraft immediately prior to drowning

Location in Focus: Inland Waterways

There were 105 drowning deaths in inland waterways (rivers, creeks, streams, lakes, dams, lagoons) in 2013/14. Of these, 80 drowning deaths occurred in River / Creek / Stream locations and 32 occurred in Lake / Dam / Lagoon locations.

The 2013/14 figure of 105 drowning deaths is an increase of 3 drowning deaths (or 3%) on the 10 year average of 102 drowning deaths. Steep increases were recorded against the ten year average in the 18-24 and 25 to 34 years age groups.

Figure 01: Inland Waterway Drowning Deaths by Age Group, Ten-Year Average, 2013/14



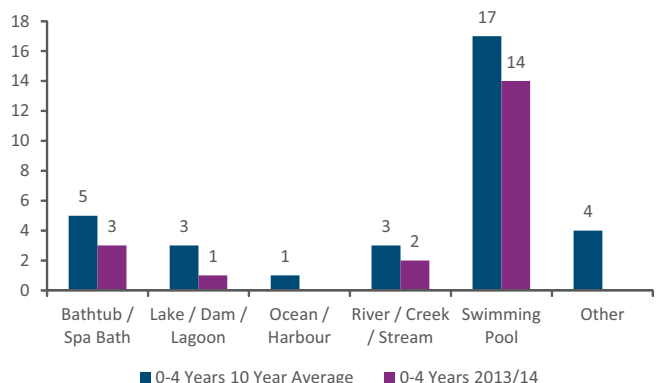
Lifestages in Focus:

Drowning Deaths of Children Aged 0-4 Years

There were 20 children between the ages of 0 and 4 years who drowned in Australia between 1 July 2013 and 30 June 2014. This is a reduction of 11 drowning deaths (or 36%) on both the number of drowning deaths recorded in 2012/13 and the 10 year average. It is pleasing to see a continuation of the downward trend in child drowning deaths in Australia, after a spike in drowning deaths among this age group in 2012/13.

Swimming Pools accounted for 70% of the drowning deaths in this age group, more than 4.5 times that of any other location. All locations for drowning in children 0-4 years recorded reductions in 2013/14 against the 10 year average, most notably a 40% reduction in Bathtub / Spa Bath drowning deaths.

Figure 02: Drowning Deaths of Children 0-4 Years by Location, 2013/14, Ten-Year Average



Lifestages in Focus:

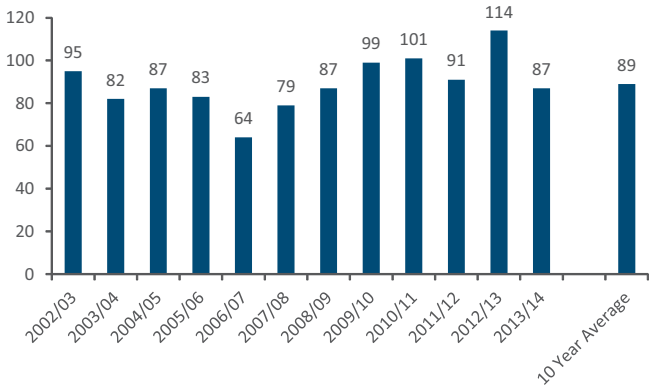
Drowning Deaths of people Aged 55 years and Over

There were 87 drowning deaths of people aged 55 years and over in Australian waterways between 1 July 2013 and 30 June 2014. This is a reduction of 27 drowning deaths (or 24%) on the 114 drowning deaths recorded in this age group in 2012/13. It is however, a reduction of 2 drowning deaths (or 2%) on the 10 year average of 89 drowning deaths. Males account for 70% of all drowning deaths in this age group.

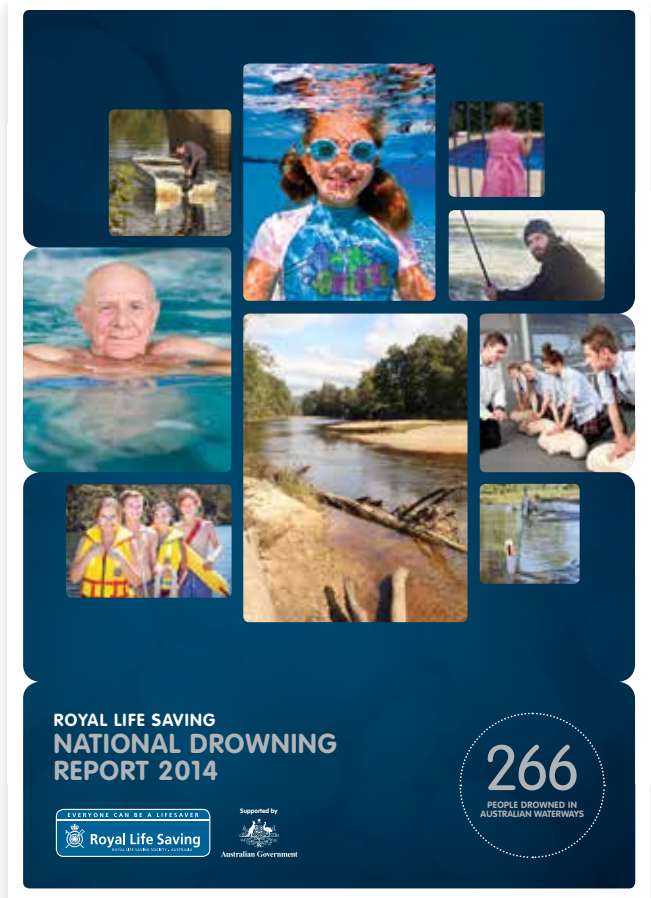
The River / Creek / Stream location was the category of aquatic location that recorded the largest number of drowning deaths in this age group in 2013/14 with 21 drowning deaths.

There were a diverse range of activities being undertaken immediately prior to drowning in this age group in the 2013-14 financial year. Falls into water and incidents involving Watercraft are the leading activities prior to drowning in this age group accounting for 22% of the deaths respectively.

Figure 03: Drowning Deaths of People Aged 55+ Years, 2002/03 to 2013/14, Ten-Year Average



The full report can be downloaded from www.royallifesaving.com.au



ROYAL LIFE SAVING NATIONAL DROWNING REPORT 2014

266 PEOPLE DROWNED IN AUSTRALIAN WATERWAYS BETWEEN 1 JULY 2013 AND 30 JUNE 2014

81% 19%

TOP 3 DROWNING LOCATIONS

1. RIVER/CREEK/STREAM
2. SWIMMING POOLS
3. BEACHES

TOP 3 ACTIVITIES

- 24% SWIMMING & RECREATING
- 21% FALLS INTO WATER
- 16% WATERCRAFT INCIDENTS

HELP MAKE YOUR COMMUNITY FREE FROM DROWNING

- WEAR A LIFEJACKET
- SUPERVISE CHILDREN
- LEARN CPR AND FIRST AID
- NO ALCOHOL AROUND WATER
- LEARN LIFESAVING SKILLS

Watch the 'RLS National Drowning Report 2014' video at [youtube.com/RoyalLifeSavingAust](https://www.youtube.com/RoyalLifeSavingAust)

Drowning Deaths in Australian Rivers, Creeks and Streams: A 10 Year Analysis

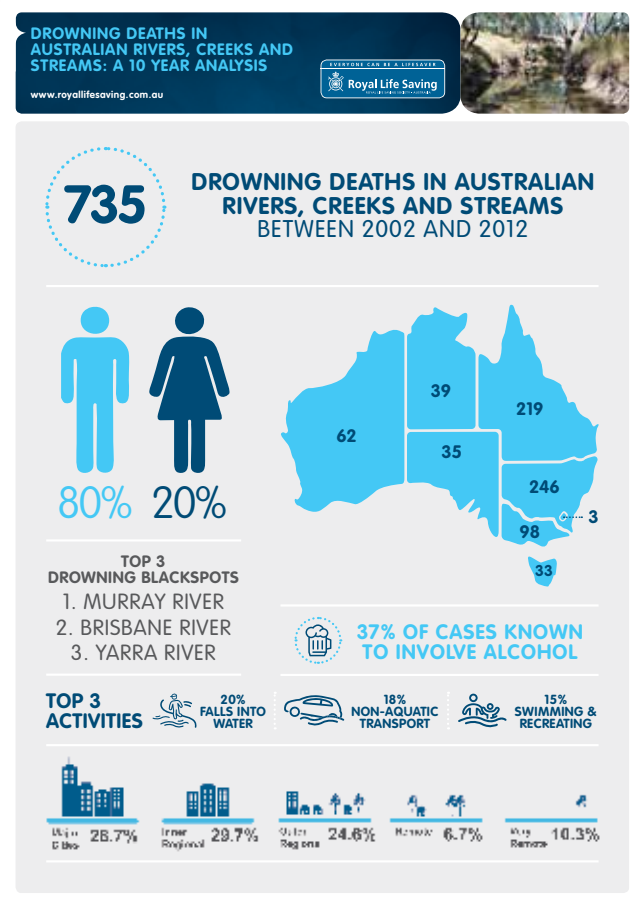
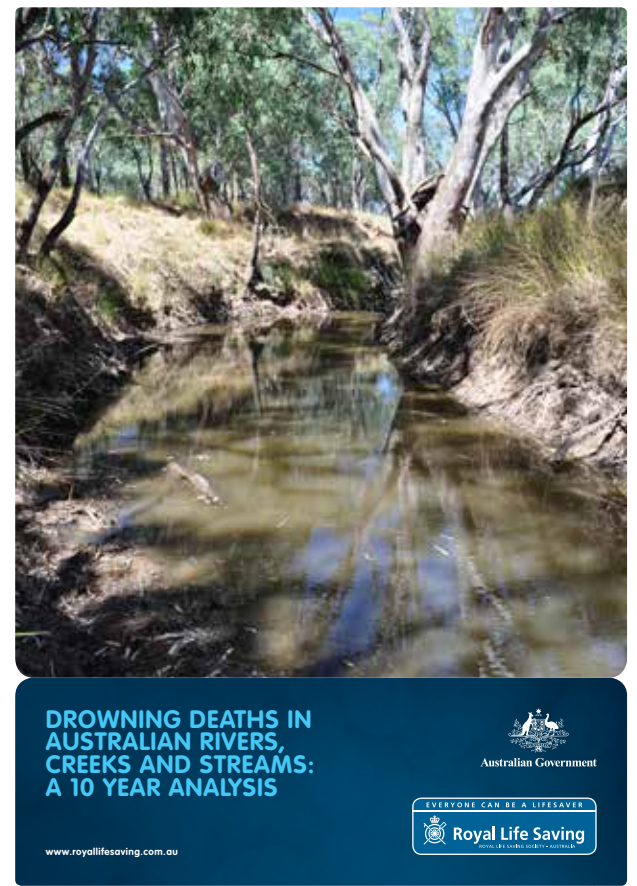
Royal Life Saving has conducted a 10 year review of drowning deaths in Australian rivers, creeks and streams between 2002 and 2012.

This report, released in May 2014, found:

- Rivers accounted for more drowning deaths than any other aquatic location across the same period, being responsible for 735 drowning deaths or 25% of all drowning deaths across the 10 year period.
- Men accounted for 80% of all drowning deaths in rivers, creeks and streams. Men drowned at a rate 4 times that of women in rivers.
- Alcohol was involved in 37% of all river drowning deaths, although this likely under represents the true incidence. In 13% of cases the Blood Alcohol Content (BAC) of the victim was equal to or greater than four times the legal limit (0.2mg/L).
- Almost half (42%) of all river drowning deaths took place in areas deemed to be regional and remote. A concerning 10.3% of all river drowning deaths occurred in areas classified as Very Remote.
- Drowning in rivers is largely an issue of local people drowning in their local waterways, with 74% of river victims drowning within 100kms of their home postcode.

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 This research has enabled Royal Life Saving to identify the top 10 river drowning black spots across the country. The Murray River was identified as the number one river drowning black spot in the country with 43 drowning deaths, followed by the Brisbane River in Queensland and the Yarra River in Victoria.

The remaining top 10 river drowning black spots are: the Swan River, (WA), Hawkesbury River (NSW), Murrumbidgee River (NSW), Sandy Creek (QLD), Derwent River (TAS), Katherine River (NT) and rounding out the top ten is the Macquarie River (NSW).





MEDIA AND MARKETING

Royal Life Saving media and marketing campaigns support our advocacy activities and increase our visibility with stakeholders.

The Royal Life Saving website serves our four key customer groups - those seeking first aid or lifesaving training, families, schools, and the aquatic industry - allowing quick and easy navigation and immediate access to relevant information. Key features of the website include:

- Integration with our social media platforms - Facebook, Twitter and Youtube
- Searchable facts and figures database
- Simple booking function for those seeking training courses

The Royal Life Saving website is driven by clear outcomes: Advocacy (public awareness/information - page views/downloads); Promotion / engagement (program registration); Relationship-building (partnerships-aquatic centres and supporters); and Financial return (training course enrolments /product sales).

Website statistics are analysed including heat mapping to maximise the effectiveness of all websites to ensure we deliver information in the easiest and most responsive way for our customer's needs.



Website Statistics

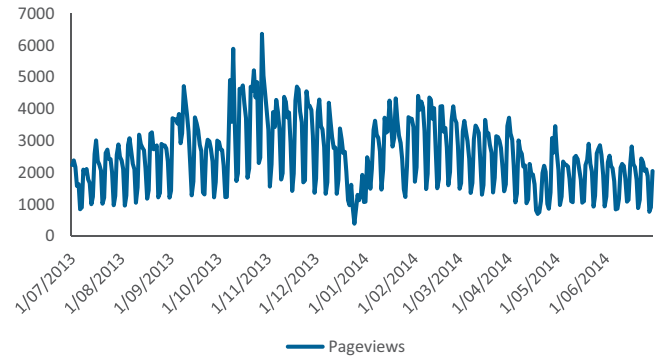
Royal Life Saving has a number of websites, with statistics summarised below:

| 2013/14 | Royal Life Saving Society - Australia* | Capabili Training Online Bookings | Swim and Survive | Australian Lifeguard Network | GSPO | Total / Averages 2013/14 | Previous Year Total / Averages 2012/13 |
|------------------------------|---|--------------------------------------|--------------------------------------|---------------------------------|---------------------------------|---|--|
| Visits | 336,844 | 51,716 | 60,978 | 4,954 | 5,717 | 460,209 | 420,049 |
| Page views | 926,367 | 244,192 | 256,899 | 8,453 | 18,943 | 1,454,854 | 1,409,678 |
| Average page views per visit | 2.75 | 4.72 | 4.21 | 1.71 | 3.31 | 3.34 | 3.59 |
| Average time spent per visit | 2:39 | 4:00 | 3:28 | 1:02 | 3:16 | 2:52 | 2.42 |
| Visitors | 66.4% New 33.6% Return | 65.5% New 34.5% Return | 75.6% New 24.4% Return | 89.2% New 10.8% Return | 62.6% New 37.4% Return | 72% New 28% Returning | 68% New 32% Return |
| Device Category | D = 240,192 M = 58,178 T = 38,038 | D = 35,736 M = 9,376 T = 6,604 | D = 47,389 M = 6,942 T = 6,647 | D = 3,693 M = 748 T = 513 | D = 5,258 M = 236 T = 223 | D = 332,268 (72%) M = 75,480 (17%) T = 52,025 (11%) | D = 349,218 (83%) M = 41,037 (10%) T = 29,808 (7%) |

D = Desktop, M = Mobile, T = Tablet. * Includes Keep Watch and Home Pool Safety

Website Visits

Website visitation was consistently high during October/November 2013 and February/March 2014. The highest visitation spike was seen on the launch of the Royal Life Saving National Drowning Report 2013 on 10 October 2013.



Website Page Views

The most visited section of the Royal Life Saving website was Training, followed by Swim and Survive and About Royal Life Saving. The 10 most visited areas of the website have been summarised below by the number of page views.

1. Training (318,909)
2. Swim and Survive (256,899)
3. About (64,308)
4. Aquatic Centres (59,884)
5. Schools (51,350)
6. Facts and Figures (48,323)
7. Contact Us (37,155)
8. Sport (36,912)
9. Families (34,920)
10. NSW – Be Pool Safe (16,079)



Print and Broadcast Media

Royal Life Saving monitors media impact, tracking broadcast and print media items to identify media coverage related to water safety, drowning prevention and drowning/s with the following results:

Total Media Items Tracked:

5,562 Media Items

Broadcast (60%) / Print (40%)

Top 5 Media Topics / Issues Identified:

1. Drowning/s (35%)
2. Royal Life Saving (22%)
3. NSW Swimming Pool Register / Be Pool Safe (14%)
4. National Drowning Report 2013 (9%)
5. Non Fatal Drowning (6%)

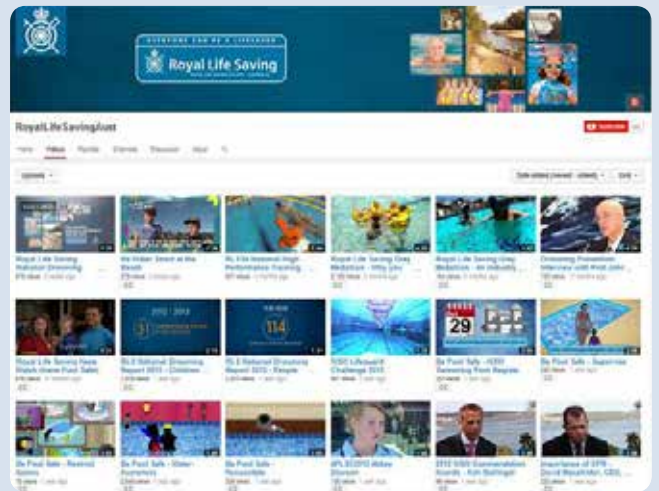
Other issues identified included: Rescue Situations, Rock Fishing, Keep Watch, Fencing, Swim and Survive, CPR, Bronze Medallion and GSPO.

Social Media

Royal Life Saving is active across social media platforms including Facebook, Twitter, YouTube and Instagram. Social media allows Royal Life Saving to engage and seek feedback from our customers in a timely, informative and relevant medium. Social media facilitates supporters sharing what's happening with Royal Life Saving and our important drowning prevention messages. The impact of our supporters sharing content is demonstrated in our Facebook Snapshot.





Over the last financial year Royal Life Saving has seen consistent growth across all social media platforms with the number of likes, followers, shares, views and engagement steadily increasing.

State and Territory Member Organisations have also taken to social media and are engaging with their key customers, further spreading the important water safety/drowning prevention messages.





Royal Life Saving – Social Media Profiles


Royal Life Saving

-  facebook.com/RoyalLifeSaving
-  twitter.com/royallifesaving
-  youtube.com/RoyalLifeSavingAust
-  [@RoyalLifeSaving](https://www.instagram.com/RoyalLifeSaving)



Australian Lifeguard Network

-  facebook.com/AusLifeguards
-  twitter.com/AusLifeguards

Swim and Survive

-  facebook.com/swimandsurvive

Global Drowning Fund

-  facebook.com/globaldrowningfund
-  twitter.com/GlobalDrowning

YouTube – Snapshot

With the addition of several new videos to the Royal Life Saving YouTube Channel, including the National Drowning Report, Grey Medallion and Culturally and Linguistically Diverse Program Videos, the number of views increased by 23,453.

Key Statistics for YouTube from 1 July 2013 – 30 June 2014:

- 23,453 Views
- Top 5 Videos: Keep Watch Home Pool Safety Inspector (2,362), RLS National Drowning Report 2013 – 55 Plus (1,930); Be Pool Safe Water Awareness (1,829); Swim and Survive Wonder (1,788); and RLS National Drowning Report – Children (1,469)
- Visitor Profiles – 57% Male / 43% Female

Facebook – Snapshot

With regular Facebook updates, Royal Life Saving keeps supporters updated with a range of information including: activities; report launch details; water safety tips; event information and results; and news. Our supporters have helped to promote these messages by sharing with their own networks. We have provided a snapshot of some of our most popular posts that engaged our supporters and their network.

Royal Life Saving Society - Australia
 July 2, 2013 · 🌐

Hi I'm Lochie the Lifeguard, This school holidays check out the Kids Zone at Swim and Survive to learn all about staying safe in the water. While you're there, you can play some fun games, do some colouring in, take an adventure in the Sto... See More



Royal Life Saving Society - Australia
 March 28 · 🌐

Royal Life Saving would like to thank outgoing Governor-General Dame Quentin Bryce for her support as Patron, in particular for supporting our commitment to drowning prevention internationally. In 2011, Dame Quentin Bryce travelled to Danang, Vietnam to visit and see first-hand our drowning prevention programs in addition to opening the World Conference on Drowning Prevention.



Royal Life Saving Society - Australia shared a link.
 January 23 · 🌐

Unfortunately, so far this Summer we have seen 47 drowning deaths. We urge everyone celebrating this Australia Day long weekend to look after each other and help us prevent any further drowning deaths. Please read and share this important water safety message and take note of our Drowning Prevention Tips.



47 people have drowned since the start of December in Australian waterways - Royal Life Saving
www.royallifesaving.com.au

Figures released by Royal Life Saving Society – Australia today show that 47 people have drowned since the start of December in...

The 10 signs of drowning that every person needs to know. Remember to **KEEP WATCH** by always actively supervising children around the water. Please share this important story with your family and friends.



The 10 signs of drowning that every person needs to know.
www.mamamia.com.au

Signs of drowning - what are they, you ask? There is very little splashing, no waving, and no yelling or calls for help of any kind. It is quiet....

Royal Life Saving Society - Australia shared a link via Swim and Survive.
 January 21 · 🌐

The Royal Life Saving Swim and Survive Fund provides swimming and water safety courses for children who would otherwise miss out. 40 students from the Meakieua Refugee Centre are participating in a 5 day Swim and Survive holiday intensive program at Casuarina Pool, conducted by Royal Life Saving Society Northern Territory.



Displaced youths buoyed by swim showcase
www.ntnews.com.au

YOUNG refugees from war-torn countries have been learning to swim in Darwin.

Royal Life Saving Society - Australia shared a link via Swim and Survive.
 April 16 · Edited · 🌐

It's a common misconception that drowning deaths only occur in summer. Royal Life Saving Society - Australia and Uncle Tobys are urging parents and carers not to opt out of swimming lessons for their children as the weather gets cooler, as they may fall behind. Winter is in fact the best time of year to learn to Swim and Survive!



Winter is a great time for swimming too!
www.swimandsurvive.com.au

Swim and Survive

Media Campaigns

Royal Life Saving's key media campaigns during 2013/14 provided significant media coverage including TV, Radio, Print and Online Media. Campaigns included:

- Royal Life Saving Summer Drowning Toll which was released on 24 January 2014, highlighting drowning figures from December 2013 and urging all Australians to be safe when enjoying the water over the Australia Day long weekend.
- Release of the Royal Life Saving Report – Drowning Deaths in Australian Rivers, Creeks and Streams: A 10 Year Analysis. Across this ten year period, rivers, creeks and streams were the aquatic location with the highest number of drowning deaths, accounting for 25% of the deaths in the last decade.
- Royal Life Saving Swim and Survive 'Parents and carers warned not to opt out of swimming lessons for their children during Autumn and Winter'
- Launch of the Royal Life Saving National Drowning Report 2014



Launch of the Royal Life Saving National Drowning Report 2014 - Parliament House, Canberra

Over 40 Senators & Members of Parliament (MPs) attended the launch of the Royal Life Saving National Drowning Report 2014.

The Report, launched by the Honourable Peter Dutton MP, Minister for Health and Minister for Sport, found 266 people drowned in Australian waterway's last year, 39% of which occurred at inland waterways (rivers, lakes and dams), more than any other location.

In another alarming trend, the report showed a 43% increase in drowning's among young people aged 15-24.

"In our view, unless progress is made in preventing drowning in rivers, lakes and dams, responding to the alarming increases in drowning in young people aged 15 to 24 and to the growing problem in people aged 55 plus, many more families will ultimately be impacted by drowning" says Justin Scarr, CEO, Royal Life Saving.

The Federal Government is committing \$4 million to Royal Life Saving over the next five years to address drowning in inland waterways. "Through this latest funding the Royal Life Saving Society-Australia can continue to develop and build programs that will help to save lives" Mr Dutton said.

Royal Life Saving CEO, Justin Scarr says "Royal Life Saving welcomes the support of the Federal Government who are backing a Royal Life Saving plan to target drowning prevention in rivers across Australia, seeking to build communities free of drowning by working to eliminate risk, educate swimmers, boaters and fishers, and reduce the impacts of alcohol".

"We are right behind this message because any drowning is a tragedy. Reducing the drowning toll requires all Australians to work together, because the reality is people can take action and make a difference" UNCLE TOBY'S Ambassador Cate Campbell.

The launch was attended by colleagues and drowning prevention partners including: Australian Water Safety Council Members; Royal Life Saving National Board - Dianne Montalto ESM (National President), James Whiteside and David Dewar (National Board Members); Royal Life Saving ACT Board Members and Safe Waters Committee Members; and Royal Life Saving Partners UNCLE TOBYS and Protector Aluminium.

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The Prime Minister, the Hon Tony Abbott MP, receiving the Royal Life Saving National Drowning Report 2014 with Olympic Gold Medallists and UNCLE TOBYS Ambassadors Cate Campbell and Matthew Cowdrey OAM, and Royal Life Saving CEO Justin Scarr.
 (Photo courtesy of the Prime Ministers office).

SPORT, LEADERSHIP & PARTICIPATION



SPORT, LEADERSHIP & PARTICIPATION

Pool Lifesaving sport is perfect for those who want to add another dimension to their swimming. You can learn, develop and hone your lifesaving skills; build confidence and become part of a team. No matter what your age or how well you swim, there's plenty for everyone to enjoy and learn with Pool Lifesaving sport.

Royal Life Saving has an established sport participation pathway for lifesavers to compete in regular events from community to elite level.

Lifesavers can compete at:

- Club and School Competitions
- Regional Competitions
- Junior Provincial/State Competitions
- Senior Provincial/State Competitions
- National Competitions
- International Competitions

The sport of pool lifesaving tests a lifesaver's skills in rescue, accident prevention and emergency care. By using variations of simulated emergencies, lifesavers compete using the same skills they require for real-life situations.

Royal Life Saving Society – Australia (RLSSA) and Surf Life Saving Australia (SLSA) with support from the Australian Sports Commission (ASC) coordinate the Australian Life Saving Team, Australia's representative team at the biennial World Lifesaving Championships in the National Teams Competition. At the World Championships Australia is represented by an Open and Youth (Under 19) Representative Team.

RLSSA plays an integral role in the selection, coordination and management of these teams at the World Lifesaving Championships and other associated Lifesaving competitions which the team/s attend. Key roles include: Selector (Anni Gardiner); Collaborative Panel Member (Penny Hodgers); and Administration, Team Support and Coordination (Emma MacMillan).

On behalf of the Pool Lifesaving community Royal Life Saving would like to thank Gray Parkes for his time and commitment as National Sport Adviser. Gray has been a driving force in Pool Lifesaving development over the past fifteen years and has tirelessly given his time, skills and expertise to our sport as the RLSSA National Team Coach, Australian Life Saving Team Coach, RLS representative on the ILS Athletes Commission and National Sport Adviser. We thank Gray for his contributions to coaching, mentoring and high performance athlete development for without his skills and his passion for Lifesaving the sport would not be in the strong position it is today.

Pool Lifesaving Events

RLSS Commonwealth Lifesaving Championships 2013 Australian Institute of Sport, Canberra, ACT September 2013

RLSSA's top Pool Lifesavers, the Aussie Barras and the RLSSA Development Team, travelled to Canberra in September 2013 to compete at the RLSS Commonwealth Lifesaving Championships. The Under 16 Junior Barras and Under 19 Silver Barras also competed, in the Inaugural Commonwealth and Australian Pool Life Saving Short Course Championships.

Against tough competition from England, Canada and South Africa, Australia managed to hold onto their double championship title in the National Team and Development Team competitions. Four Commonwealth Sport records, 10 Commonwealth Championship records and 10 RLSSA National Pool Lifesaving records were broken with outstanding record-breaking performances from Christina Ruiz, Pamela Hendry, Tim Schofield, Sam Bell and the Aussie Barras relay teams.

A big thank you to over 40 RLSSA officials who assisted with the Championships and congratulations to the following officials nominated as key officials for the Commonwealth Lifesaving Championships – Roz Grey (Chief Referee) and Anni Gardiner (Event Director). Congratulations must also go to Barbara Morgan OAM (Chief Referee); Joanne Teagle (Deputy Referee); and Anni Gardiner (Event Director), who were nominated as key officials for the Commonwealth and Australian Pool Life Saving Short Course Championships.

Rescue 2014 – Australian Life Saving Team 2013 International Surf Rescue Challenge and German Cup September, October and November 2013

As the Australian Life Saving Team worked to rebuild the team in preparation for the World Lifesaving Championships – Rescue 2014 in France; athletes attended a number of international events to build their skills and experience.

Australia was represented by an Open and Youth Life Saving Team at the International Surf Rescue Challenge (ISRC) in Onjuku, Japan on September 2013. Both teams were successful and took home 1st place.

An Open Australian Life Saving Team was also selected to compete at the BeNe Cup in Belgium & the Netherlands and the German Cup in Warendorf in November 2013. Australia performed brilliantly at the German Cup, creating history by winning the competition overall for the first time. Pamela Hendry was the standout athlete at the German Cup, setting a new World Record in the Women's Open 100m Manikin Carry!

Open and Youth Australian Life Saving Team RLSSA Representatives at the ISRC 2013 were – Tim Schofield, Christina Ruiz, Rachele King and Elyssia Gasparotto.

Australian Life Saving Team RLSSA Representatives at the German Cup & BeNe Cup 2013 were - Tim Schofield, Andrew Bowden, Sam Bell, Pamela Hendry, Christina Ruiz and Rachele King.

Pool Lifesaving Events

Australian Masters Games 2013

Geelong, Victoria

October 2013

The 14th Australian Masters Games were held at the Handbury Centre at the Geelong Grammar School in October 2013. Over 30 athletes and Royal Life Saving Officials from Victoria and across Australia participated in the Pool Lifesaving competition. Congratulations to all who participated.



Australian Pool Life Saving Championships 2014

Canberra, Australian Capital Territory

January 2014

The Australian Pool Life Saving Championships (APLSC) 2014 were held at the Australian Institute of Sport Aquatic Centre in January 2014. Congratulations to NSW who again took out the Interstate Overall Championship for the eleventh time, narrowly beating close rivals QLD and VIC.

Congratulations to the 170 competitors from Interstate teams and clubs, and the individual competitors who broke an outstanding 52 Australian Pool Life Saving Championship Records and 46 National Records over the 3-day event.

The APLSC relies on the countless volunteers (including accredited RLSSA officials and parents) to make the event possible. Royal Life Saving would like to extend a huge thank you to everyone who volunteers their time to make the APLSC such a success!

At conclusion of the Championships Australia's three national teams were selected: The open "Aussie Barra's"; the "Silver Barra's" (development team of under 19 year olds); and the "Junior Barra's" (development team of under 16 year olds).



Aussie Barras

Mitch Parkes – NSW
Andrew Bowden – NSW
Tim Schofield – NSW
Sam Bell – QLD
Ryan Napoleon - QLD
Thomas Simpson - NSW
Andrew Fisher - NSW
Alex Clarke - NSW
Keelan Bridge - NSW

Pamela Hendry – QLD
Christina Ruiz – QLD
Sarah Hamilton - WA
Chelsea Gillett - QLD
Llani Hyer-Warton - NSW
Rachelle King - NSW
Mariah Jones - QLD
Jessica Collins - NSW

Team Coach - James Evans - VIC

Team Manager - Jeannie Baxter-Reid - QLD

Silver Barras (Under 19)

David Elliott - QLD
Jed Boxall - NSW
Jeremy Rethamel - QLD
Matthew Davis – QLD
Chris Petropoulos – VIC

Leah Jones - QLD
Alexandra Nolan - QLD
Rosie Lennox - QLD
Ela Heiniger – NSW
Elyssia Gasparotto - NSW

Team Coach

Ashley Gordon - ACT

Team Manager

Mitch Hannaker - VIC

Junior Barras (Under 16)

Bradley Woodward - NSW
James Petropolous - VIC
Dominic Elliott - QLD
Jarad Everett-Quitadamo - SA
Will Paatsch - VIC

Abbey Dawson - NSW
Samantha Howe - VIC
Stephanie Purser - QLD
Deanne Elliott - QLD
Georgia Cairncross - NSW

Team Coach

Blake McCrindle - NSW

Team Manager

Cherry O'Connor - ACT

**Open Aussie Barras and Under 19 Silver Barras
National High Performance Training Camp, Thailand
April 2014**

The Open Aussie Barras and Under 19 Silver Barras attended the National High Performance Training Camp 2014 at the Thanyapura Sport and Leisure Retreat in Phuket, Thailand from the 12 – 17 April.

The camp consisted of nine pool lifesaving training sessions including: four time trial sessions and video analysis; mind training; a motivational speaker; outdoor yoga session; and an open water training session or a 'Spartacus' training session, plus personal use of the gym and track.

The athletes enjoyed team bonding activities and management commented on the positive vibe among the camp. Management worked hard to instill a "one squad feel" preventing segregation among the camp. For example, at the end of each training session there were relays which consisted of four members - one male and female Aussie Barra and one male and female Silver Barra.

The camp was successful in providing a high-standard of training at an overseas venue along with quality coaching and support to develop athletes in the sport of Pool Lifesaving.



**Under 16 Junior Barras
High Performance Training Camp, Sydney
June 2014**

Ten athletes, the Team Coach and Manager met at the Sydney Academy of Sport and Recreation in Narrabeen in June for an intensive long weekend development camp, designed to introduce the young athletes to new skills and techniques for the sport of Pool Lifesaving.

The team was treated to a presentation by current Aussie Barras and Australian Life Saving team member Andrew Bowden, who shared his experiences in Lifesaving and the reasons behind his passion, motivation, perseverance and success with the sport.

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Over the three-day camp, athletes were involved in three skill based water sessions targeting particular aspects of lifesaving sport: Obstacle swimming, manikin pick-ups, manikin clips, and swimming with rescue fins. Time trials were conducted during each session, allowing the athletes to challenge each other and themselves and video analysis was used to assess performance. Recreational activities such as bowling and rock-climbing promoted team bonding and a sense of 'team' was firmly entrenched by the end of day one.

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By the end of the camp, the athletes had developed new event skills; improved their own technique; made new friends; and most of all enjoyed themselves while participating in Pool Lifesaving.



RLSS Commonwealth Lifesaving Championships 2013

Royal Life Saving Society - Australia (RLSSA) hosted the 2013 RLSS Commonwealth Lifesaving Championships in Canberra, ACT Wednesday 4th - Sunday 8th September.

The Championships, sanctioned by the Commonwealth Games Federation and the ILS Federation are only open to Commonwealth nations to participate.

Over 325 athletes, officials and spectators were part of the Championships at the Australian Institute of Sport (AIS) in Canberra. Ten Commonwealth nations competed with teams from Canada, England, Hong Kong, India, Northern Ireland, Scotland, Singapore, South Africa, Wales, and Australia, with 170 athletes taking to the pool to contest the Championships!

The Commonwealth Lifesaving Championships are known for promoting friendship and camaraderie, and it was great to see new friendships being made and old friends catching up on pool deck from Day 1.

Wednesday 4th September saw athletes from Commonwealth nations go head-to-head with Australian Pool Lifesaving clubs and individual athletes in the inaugural Commonwealth and Australian Pool Life Saving Short Course Championships. The Short course was a great warm up competition and gave everyone the opportunity to refine their skills before the main event.

The three days of Commonwealth competition (6th – 8th September) saw many personal bests and a number of world-class swims including 12 Championship records, 5 Commonwealth records and 4 Competition Best times. It was great to see National and Development teams offering support in and out of the pool, especially when there was a relay; the atmosphere in the AIS was electric!

National Teams Competition:

1. Australia – Aussie Barras
2. England
3. South Africa
4. Canada
5. Northern Ireland
6. Hong Kong
7. Scotland
8. Singapore
9. India
10. Wales

The Aussie Barras were presented with the HRH Prince Michael of Kent Salver for the winning National Teams competition by Commonwealth Deputy President Clive Holland.

Development Teams Competition:

1. Australia – RLSSA Development Team
2. England
3. South Africa
4. Canada
5. Wales
6. Northern Ireland

The RLSSA Development Team were presented with the John Long Trophy for the winning Development Teams competition by RLSSA National President Dianne Montalto ESM.

The most outstanding male and female athletes of the meet, awarded the Langland Bay Cups were: Simon Worne (England) presented by RLSSA CEO Justin Scarr; and Zara Williams (England) presented by Commonwealth Sport Development Committee Chair Lorraine Wilson-Saliba.

The Mrs Henry Cup, an award for an individual from a new/developing sport nation for their efforts at the Championships was awarded to Yanyan Katherine Chen from Singapore, presented by RLSS Commonwealth Lifesaving Championships 2013 Chief Referee Roz Grey.

As hosts, Royal Life Saving Society – Australia (RLSSA) were proud to showcase a unique cultural experience for all three social events.

The Civic Reception at Old Parliament House welcomed all competitors and teams to Canberra. Old Parliament House is one of Australia's most loved buildings. Auntie Agnes Shea OAM Senior Ngunnawal Elder provided a Traditional Welcome to Country. Anand Satyanand, Chair, Commonwealth Foundation shared his best wishes for a successful event via a special video message. Several Commonwealth High Commissioners were in attendance to welcome their teams.

The Opening Ceremony and Youth Forum were held in the spectacular AIS Arena and showcased how we can all 'make a difference in lifesaving – from lifesaving to leadership'. The ten teams entered the arena to their National Anthem, present their flag which was proudly displayed at the Aquatic Centre throughout the competition. Thought-provoking presentations by guest speakers who have actively made a difference across the Commonwealth by helping to reduce drowning and/or helping those less fortunate were part of an inspiring leadership session. These presentations provided the backdrop for discussions with Commonwealth athletes about how they can help to ensure Youth involvement in Lifesaving is continued and ways they can assist the Commonwealth moving forward.

Guest speakers at the Youth Forum were:

- Francis Owusu, 2013 Australian of the Year ACT Local Hero Award and Kulture Break creator CEO/Founder.
- Alicia Coutts, Australian Olympic Gold Medallist Swimmer
- Amy Peden, National Manager – Research and Policy, RLSSA (Australian Youth Ambassador)

The Closing Ceremony and Presentation Dinner at the Rydges Lakeside was a fantastic way to recognise the great achievements of the athletes over the week. The event shared with participants an important part of Australia's culture with Wiradjuri Echoes an Aboriginal dance group demonstrating local customs and dance movements with many athletes joining in!

Royal Life Saving would like to thank all the officials, staff and volunteers who were involved in the Championships – without their assistance the Championships would not have been possible!

A big thank you and congratulations to the athletes, team managers and coaches for your efforts in and out of the pool. Thank you must also go to the team supporters – the parents, siblings, friends and family who travelled to Australia to support their athletes and to those who couldn't make it but were kept up-to-date via social media!

Reflections from an athlete

The Commonwealth Lifesaving Championships 2013 were a memorable experience for me; they would be my final Commonwealth Championships and being able to compete on home turf at the Australian Institute of Sport in Canberra meant that this event definitely stood out as being a huge success!

In September 2013, the Aussie Barras Team prepared to defend their Commonwealth Lifesaving Championship title. The team was coached by Rebecca Cohen, managed by Jeannie Baxter-Reid and captained by Pamela Hendry (QLD) and Mitchell Parkes (NSW). Team members included: Sam Bell (QLD); Keelan Bridge (NSW); Tim Schofield (NSW); Andrew Bowden (NSW); Christina Ruiz (QLD); Sarah Hamilton (WA); Rebecca Pegg (QLD); Felysia Konakoff (NSW); and the Team Official Jo Teagle (VIC).

As teams arrived into camp before competition we had our first team training sessions on Monday and Tuesday whilst participating in team bonding exercises and icebreaker activities with the other Australian Teams: the RLSSA Development Team, the Under 19 Silver Barras; and Under 16 Junior Barras.

On Wednesday, all four Australian teams competed in the Inaugural Commonwealth and Australian Pool Life Saving Short Course Championships. This event was more relaxed than the main event that was to come.

It was enjoyed by Australian and International athletes and it also gave the older/more experienced athletes a chance to support junior and international development athletes.



Wednesday evening marked the first of our official functions, the Civic Reception held at Old Parliament House. The setting on the front steps made for an awesome photo opportunity for the Australian team, as well as a BIG group photo with all competing teams, followed by the Official Reception.

Thursday, the Aussie Barras trained in the morning before donning our formal attire for the Opening Ceremony and Youth Forum. After the Official welcoming and speakers, we participated in the Youth Forum which is an excellent chance to chat with other international athletes about lifesaving in their respective countries.

By competition day the Barras were a strong cohesive unit with our team motto "one, two all day everyday...".

The Australian teams' main competition came from a young and talented English team. The English team took out the top individually performing male and female athletes. The South Africans and Canadians also had some of their own super stars who helped to push the competition to achieve many new Commonwealth Championship records.

As a fellow athlete it was a pleasure to watch and race with this group of young and talented athletes - not only did the team race extremely well but the sportsmanship shown by all the athletes on and around pool deck was outstanding.

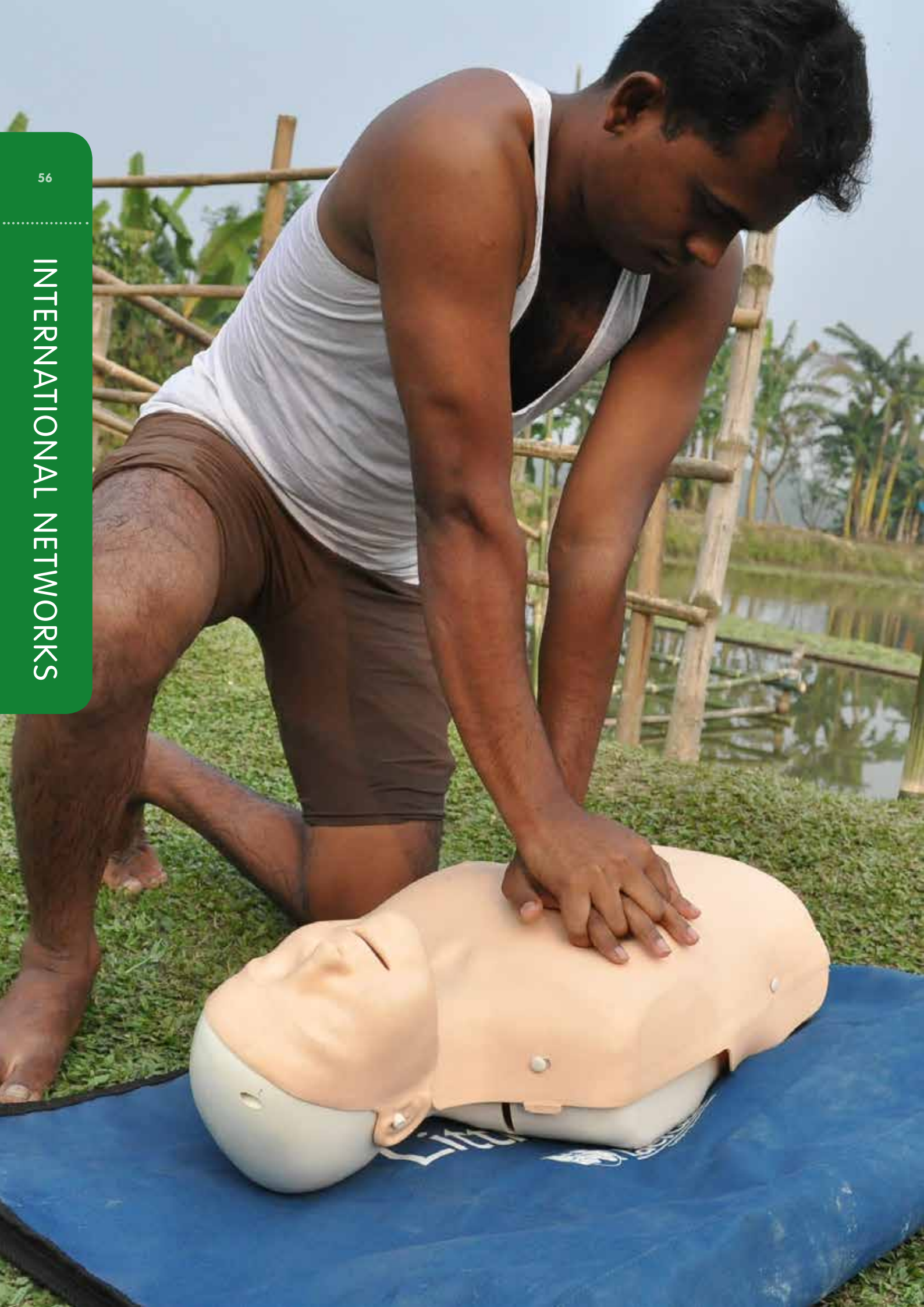
The three-day competition was followed by the Presentation Function at the Rydges Lakeside. The Aussie Barras were successful in retaining the Championship title and all the athletes enjoyed the evening's entertainment and dancing afterwards to celebrate!

Successful teams are only possible with dedicated team support. I would like to personally and on behalf of the team, thank our Team Manager Jeannie Baxter-Reid for her strength, courage and inside knowledge into all the athletes.

Finally a HUGE thank you to Royal Life Saving Society – Australia National Branch for supporting, organising and being an amazing host for the RLSS Commonwealth Lifesaving Championships 2013!

Felysia Konakoff (NSW)





INTERNATIONAL NETWORKS

Royal Life Saving is a member organisation of the International Life Saving Federation, a network of lifesaving agencies from across the world who share a commitment to drowning prevention.

Increasingly our skills and expertise are being utilised to assist the international communities in most need. Drowning rates in the Asia-Pacific region are frighteningly high and largely unnoticed.

Royal Life Saving continues to work with the International Life Saving Federation and partners, The Alliance for Safe Children (TASC), the Centre for Injury Prevention and Research - Bangladesh (CIPR-B), International Drowning Research Centre – Bangladesh (IDRC-B), Hanoi School of Public Health and others in the development of interventions to prevent drowning in countries in Asia.

International Drowning Research Centre - Bangladesh (IDRC-B)

The International Drowning Research Centre – Bangladesh published several studies over the past 12 months, as they continue to focus on scaling up interventions to reduce drowning in Bangladesh.

These publications are attracting international attention, and during the past 12 months the centre has attracted funds from Bloomberg Philanthropies; and the University of British Columbia, Grand Challenges Canada.



Feasibility of a first responder programme in rural Bangladesh (Published in Resuscitation)

Authors:

Aminur Rahman, Tom Stefan Mecrow, Saidur Rahman Mashreky, A.K.M. Fazlur Rahman, Nahida Nusrat, Mahruba Khanam, Justin Scarr, Michael Linnan

Objective:

To develop and implement a first responder training programme, assess the feasibility of training lay persons with low literacy in rural Bangladesh and determine the acceptability of the programme in the community.

Method:

A first responder training programme including cardiopulmonary resuscitation (CPR) was developed covering 20 villages in a rural sub-district in north-central Bangladesh. 2398 participants received training and 2120 graduated over a 14-month period. Responders were a mix of adolescents, community volunteers and community elders. The programme was evaluated through post-training assessment of knowledge and skills of participants and performance evaluation of trainers. A focus group discussion was used to assess the response of community leaders to usefulness and community acceptance of the programme.

Conclusion:

Developing a first responder training programme that includes CPR in a rural Bangladesh community is feasible if participants have secondary school attainment. Adolescents and young adults are suitable candidates. Evaluation is ongoing to see whether the programme graduates were able to reduce morbidity and mortality through effective first response efforts.



Children reporting rescuing other children drowning in rural Bangladesh: a descriptive study (Published in Injury Prevention)

Authors:

Tom Stefan Mecrow, Aminur Rahman, Michael Linnan, Justin Scarr, Saidur Rahman Mashreky, Abu Talab, A K M Fazlur Rahman

Objective:

SwimSafe, a basic swimming and safer rescue curriculum, has been taught to large numbers of Bangladeshi children since 2006. This study examines the frequency and characteristics of rescues reported by children who graduated from SwimSafe and compares them with age-matched and sex-matched children who did not participate in SwimSafe.

Methods:

Interviews were conducted during the swimming season in Raiganj, Bangladesh. Data were collected from 3890 SwimSafe graduates aged 6–14. Two age-matched and sex-matched controls were selected; one who had learned to swim naturally, the other who had not learned to swim.

Conclusion:

Children report frequent drowning rescues of younger children in rural Bangladesh. Most reported are contact rescues with the rescuer in the water. Formal training for in-water rescue techniques may be needed to reduce the risk to the child rescuer.

World Conference on Drowning Prevention 2013

Royal Life Saving staff presented on a range of topics at the World Conference on Drowning Prevention held in Potsdam Germany from the 20 to the 22 of October 2013.

Presentations included:

- Watch Around Water – An Industry Response (Lauren Nimmo, Royal Life Saving Society – Western Australia)
- Drowning deaths in inland waterways in Australia: An analysis of 10 years of fatal drowning in Australia (Amy Peden, Royal Life Saving Society – Australia)
- Drowning victims of retirement age in Australia (Amy Peden and Professor John Pearn AO RFD, Royal Life Saving Society – Australia)
- Water Safety in the Australian Outback! (Lauren Nimmo, Royal Life Saving Society – Western Australia)
- Sink or Swim; a programmatic response to drowning trends in Victoria (Kate Simpson, Life Saving Victoria)
- Becoming part of the Commonwealth (Dr Shayne Baker OAM, Royal Life Saving Society – Australia)

The Global Drowning Fund

The Global Drowning Fund website and social media platforms are being used to advocate drowning in low- and middle-income countries (LMICs) as a global public health issue, provide resources, news and information about the issue, and act as a central fundraising location.

Funds raised through the Global Drowning Fund help to provide training, education, and research, while increasing local skills and capacity for the prevention of drowning in the region.

This year peer to peer fundraising has been a highlight with individuals choosing to support the Global Drowning Fund.

The Global Drowning Fund can be found at:
<http://www.globaldrowningfund.org.au>
<http://www.facebook.com/globaldrowningfund>
<https://twitter.com/GlobalDrowning>



SwimSafe - UK Family Raise Much Needed Funds for SwimSafe

The Preece Family, from England, were so moved by the child drowning epidemic across Asia that they decided to support the SwimSafe program as their charity for 2013. Parents Phil and Kathryn and their three daughters, Nicola (12), Rebecca (10) and Hannah (6), were shocked by the statistics and wanted to help make a difference in the lives of those children at risk from drowning.

.....
Nicola wanted to support SwimSafe as she is a swimmer and wanted to support her hobby to save other children's lives. "It is quite astonishing that something I do every week as fun could save someone's life".

Rebecca was shocked by the drowning statistics, "It is scary that just because children slip into the water they could die". Hannah supported SwimSafe because "I like swimming and want others to like it too".
.....

The family's fundraising efforts included:

- The girls baking cakes during the Summer and inviting their neighbours around to buy cakes and Pimms in the garden.
- The Great North Swim that Phil completed in a fantastic time of 30.40 minutes.
- Climbing Mount Snowdon as a family in October. On the first attempt the weather conditions were so severe they had to turn back—Phil & Hannah were blown off the mountain! However they were ok and tried again a few days later and reached the summit in time for a hot chocolate in the café before completing the descent—9 miles in 6 hours.
- The girls have been donating part of their pocket money throughout the year and as a family putting money in the pot instead of buying cakes with a cup of tea when out & about.
- The final fundraiser was a cake sale at school with the girls baking and decorating 200 cakes to sell to their school friends.

Through these efforts the Preece family has raised 500 pounds which will fully fund 46 children to complete the SwimSafe program of 20 lessons and provide them with essential swimming and water safety skills.

The SwimSafe program is a child drowning prevention program developed by Royal Life Saving Society - Australia in partnership with The Alliance for Safe Children (TASC) and local in-country partners in Thailand, Vietnam and Bangladesh. Research has shown that during daylight hours, 1 child drowns every 45 seconds in Asia, many swimming unsupervised.

The SwimSafe program is built on a solid base of research and the evidence has shown that a child who masters the skills taught in the SwimSafe program has a significant reduction in risk of drowning over the rest of his or her childhood.

Working with our partners, Royal Life Saving has designed and adapted SwimSafe for communities based on their individual, cultural and environmental characteristics. We create projects that are effective in: reducing child drowning; use appropriate technology; and are sustainable and embedded in local communities.

If you would like to conduct your own fundraising and donate to the SwimSafe program please visit www.globaldrowningfund.org.au

For more information on the SwimSafe program please visit www.swimsafe.org



OUR NETWORK

Royal Life Saving is active all over Australia. Our State and Territory Member Organisations, volunteers, members, trainers, employees and lifesavers are found in almost all communities.

Our approach is inclusive and some of our biggest achievements occur away from large capital cities. During the past year Royal Life Saving has supported activities in partnership with State and Territory Member Organisations across Australia.

These activities include the provision of seed funding, resources, project management support and mentoring. Workshops have also been facilitated in the areas of water safety, training, health promotion, aquatic risk management, sport and lifeguarding.

State and Territory Member Organisations

| | |
|------------|--|
| ACT | Ph: 02 6260 5800 Email: act@rlssa.org.au |
| NSW | Ph: 02 9634 3700 Email: nsw@royalnsw.com.au |
| NT | Ph: 08 8927 0400 Email: nt@rlssa.org.au |
| QLD | Ph: 07 3823 2823 Email: admin@rlssq.com.au |
| SA | Ph: 08 8210 4500 Email: training@royallifesavingsa.com.au |
| TAS | Ph: 03 6243 7558 Email: tas@rlssa.org.au |
| VIC | Ph: 03 9676 6900 Email: mail@lifesavingvictoria.com.au |
| WA | Ph: 08 9383 8200 Email: info@rlsswa.com.au |

National Office

PO Box 558, Broadway NSW 2007

Suite 6, Level 4, 173-179 Broadway
(Cnr Mountain St), Broadway NSW 2007

| | |
|-----------|----------------------------|
| Telephone | (02) 8217 3111 |
| Fax | (02) 8217 3199 |
| ABN | 71 008 594 616 |
| Email | info@rlssa.org.au |
| Website: | www.royallifesaving.com.au |

Our People

Not only do we know lifesaving but our team has expertise in:

- Program design, development, implementation, management and evaluation
- Community and stakeholder consultation and engagement
- Fundraising and finance
- Communications, media and events
- Health promotion, research and risk management

Chief Executive Officer

Justin Scarr

Operations

National Manager Vocational Training
Penny Hodggers

National Manager Events and Marketing
Monique Sharp

National Sport and Events Officer
Emma MacMillan

National Manager Research and Policy
Amy Peden

Senior Research Fellow
Dr Richard Franklin PhD (Voluntary)

National Manager Education and Training
Penny Larsen

Senior Project Officer Education
Kristal Grainger

IT Project Officer
Chris Groneman (from May 2014)

National Manager - Aquatic Industry Services
Chris Head (from June 2014)

Finance and Administration

National Manager Finance
Rhonda Groneman

Administration and Accounts Officer
Sunny Fung

Business Trainee
Matt Hanlon (from January 2014)

AUSTRALIAN CAPITAL TERRITORY

The 2013/14 year at Royal Life Saving ACT has been strongly focused on community and education. Our programs, activities and networks across Canberra have allowed us to continue to maintain our strong partnerships with local business and government, as well as develop new relationships with other non-profit and like-minded organisations. Our connections with industry are as strong as ever. The exploration of new developments, designs and ideas have proven fruitful. Our advocacy and messaging is in its prime and people all across Canberra have spent the year talking about the effectiveness, professionalism and dedication of Royal Life Saving ACT.

A total of 3,217 Royal Life Saving awards and vocational competencies have been issued over the year as the Royal Life Saving ACT training department continued strongly. Our team of 35 trainers is scattered throughout the ACT, delivering quality Vocational Educational and Training in schools, pools and businesses. With significant increases to participation in both Pool Lifeguard and First Aid courses during 2013/14, we have witnessed a stronger industry workforce, higher employment retention, and increased conversion from training to job placement than in previous years.

The Royal Life Saving Society – Australia's 'Aquatic Facility Safety Assessment' has now been embedded into the standard annual routine of the majority of public pools in the ACT. In 2014 Royal Life Saving ACT conducted the very first of these assessments at the brand new Gungahlin Leisure Centre facility. Royal Life Saving ACT also played a critical role in training the centre staff in preparation for opening and liaised with both centre management and the ACT Government about the installation of Australian Standard water safety signage around the pool.

The ACT Aquatic Industry Awards presentation night was a highlight of the summer season yet again with commendable achievements from both individuals and organisations. Minister for Education and Training, Joy Burch, attended and presented at the event which wouldn't have been possible without the continued support from our long-time local sponsors: The Canberra Labor Club group. I'd like to take this opportunity to sincerely thank the Board and Staff at The Canberra Labor Club for their ongoing sponsorship and commitment to water safety and drowning prevention in the ACT.

In addition to accredited training programs, Royal Life Saving ACT issued 13,696 Swim and Survive certificates to ACT children through our own Royal Life Saving ACT Primary Schools' program, and our local partner swim schools during the 2013/14 financial year. Over 50 primary schools participated in the 2013 territory-wide ACT Primary Schools' Swim and Survive program and approximately 6,860 primary school students participated and achieved in levels right through from Water Discovery to Senior Swim and Survive.

This program would not be operational without the financial contributions and support from the ACT Education and Training Directorate, or the cooperation of ACT primary school teachers and principals. Special thanks are owed to all who have helped us to improve access to this wonderful program for all ACT primary school students.

The ACT Sport and Recreation Services Directorate continued to fund Royal Life Saving ACT as a peak sporting organisation this year and provided opportunities for staff, trainers and coaches to participate in various Professional Development workshops throughout the year. Royal Life Saving ACT retained the position of co-chair on the ACT Safe Waters Committee (ACTSW) during 2013/14 and has been instrumental in the development of a new ACT Safe Waters Action Plan. The ACTSW Action Plan will set a target of Zero Drownings for the ACT. With the lowest drowning rate in the country recorded for our Territory, the committee is pleased with the progress so far.

Other directorates that provided funding and/or sponsorship over the year include ACT Education and Training; ACT Community Services; and the Australian Government's Department of the Prime Minister and Cabinet for the Royal Life Saving ACT Ngadyung unit for Aboriginal and Torres Strait Islander initiatives.

Ngadyung has hosted a broad range of successful aquatic ATSI programs and activities since 2008. From Swim and Survive to vocational training and job placement programs Royal Life Saving ACT continues to strive for improved access to all Aboriginal people in Canberra. Ngadyung has become a fixed unit within Royal Life Saving ACT's general operations and we have a strong commitment to providing quality outcomes that are relevant to the community and that meet Government objectives.

I am proud and humbled to have had the opportunity to contribute to the outcomes detailed in this year's Annual Report. I would like to thank Royal Life Saving Society – Australia CEO, Justin Scarr, and the entire staff at the National Branch for their continued dedication and support. I would also like to thank Royal Life Saving ACT President, The Hon. Terence John Higgins AO QC, and the ACT Board of Directors; the staff and volunteers of Royal Life Saving ACT; and all of our Community Partners that have contributed to our successes over this past year.

Cherry O'Connor

Executive Director

Royal Life Saving Society – Australian Capital Territory

NEW SOUTH WALES

It gives me a great deal of pleasure to advise the 2013/14 year has been another very successful one for the Royal Life Saving Society - New South Wales with substantial development, commitment and advancement in many areas of drowning prevention strategy, policy and research. This, of course, has resulted in much more professional and targeted programs, courses and projects on offer to the general communities of NSW by Royal Life Saving.

As part of the Society's continued commitment to the prevention of aquatic related death and injury throughout New South Wales, Royal Life Saving aligned its strategic intent with the NSW Government Water Safety Plan 2013-2015. This ensures a systematic and collaborative approach to aquatic priority issues in our State through:

- Direct engagement of communities to build upon established relationships and develop long term capacities.
- Development of community infrastructure, both human and resource, as a means of encouraging participation in aquatic recreational pursuits.
- Targeted priority groups and communities such as the indigenous, cultural and linguistically diverse, older Australians, young children and toddlers, at-risk families, young adult risk takers, skills gaps, regional and remote and economic hardship.
- Fostered partnerships expansion with like-minded entities and community conscious organisations.
- Support of ongoing aquatic participation through personal development at industry and volunteer level as well as the education sector.
- Developing generational change in attitude and understanding on key water safety agendas.

During the 2013/14 year New South Wales continued to target key drowning prevention priorities across NSW. With the ongoing support of the NSW Government, our key partners, and the collaborative commitments of the education and industry sectors Royal Life Saving initiated a vast range of new and exciting drowning prevention strategies. Highlights for the year included:

- The implementation of 100 Grey Medallion programs (over 2,500 participants) across public swimming pools throughout NSW to address the escalating drowning toll amongst the over 55's age group.
- In excess of 160 public swimming pool audits (risk assessments) were completed.
- Over 100 open water sites were inspected resulting in the provision of improvement plans and recommendations to appropriate land owners.
- 2,000 adults from culturally and linguistically diverse groups participated in a learn-to-swim initiative in western Sydney and regional and remote NSW.
- Over 70 industry candidates received subsidised support to complete a Certificate III in Aquatics under a workforce development initiative.

- Every NSW High School received a Swim Safe Swim Sober resource kit and free access to a new online program to address alcohol related deaths amongst young Australians.
- In excess of 250,000 water safety, swimming, lifesaving and vocationally aligned awards were issued to NSW residents.

New South Wales has also played a significant role in the implementation of the NSW Swimming Pool Amendment Act. Private backyard swimming pools remain the number one killer of children under the age of five through drowning accidents. Many more through near drowning incidents have suffered significant neurological brain injury with numerous others being admitted into NSW hospitals each year. With over 300,000 backyard swimming pools in New South Wales, swimming pool safety is a vital issue that affects the whole community. Royal Life Saving will continue to support the implementation of the Swimming Pools Act as a genuine means to address this unacceptable drowning toll.

In the area of sport the New South Wales Branch continues to go from strength to strength both at club, state and national level. The Branch has a competitive club carnival system which culminates in the NSW State Championships each year. Our NSW State team won the overall championship's trophy at the National Pool Life Saving Championships held at the Australian Institute of Sport in Canberra this year having won the overall champions trophy for 11 of the past 12 years.

I would like to sincerely thank the NSW Government for their continued support, especially the Honourable Stuart Ayres MP, along with his ministerial colleagues in Local Government, Health and Education.

I must acknowledge the fantastic support given by our Patron, The Honourable Dame Marie Bashir AD CVO who has held office for over 13 years, shown great interest and given marvellous encouragement to the Society.

Whilst thanking people who have made a significant contribution to Royal Life Saving, I must thank Justin Scarr and the National team for their support, professionalism and leadership.

Finally, a special thanks to our volunteers, members, lifesaving clubs, industry personnel and subject matter experts who have assisted with the development of new programs and services over the last 12 months. Such commitment ensures we are well placed to challenge aquatic related injury and death and provide the communities of NSW with the skills and knowledge to enjoy all our waterways and associated activities.

David Macallister

Chief Executive Officer

Royal Life Saving Society – New South Wales

NORTHERN TERRITORY

Royal Life Saving Society Northern Territory maintained services to regional, remote, and very remote communities, with the number one focus on water safety education and training. The priority is on community safety; aquatic programs; providing water safety initiatives and implementing public awareness; and drowning prevention strategies specific to the needs of our community. 57 Public awareness and community displays were conducted across the NT with 19,600 Territorians receiving a direct community benefit from these activities.

Royal Life Saving NT continues to promote community wellbeing to assist Territorians build water safety knowledge and skills to encourage a safe, healthy and active lifestyles. Sadly, 9 people drowned in this reporting year and the Northern Territory maintains the highest drowning rate, per capita, in Australia.

12,185 primary school children from 93 schools participated in the Swim and Survive program, with 1,087 achieving the national benchmark of level 4 and above. Alarming, this means 4.5% of enrolled students achieved a level 4 or above, based on 23,800 enrolments. The Department of Education and Royal Life Saving NT have formed a partnership to address these concerning statistics.

2,938 children from 35 schools in 24 remote communities participated in the Remote Swim and Survive project funded through Indigenous Sport Active Recreation Project. The project enabled children to learn to swim and participate in a Pool Lifesaving carnival. The project has implemented a training and AUSTSWIM mentoring program to assist local people in obtaining employment or volunteer services at their community swimming pool. 277 Local community people participated in this training.

4,619 training certificates were issued with 55% of this training conducted in regional and remote areas. 1,341 statements of attainments were issued under Vocational Education and Training. 282 Training courses were conducted over the NT.

The NT Government funded Water Safety Awareness Program is a proactive strategy for drowning prevention of children under five years of age. 1,138 enrolments were received this year with ten providers operating across the NT. 11,966 children have participated in this program since inception.

The Sport of Pool Lifesaving achieved increased participation with over 3,000 children participating in carnivals in Darwin, Katherine, Alice Springs, Tennant Creek, Borroloola and 18 remote communities. Royal Life Saving NT sent a team of 5 lifesaving athletes to the Australian Pool Life Saving Championships in Canberra.

We have a membership of 1,624 and a workforce of 10 full time staff and up to 70 casual staff as Trainers, Examiners and Swimming Instructors, who commit to the highest quality of service delivery throughout the NT. The continued dedication and commitment of our members is inspirational. Despite this strength, we have the ongoing challenge of establishing a permanent headquarters in Darwin and Royal Life Saving NT are looking for partners to work with us on this project.

Thank you to all the staff of RLSSA and branches for working together in a positive and professional manner. I am proud and honoured to be part of a strong team that is committed to our values of: Integrity, Respect, Quality, Leadership, Innovation and Transparency.

Yours in Lifesaving

Floss Roberts

Executive Director

Royal Life Saving Society – Northern Territory

QUEENSLAND

Royal Life Saving Society - Queensland (RLSSQ) continues to go from strength to strength and the past twelve months has shown that the organisation has evolved to be a key player in the aquatic Industry. As a leader in drowning prevention, we are encouraged by the increased awareness of aquatic safety within the aquatic industry and the general community, as we continue the downward trend of incidences of drowning and across the State.

Below are last year's achievements in relation to Royal Life Saving Society's Strategic Framework 2012-15:

1: Leading Advocacy:

RLSSQ hosted the Aquafutures International Conference on the Gold Coast, which enabled the Society to establish greater relations with key stakeholders and demonstrate how RLSSQ has evolved into an industry peak body. Professionals and volunteers were able to share their knowledge and receive presentations from esteemed industry experts. We were fortunate to have speakers of the calibre of Laurie Lawrence and Professor John Pearn AO AFD (to name a few) to inspire and challenge conference delegates. There was quite a buzz throughout the 3 day event as RLSSQ Board Members, Staff and Volunteers worked together to achieve a world-class event.

2: Strong and Effective Partnerships:

Volunteer activity in through RLSSQ affiliated Clubs is a vital part of the Society's work. Last season the 3 patrolling Clubs amassed a staggering 9,826 patrol hours, performed 346 rescues and implemented 1,168 preventive actions. The Clubs have been working closely together to establish uniformity across the Clubs and provide a service that meets and exceed community standards.

The strength of our clubs is complemented by the work performed by members throughout the State. Close to 500 schools, pools or clubs are undertaking Society activities in Swim and Survive, lifesaving, lifeguarding and first aid. This in turn is enabling communities to be safer in and around water and reduce unintentional death and injury in aquatic environments

3: Quality Programs, Products and Services:

The delivery of these programs and messages to the Queensland people is a task that is undertaken by our members whether they are volunteers, semi professional educators or aquatic Industry leaders. With over 130,000 recorded participants undertaking an RLSS activity in 2013/14 it is no small task. We are fortunate to have a large group of trainers who embrace the ideals of the organisation and contribute to the objectives of the Society. As an organisation it is our aim to continually support their activities by developing resources and tools to enable them to perform their roles

4: A Cohesive and Sustainable Organisation:

The success of RLSSQ as an organisation is in part due to collaboration with the National organisation and our interstate colleagues. Our strong bonds enable the implementation of programs and the development of resources that will facilitate a reduction in the national drowning rate.

Michael Darben

Executive Director
Royal Life Saving Society – Queensland

SOUTH AUSTRALIA

Royal Life Saving South Australia is dedicated to advocating the prevention of drowning; and promoting a healthy and active lifestyle within the community. Here is what we achieved last year in relation to Royal Life Saving Society's Strategic Framework 2012-15.

1: Leading Advocacy

As a key member of the SA Water Safety Committee, Royal Life Saving SA continued to advocate for legislative changes to the inspection regime of backyard swimming pools, calling on the State Government to introduce legislation similar to that which operates in WA, Qld and NSW. We are working closely and assisting the Department of Planning, Transport & Infrastructure and have been preparing for the introduction of accredited training for home pool safety inspectors. The RLSSA 'Home Pool Safety app' has been promoted locally including through the media with a story just prior to Christmas 2013, presented on Channel 10.

2: Strong and Effective Partnerships

Our continued collaboration with SA's network of Local Government managed Pools continued through our internal RLSSA Training/Aquatics Advisory committee, promoting the Guidelines for Safe Pool Operation and on-site Aquatic Facility Safety Assessments. Project funding from the Office for Recreation and Sport focused on the extension of our Clubs network where 6 new Clubs were in operation across the State. Further supporting RLSSA strategic objectives, our network of Regional Liaison Officer volunteers provided the much needed contribution to servicing rural and remote SA with attendance at local events and field days, running of workshops, assisting with the co-ordination of Vacs Swim and training delivery.

Further expanding on community engagement, our Lifesaving Sport achievements were highlighted by the RLSSA SA Patron during a reception at Government House, where Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia acknowledged those that participated in the National Championships.

Swim & Survive programs and accredited training reached further into regional and remote SA through servicing areas such as Mount Gambier, Leigh Creek, Port Lincoln, the Murraylands, Port Augusta, Port Pirie and the Copper Coast. Workshops were delivered by RLSSA instructors and trainers in areas where many service providers are not prepared to venture. Our regional development and engagement is planned to accelerate further through our soon to be appointed Business Development Manager.

3: Quality Programs, Products and Services

Royal Life Saving Society - SA continued to promote and deliver high quality training plus Swim & Survive programs and services targeted to the general public including to those who require specialist support and assistance. We offered places on our courses and programs at subsidised rates to groups in the community and to other NFP community-based organisations including residential care facilities, migrant centres, community outreach services and to organisations that require training to further their work of supporting those in need.

Our annual vacation Swim & Survive program reaches far into rural and remote SA and increased in participation when compared to the same period last year. An improved and simplified website enrolment interface for parents with online payment and confirmation enabled a higher enrolment rate across the State. Up to 180 casual employees were engaged to deliver services which is tipped to double next year when the Vacs Swim SA program is outsourced.

Our RTO VET courses played a significant role throughout the year in terms of customer interaction and were promoted to a wider network of employers via a professional email marketing program. Our second year of operating an easy to navigate online booking and payment website has produced higher enquiries and enrolments. Our usually quieter Winter period was consistently active through a higher volume of accredited first aid and resuscitation courses to employers.

Created through a local need, our new lifeguard labour hire service operating under Lifeguarding Australia was introduced part way in the year with our first host employer commencing within weeks of starting this service. On a weekly basis, our increasing employee candidate database of qualified lifeguards are working on deck for our host clients.

4: A Cohesive and Sustainable Organisation

Royal Life Saving SA's governance framework has continued to utilise the services of professional agencies to assist manage financial, legal and other legislative requirements to ensure we perform well and continue to be sustainable within the SA business community. We appreciate the support and services provided by Bentleys, Lempriere Abbott McLeod and MYBC Accounting.

Tony Taylor

Chief Executive Officer
Royal Life Saving Society – South Australia

TASMANIA

The Royal Life Saving Society – Tasmania has enjoyed another exciting year extending our reach throughout the State and strengthening the partnerships, quality programs, services and advocacy outlined in the organisations strategic framework.

With accessible training and program opportunities secured in rural and remote regions of Tasmania that link to educational and capacity building outcomes, Royal Life Saving Society – Tasmania is continuing to build on our current and previous successes. This increased reach and diversification ensures we maintain our focus on a 50% reduction in drowning and delivers the key message that everyone can be a lifesaver.

Summary of key achievement against the Royal Life Saving Society's Strategic Framework Framework 2012-15:

1: Leading Advocacy

Thank you to the ongoing support of the Tasmanian Government via the Department of Sport & Recreation. Royal Life Saving Society – Tasmania has continued to deliver and develop the Keep Watch program focusing on the key area of drowning prevention among children 0-4 years. This support has allowed the organisation to take the Keep Watch message and skills session's state wide and to hone our target area to those most at risk. The feedback from these sessions has been incredible with demand growing for increased educational opportunities in the area of infant aquatic awareness and CPR.

2: Strong and Effective Partnerships

One of the Royal Life Saving Societies' many strengths is the capacity to clearly link education and advocacy with relevant and sustainable programs and outcomes. One of these is the Swim & Survive program which has gone from strength to strength in Tasmania. Swim schools and aquatic centres around the state are coming to recognise the value of embracing not just the message of learn to swim but also the integration of life saving skills and we have welcomed a raft of new partnerships in this area.

In ensuring the equitable delivery of aquatic programs within the Tasmanian community we must thank the Tasmanian Community Fund for their ongoing support of the Making Aquatics a Terrific Experience (MATE) program which continues to provide individuals with a disability, impairment or mobility issue, along with their friends, family and carers with the skills and support to enjoy and benefit from our aquatic environment.

3: Quality Programs, Products and Services

Further ensuring a targeted approach to drowning prevention in Tasmania in line with the organisations strategic framework and promotion of a healthy and active lifestyle, Royal Life Saving Society – Tasmania has enjoyed ongoing support for the ever popular Grey Medallion program. Focusing on the four key components of water safety knowledge, resuscitation and emergency care, aquatic exercise, personal survival and lifesaving skills our Grey Medallion program has supported a growing number of Tasmanians over the age of 55 in not only increasing their skills but also their health, wellbeing and opportunities for social inclusion.

Being in the enviable position of delivering commercial services of the highest quality such as a suite of First Aid accreditations, CPR, Bronze Medallion and Pool Lifeguard to name but a few allows us, with the support of our valued partners, to provide sustainable programs to wider community.

4: A Cohesive and Sustainable Organisation

While as an autonomous entity the Tasmanian Branch of the Royal Life Saving Society focuses heavily on ensuring the sustainability of our programs and services both strategically and operationally we have nevertheless enjoyed an unprecedented level of support from Royal Life Saving at a national level. This ongoing support coupled with strong leadership has ensured clarity of purpose across the states and provided options and opportunities for Tasmania to engage at a national level.

In acknowledging the support for Tasmania nationally it would be remiss of me not to recognise the tireless work of our state team with Office Manager Neryl Mills, Program and Administration Support Officer John Hall, our Board of Directors and incredible Trainers and Assessors. With such a focused and dedicated team in both Tasmania and at a national level we are looking forward to the coming twelve months with a renewed sense of excitement and purpose.

Mel Bush

General Manager
Royal Life Saving Society – Tasmania
(from June 2014)

VICTORIA

Life Saving Victoria (LSV) has continued to grow and improve its programs and services in 2013/14, across the organisation's key themes of "LSV from Anywhere", "Everyday Lifesavers" and being "Resource Ready".

Changes in the Victorian emergency management sector see the establishment of Emergency Management Victoria from 1 July 2014. LSV will now sit under this new overarching body, which will work to maximise the ability of the emergency management agencies to work together and share resources. LSV's place in this structure will be unique, as the only non-Government organisation, working alongside emergency service statutory authorities and Government departments.

A key "LSV from Anywhere" project has been the development of "blended delivery" online and practical courses, which minimise the face-to-face attendance time required by participants, by completing the bulk of the theoretical course components online. Online training can be completed by the participant on their own device, in their own time, anywhere they have an internet connection. These courses will be rolled out in 2014/15 as part of LSV's commercial course offerings and flexible volunteer training solutions.

Two key projects that have progressed under our "Everyday Lifesavers" theme have included the older adults' project and the swimming capability study.

LSV's Education area was successful in obtaining funding from the Lord Mayor's Charitable Foundation, to run a pilot Grey Medallion program: "Helping older adults to become Everyday Lifesavers, a social inclusion and health project for over 60s". The pilot water safety and lifesaving skills program ran over 10 weeks at the YMCA's Ascot Vale Leisure Centre and Watermarc Banyule, engaging 43 participants in aquatic activities, water safety awareness and emergency response skills.

LSV also progressed its research into swimming capability, producing a report on the current state of Victorian children's swimming ability. The report has found that with swimming not compulsory in the Victorian School curriculum, 1 in 3 children are leaving primary school without the required swimming skills, while 2 in 5 children are leaving primary school without sufficient water safety knowledge. This research will be further progressed in 2014/15 with the trial of a "Before School Swimming and Water Safety Program Model", as an innovative solution to barriers identified by schools for participating in swimming and water safety education programs.

In being "Resource Ready", LSV has developed a revised Pool Safety Assessment app tool, to enhance its commercial aquatic facility assessment. This comprehensive new tool is a significant improvement on the previous system, enabling the assessment process to be streamlined, making it easy for facilities to keep up to date.

Summary of key achievement against the Royal Life Saving Society's Strategic Framework Framework 2012-15:

1. Leading Advocacy:

Life Saving Victoria (LSV) has continued its work to lead water safety advocacy in Victoria, through its research and innovative programs and solutions.

The "Sink or Swim" program, introduced in 2012 in response to an increase in drowning of children aged 5-14, was recognised for its success in being named was named the Victorian State Award in the 2013 Resilient Australia Awards Research and Education Sector.

The program encourages teachers to deliver water safety sessions in the classroom across a range of classroom subject areas, by providing free online teaching resources, together with targeted classroom water safety sessions delivered by LSV staff at schools in targeted at-risk areas.

"Sink or Swim; a programmatic response to drowning trends in Victoria", was also one of three projects presented by LSV at the World Conference on Drowning Prevention, in Potsdam, Germany, in October 2013. "Staying afloat: Addressing a lack of swimming ability in Victorian children" and "Putting lives on the line: Rock fisher attitudes and behaviour in Victoria, Australia" were also presented by LSV's Research team.

The introduction of blended CPR and Senior First Aid courses is designed to make emergency skills training more accessible to an increasingly time-poor community. In minimising the face-to-face attendance time required by participants, this flexible delivery model empowers individuals and communities to be more resilient in becoming "Everyday Lifesavers".

2. Strong and Effective Partnerships:

LSV's partnerships have again proved strong and effective in 2013/14.

The Victorian Swim and Survive program has now attracted 201 facilities, councils and schools and licensees, which the highest number of licensees in the past five years. LSV continues to support the Victorian Licensees to deliver quality programs in their local communities through professional development opportunities, including practical skill developments sessions; networking lunches, including two successful Swim and Survive Licensee Seminars with 70+ participants in attendance at each; dissemination of monthly newsletters and the provision of marketing collateral.

LSV's Watch Around Water program now has over 130 accredited facilities, the highest number for any state. The Commercial Services team has also successfully transitioned into the second year of key strategic training partnerships with YMCA Victoria and the Department of Human Services, while maintaining its training licensee program with over 30 partners in delivering LSV courses.

3. Quality Programs, Products and Services:

LSV has continued to lead the Victorian industry in swimming and water safety education, with 149,882 Swim and Survive awards (including certificates and logbooks) ordered, which is an increase of 13,102 compared to 2012/13.

A new Aquatic professional development workshop "Swim and Survive Program Levels" was also developed and delivered in 2013/14 to familiarise teachers with the differing program levels.

4. A Cohesive and Sustainable Organisation:

In support of a cohesive and sustainable organisation, the development of the updated Pool Safety Assessment tool addresses content and knowledge gaps in the previous version with an independent best practise compliance assessment product that ties into OH&S requirements and operates in partnership with the Victorian Workcover Authority to keep product validated and 'live'.

Following Victorian implementation, this tool is currently under review for suitability across Royal Life Saving's other State and Territory Member Organisations.

Report provided by Life Saving Victoria (LSV)

WESTERN AUSTRALIA

Royal Life Saving Society – Western Australia (RLSSWA) provides a range of training, safety, health promotion, customer contact, skilled labour and related support services. RLSSWA's work has touched the lives of people from remote Kimberley communities through to the Great Southern coast.

Eliminating toddler drowning and increasing opportunities for children to Swim & Survive have been key objectives over the last 12 months.

RLSSWA has over 48,000 members across four categories (Associated, Award, Sport and Supporter).

A number of strategies were pursued to engage with, recognise and reward members who made a significant contribution to RLSSWA. Highlights being the presentation of 34 Bravery Awards and 216 State Honours to members.

Summary of key achievement against the Royal Life Saving Society's Strategic Framework 2012-15:

1. Leading Advocacy:

RLSSWA strives to lead advocacy in drowning prevention while promoting healthy, active and skilled communities.

Key advocacy activities during 2013/14 included:

- Monitoring drowning deaths on a monthly basis (via WA Coroner's Office)
- Reviewing records of hospitalisations following a near drowning
- Collation and analysis of injury reports from public swimming pools
- Collation and analysis of home pool barrier compliance
- Evaluation of community and education programs to measure relevance and effectiveness
- Community surveys to gather information on awareness and attitude toward key water safety issues (e.g. rock-fishing)
- Attending the World Conference on Drowning Prevention.

2. Strong and Effective Partnerships:

RLSSWA was proud to collaborate with an array of partners last year on a state level; national level; and through community initiatives. We were also proud to receive the Ministers Award for Excellence from the Department of Sport and Recreation. Our collaborations are highlighted below:

State collaboration

- State Government agencies
- BHP Billiton – Principal Community Partner.
- Leisure Institute of WA
- Swimming WA
- YMCA
- AUSTSWIM WA
- Local Government Insurance Service

National collaboration

- Royal Life Saving Society - Australia (RLSSA)
- Royal Life Saving Society - NSW (RLSSNSW)
- Life Saving Victoria (LSV)
- Royal Life Saving Society South Australia (RLSS-SA)

3. Quality Programs, Products and Services:

RLSSWA was also involved with several community initiatives last year including:

- The Remote Aboriginal Swimming Pools Program
- Customised Swim & Survive programs for Indigenous and CALD communities
- Don't Drink & Drown program targeting youth (and link between drowning and alcohol consumption)
- Home Pool Barrier Assessment Program. Achieved a compliance rate of over 85%
- Quakers community fundraising program. (point of sale donation tin)
- VIP regular giving program
- Bravery Awards at Government House
- 2,489 community surveys collecting information on community awareness and attitudes

4. A Cohesive and Sustainable Organisation:

It's been a busy year for RLSSWA, investing over \$3 million to deliver its Community Services. Funds were obtained from support partners and sponsors, government and community grants, and operational surpluses generated by our Social Enterprises.

Report provided by
Royal Life Saving Society Western Australia Inc.

HONOURS

SENIOR AUSTRALIAN HONOURS

Meritorious Service Medal

C.M. Calnan (SA)
R.W. Moyse (SA)
B. Roberts (QLD)
John Robertson Spender (QLD)
1959 Bruce Clifton (NSW)
1959 D. Ebsworth (TAS)
1959 E.C.S. Meldrum (SA)
1959 A. Park (TAS)
1959 R. Penwright (TAS)
1959 B. Plaister (TAS)
1959 Douglas Robert Plaister (TAS)
1959 C. Webb (TAS)
1960 M. Church (TAS)
1960 H.L. Dowding (TAS)
1960 Lady Harris (TAS)
1960 J. Liptrot (TAS)
1960 M. Plaister (TAS)
1960 N.J. Ruddock (TAS)
1960 L.W. Salmon (TAS)
1960 V.J. Shaw (TAS)
1960 S. Thyne (TAS)
1960 D.N. Wicks (TAS)
1961 R.S. Collins (TAS)
1961 J. Ingles (TAS)
1961 Basil Osborne (TAS)
1961 V.B. Plaister (TAS)
1963 Francis John Henry (NSW)
1963 George Turnbull (NSW)
1964 B. Brain (TAS)
1971 Cam Fitzgerald (VIC)
1972 Dennis Brian Colquhoun (NSW)
1977 K.J. Shields (VIC)
1978 Bruce Campbell (QLD)
1978 M.L. Eddey (VIC)
1978 R. Firkin (NSW)
1978 J. Smith (NSW)
1978 Ken Southgate (QLD)
1978 R.S. Veale (VIC)
1979 W. Blakeney (NSW)
1979 Stanley Blanks (VIC)
1979 Justin Bradley (NSW)
1979 N.R. Collins (TAS)
1979 J. Conabere OBE (VIC)
1979 V.J. Forde AM (SA)
1979 D. Johannes (NSW)
1979 Brian Prideaux (NSW)
1979 Phillip Rice (VIC)
1981 D. Bateman (VIC)
1982 Kevin N. Burrowes OAM (SA)
1982 Sir Walter Leonard (NSW)
1982 Gwendolyn Welford BEM(C) (QLD)
1984 Raymond M Martin OAM (SA)
1984 Ailsa Nicholson (QLD)
1985 Sheena Dyason (QLD)
1985 Lester Vivian Marston (WA)
1986 Victor John Dennis (WA)
1986 J. Eyles (NSW)
1986 C. Heckenberg (NSW)
1986 P. Neenan National
1986 E.D. Vass (NSW)
1990 Ken G. Richter (SA)
1991 Daphne Read AO (NT)
1992 Gerald Brameld OAM (QLD)
1992 Nigel R. Carins (TAS)

1992 John Coles (SA)
1992 John Kew (SA)
1992 Philip Marquet (NSW)
1992 K. L. Milne (SA)
1992 Janice Oates (SA)
1992 Robyn Pryce-Jones (TAS)
1992 Barry J. Stanton OAM (SA)
1993 Dr. Mervyn Allen (SA)
1993 Keith Draper (NSW)
1993 John McClelland (QLD)
1994 G.H. Krueger (SA)
1994 Margaret Krueger (SA)
1994 Vincent McStraw (SA)
1995 John W. Harvey (SA)
1995 Christopher Planeta (SA)
1996 Alan B. Swinton OAM QPM (TAS)
1996 Robert G. Yule (SA)
1997 Theresa Leopold (SA)
1997 Ann Price (SA)
1998 Edward Cross (NSW)
1998 Anita Eifler (WA)
1998 Faye Milham (SA)
1998 Warwick Twigg (NSW)
1999 Margaret Clayton (VIC)
1999 Rex Hopkins (VIC)
1999 John Law (QLD)
1999 Heather MacGowan OAM (WA)
1999 Ian Mackie AM (Nat)
1999 Dr Gerard Meijer (QLD)
1999 Frances May Murphy (WA)
1999 Barbara Richards (VIC)
2000 David Bennetts (NSW)
2000 Mark Needham (SA)
2000 Faye Trevor (SA)
2001 C. Dedman (SA)
2001 Professor John Pearn
AO RFD (QLD)
2002 Dr Mel Bergin (NSW)
2002 Audrey Severn (QLD)
2002 Albert Trevenar (NSW)
2003 Lesley Bartlett (SA)
2003 The Hon. Terence Higgins
AO QC (ACT)
2003 Harold James Hird (ACT)
2003 David J. Maurant (TAS)
2003 Patricia Quick (SA)
2004 Jan Burton (SA)
2004 David Dewar (SA)
2005 Hayden Lamshed (SA)
2005 Faye Milham (SA)
2006 Gaynor Power (SA)
2008 Karen Freak (SA)
2008 David Grant (VIC)
2008 Gary W. Kearney (TAS)
2008 Les Mole (QLD)
2009 Ernita McGrath (NSW)
2009 Jane Minear (SA)
2009 Anne Rule (SA)
2013 Julie Crea (VIC)
2013 Peter Doyle (VIC)
2013 Alison McIntyre (TAS)

SENIOR COMMONWEALTH HONOURS CONFERRED

Honorary Life Member

1977 Francis John Henry (NSW)
1977 George Turnbull (NSW)
1983 Margaret P. Stevens (VIC)
1988 Stanley Blanks (VIC)
1988 Cam Fitzgerald (VIC)
1990 Jack Farmer (VIC)
1993 James Burrowes (VIC)
1994 Norman Farmer ESM (VIC)
1995 Kevin N. Burrowes OAM (SA)
1995 Phillip Rice (VIC)
1995 Ken Southgate (QLD)
1995 Barry J. Stanton OAM (SA)
1999 Dr. Mervyn R. Allen (SA)
1999 John Coles (SA)
1999 V.J. Forde AM (SA)
1999 Raymond M. Martin OAM (SA)
2000 John Kew (SA)
2000 G.H. Krueger (SA)
2000 Margaret Krueger (SA)
2001 Ann Price (SA)
2003 Gerald Brameld OAM (QLD)
2003 John McClelland (QLD)
2004 Bruce Campbell (QLD)
2004 Anita Eifler (WA)
2004 Ross Williams (QLD)
2005 Alan B. Swinton
OAM QPM (TAS)
2006 Theresa Leopold (SA)
2006 Faye Trevor (SA)
2007 Lesley Bartlett (SA)
2007 Theresa Leopold (SA)
2007 Patricia Quick (SA)
2007 Faye Trevor (SA)
2008 David Dewar (SA)
2011 Faye Milham (SA)

Honorary Life Governor

1977 B. Pattinson (SA)
1981 W. Blakeney (NSW)
1981 George Turnbull (NSW)
1984 Francis John Henry (NSW)
1986 Leon Leis (QLD)
1999 Kevin N. Burrowes OAM (SA)
1999 Barry J. Stanton OAM (SA)
2004 Ann Price (SA)
2004 Raymond M Martin OAM (SA)
2004 John Kew (SA)
2011 Lesley Bartlett (SA)
2011 Theresa Leopold (SA)
2011 Patricia Quick (SA)
2011 Faye Trevor (SA)
2012 Alan B. Swinton OAM QPM (TAS)

Vice President

1981 Robert Stinson (QLD)
1988 Neville Bayfield OAM (NSW)
1994 Heather MacGowan OAM (WA)
1997 The Hon. Terence Higgins
AO QC (ACT)
2003 Dr Shayne Baker OAM (QLD)

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EVERYONE CAN BE A LIFESAVER

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