



Kicking Back

Edition 110 | June 2021

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

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

Proudly sponsored by
 Northern Territory
Government



ROYAL LIFE SAVING
NORTHERN TERRITORY

MISSION, VISION AND STRATEGY

Royal Life Saving is dedicated to turning everyday people into everyday community lifesavers.

We achieve this through education, training, health promotion, risk management, research, sport and advocacy.

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

Vision: *To build a healthy, strong and safe aquatic community through access to water safety education and training.*

Strategy: *Our People, Our Lifestyle, our Water*

Be Safe : In, on and around water from the RLSSANT Management Committee

Join
Now!



ROYAL LIFE SAVING
NORTHERN TERRITORY

2021-2022 MEMBERSHIP

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

*Vision: To build a healthy, strong and safe aquatic community
through access to water safety education and training.*



Benefits include:

- Limited edition gift pack
- 5% discount on courses
- Monthly Newsletter
- Invitations to functions

MEMBER Q & THANK YOU

SAVE THE DATE

Friday September 3

4-6pm

77 Ross Smith Avenue Parap

Royal Life Saving NT invite members to attend our Member Q & Thank you Event. Invitations will be sent out to all Members shortly.

Please RSVP by calling 8981 5036 or emailing
ntadmin@rlssa.org.au

AGM to follow 6-7pm



COVID-19 UPDATE



We are currently working in the office updating our COVID safety plan and work practices. We will be reopening back to full capacity of delivery on Monday July 12th pending the advice from NT Health and the NT Government on Friday July 9th.

MAKE THE RIGHT CALL

Know your limitations and don't take risks. Don't be a statistic. Boating and fishing continue to be popular recreational activities, however, latest drowning figures show that over the past ten years, 410 people have lost their lives while boating or fishing. Royal Life Saving is urging boaters and fishers to Make the Right Call when it comes to safety. Royal Life Saving's 'Make the Right Call' campaign highlights a common-sense approach and advocates simple safety tips to prevent drowning:

- Avoid alcohol around water
- Wear a lifejacket when boating, kayaking or canoeing
- Avoid swimming or recreating alone around water

For all Territorians:

- Find out if it is safe to swim – look for signs & follow the rules
- Know when you are in crocodile country & find your nearest swimming pool to visit instead
- If you are fishing – stay out of the water – otherwise you may become the bait
- Actively supervise children



WORLD DROWNING PREVENTION DAY



SAVE THE DATE
July 25, 2021

This global advocacy event serves as an opportunity to highlight the tragic and profound impact of drowning on families and communities and offer life-saving solutions to prevent it. An estimated 235,600 people drown every year, and drowning is among the ten leading causes of death for children aged 5-14 years.



#DrowningPrevention #DrowningPreventionDay

Sadly, the Northern Territory maintains the highest drowning rate per capita in Australia with 9 drowning deaths recorded in the 2019-2020 period.

For the full National Drowning Report please visit: <https://bit.ly/34dFYZQ>

COMMUNITY – Our People

The Royal Life Team were at the Healthy Living Expo on June 4 at Darwin High School, to inspire tomorrow's future with all things water safety, active recreation and skills for life. It was awesome to see how engaged the Year 10 and 11 students were with many questions about career opportunities and life skills!



COMMUNITY – Our People

June 7-11 was the Royal Life Saving NT annual Team Week!

A time to reflect, reset, communicate and plan for another great year ahead.

Highlights of the week included communication workshops, yoga, tunnel ball and go karting! It was interesting to compare similarities from the track that apply to our work environment.

Special mention to Jane, one of our casual swim teachers, who is also a registered nurse. Jane administered flu vaccinations to ensure we are all in tip top shape for programs on pool deck!



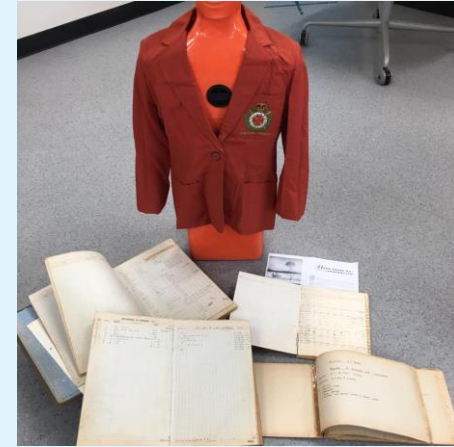
COMMUNITY – Our People

It was a wonderful way to finish our Team Week with some very special guests/ lifesavers on June 11.

Based on a staff member's suggestion, a history session was held and 5 wonderful people gave up their time to share their stories of their involvement with Royal Life Saving NT.

It was a wonderful, funny and heartwarming session that we all enjoyed. We dived into the history books and celebrated the amazing pioneers of Royal Life Saving NT.

Thank you Daphne Read, Randall Cook, Penny Hart, Fritz Risler and Maja van Bruggen for sharing your time and incredible experiences with us.



COMMUNITY – Our People

Thank you to everyone who stopped by our stall at the 4WD Expo on June 26 and 27.

It was a great start to the dry season community events! Special thanks to all who donated to Royal Life Saving NT from the carpark, contributing to delivering programs and training across the Territory.



PROGRAMS



Larapinta Primary School participated in their first Department of Education – Water Safety and Life Skills Program in Alice Springs from June 23 to June 25.

An intensive 3-day program consisted of:

- Swim and Survive swimming lessons
- Drumbeat
- Yoga
- CPR Awareness

It was a great time enjoyed by all, plus amazing feedback from the students!

Thank you to Larapinta Primary Teachers and Students for making this program outstanding! Many thanks also to the Department of Education for providing funds to make this program happen.





ROYAL LIFE SAVING
NORTHERN TERRITORY

WANTED SWIMMING TEACHERS



Are you looking for casual work?

Royal Life Saving – NT are looking for motivated individuals to assist in delivering the Swim and Survive program in Darwin & Palmerston. You will receive excellent casual hourly rate, flexible working hours during the school term and work in a fun & enjoyable environment.

Experience preferred but not essential.

Training will be provided if necessary, with flexible payment plans available upon employment.

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

PROGRAMS

Our Swim & Survive Program has undergone a significant overhaul in the last 12 months and we are excited to launch the updated Program to you. An information session will be held for all stakeholders and swim teachers.

Join us on July 30
2-4pm
77 Ross Smith Avenue, Parap

To RSVP for to this exciting event please contact
Stephen Gazzola 8981 5036
ntswimsurvive@rlssa.org.au



BOOK NOW!

AUSTSWIM Teachers play an important role in educating the community. If you are looking to upskill and add to your teaching tool belt now is the perfect time to enrol into an AUSTSWIM specialist course. Check out the dates below and book in for one or all of these fantastic opportunities.



AUSTSWIM Teacher of Adults: 13th August 2021

AUSTSWIM Teacher of Toward Competitive Strokes: 14th August 2021

AUSTSWIM Teacher of Aquatics - Access and Inclusion: 15th August 2021

AUSTSWIM Teacher of Infants & Preschoolers: 16th August 2021

Register your interest today via email to: trainingmanagernt@rlssa.org.au
Attending and completing an AUSTSWIM specialist course will renew your Licence.

AUSTSWIM PRESENTER TRAINING APPLICATIONS ARE NOW OPEN!

AUSTSWIM are recruiting AUSTSWIM Presenters right across the country and are seeking new AUSTSWIM Presenters in your area. With presenter training opportunities running interstate we will be looking to implement strategies or opportunities to support successful applicants through the AUSTSWIM Presenter training process.

Therefore, we would strongly encourage you to apply if you are interested in becoming an AUSTSWIM Presenter. If you can attend one of the interstate training dates, please note this on your application form.



Training will be held in:

Brisbane, QLD - 7 & 8 August

Melbourne, VIC - 7 & 8 August

Sydney, NSW - 18 & 19 September

Perth, WA - 20 & 21 November

Visit www.austswim.com.au for more information

KEEP WATCH



Remember the key messages:

👍 Supervision 👍 Restrict Access 👍 Water Familiarisation 👍 Learn CPR



EMERGENCY CARE SESSIONS 2021 - Bookings are essential

PARAP

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

Monday 12th July 5-6pm
Tuesday 13th July 9-10am

Monday 23rd August 5-6pm
Tuesday 24th August 9-10am
Saturday 28th August 9-10am

Monday 6th September 5-6pm
Saturday 11th September 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Wednesday 14th July 4:30-5:30pm
Thursday 15th July 9-10am

Wednesday 25th August 4:30-5:30pm
Thursday 26th August 9-10am

Wednesday 8th September 4:30-5:30pm

ALICE SPRINGS

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

Monday 26th July 10am
Tuesday 27th July 10am
Thursday 29th July 5pm

Saturday 7th August 10am
Monday 9th August 5pm
Tuesday 10th August 10am

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

TRAINING



After two postponements, **What's SUP on the Water** has been rescheduled to run on

Monday July 12 - Friday July 16

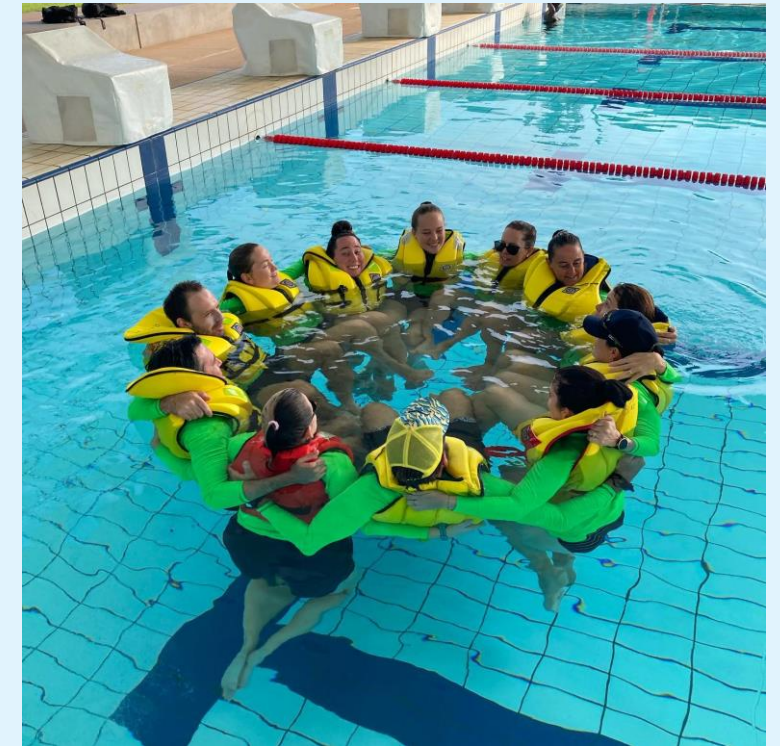
whether rain, hail, or COVID-19 restrictions. A modified delivery has been programmed in case of restrictions so all participants can make the most of the last week of holidays!

For more information please contact Kate Conway on 8981 5036 or email trainingnt@rlssa.org.au

TRAINING

Train the Trainer – Day 1

On June 15 we took this group of legends through their paces to become Bronze Medallion trainers. Great sharing of knowledge, tips and tricks to create the best learning experience for all participants!



TRAINING

Train the Trainer – Day 2

On June 16, day two of train the trainer focused on delivering engaging, high-quality and FUN first aid. Think first aid is boring? Not with this lot! Congratulations to all participants, you will make excellent trainers. We are proud to have you join the Royal Life Saving NT family



TRAINING

Amazing efforts from the staff at Clontarf Foundation for completing their Bronze Medallion and Bronze Medallion Updates on June 23 at Parap Pool. 40 participants committed to gain their qualifications to ensure their students are safe in and around water.



TRAINING CALENDAR DARWIN



Resuscitation Courses

8th July 2pm - 4pm
12th August 2pm - 4pm
9th September 2pm - 4pm
14th October 2pm - 4pm
11th November 2pm – 4pm

Pool Lifeguard

2nd & 3rd October 8.30am-4.30pm

Pool Lifeguard Update

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

Bronze Medallion Courses

21st August 8.30am -4.30pm
11th September 8.30am -4.30pm
29th September 8.30am -4.30pm
16th October 8.30am-4.30pm

Bronze Medallion Update

11th August 3.30pm -7.30pm
15th September 3.30pm -7.30pm
13th October 3.30pm -7.30pm

First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment

8th July 2pm -6pm
12th August 2pm – 6pm
9th September 2pm – 6pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment

8th July 2pm– 7pm
12th August 2pm – 7pm
9th September 2pm – 7pm

Face to Face First Aid

Workplace training can be requested



Bookings

Royal Life Saving NT
ABN 57 939 760 839 - RTO 0859
GPO Box 1229, Darwin NT 0801

Phone: 08 8981 5036 Website: nt.training.royallifesaving.com.au



TRAINING CALENDAR REGIONAL & REMOTE



Resuscitation Courses

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

Pool Lifeguard

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

Pool Lifeguard Update

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

Bronze Medallion Courses

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

Bronze Medallion Update

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

First Aid Online + Practical Assessments

Online learning + 4 hour practical Assessment

Alice Springs: 30th September 8.30am – 12.30pm
Tennant Creek: 27th October 8.30am – 12.30pm
Katherine: 4th November 12pm – 4pm
Nhulunbuy: 25th November 8.30am – 12.30pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment

Alice Springs: 30th September 8.30am – 1.30pm

Face to Face First Aid

Workplace training can be requested



Bookings

Royal Life Saving NT
ABN 57 939 760 839 - RTO 0859
GPO Box 1229, Darwin NT 0801

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TRAINING CALENDAR AUSTSWIM



DARWIN

Teacher of Swimming and Water Safety

7th & 8th August 8.30am – 4.30pm
13th & 14th November 8.30am – 4.30pm

Teacher of Preschool and Infants

16th August 8.30am – 4.30pm

Teacher of Adults

13th August 8.30am – 4.30pm

Teacher of Access and Inclusion

15th August 8.30am – 4.30pm

Towards Competitive Strokes

14th August 8.30am – 4.30pm

Water Exercise—WETS

On request



The full course details are located <http://www.austswim.com.au/>
Royal Life Saving Society (Australia) NT Branch Inc RTO Provider Number
0859 are the delivery agent (Third Party) for this course and all certification
is issued through AUSTSWIM.
AUSTSWIM LTD
RTO Provider Number 104975
1300 885 666

ALICE SPRINGS

Teacher of Swimming and Water Safety

20th & 21st August 8.30am – 4.30pm

Teacher of Preschool and Infants

24th October 8.30am – 4.30pm

Teacher of Adults

On request

Teacher of Access and Inclusion

On request

Towards Competitive Strokes

On request

Water Exercise—WETS

On request



Bookings

Royal Life Saving NT
ABN 57 939 760 839 - RTO 0859
GPO Box 1229, Darwin NT 0801



Phone: 08 8981 5036 Website: nt.training.royallifesaving.com.au



"Our People, Our Lifestyle, Our Water"

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