



# Kicking Back

Edition 117 | February 2022

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Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

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

**President:** James Sheridan

Proudly sponsored by  
 Northern Territory  
Government



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY



# MISSION, VISION AND STRATEGY

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*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.*

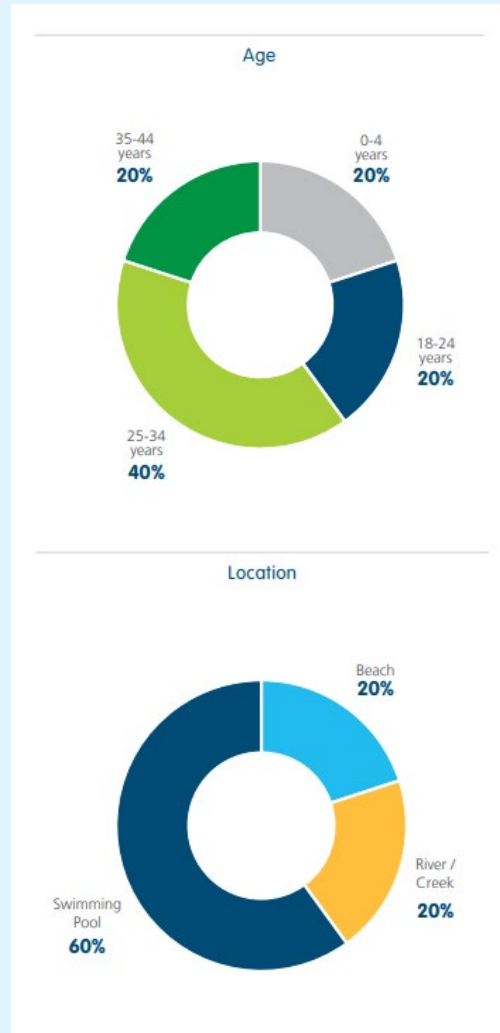
*Vision: To build a healthy, strong and safe aquatic community  
through access to water safety education and training.*



Benefits include:

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

# NATIONAL DROWNING REPORT 2020/21



Sadly 5 Territorians lost their lives to drowning during 2020/21.

The National Drowning Report is now available.

To explore it in more detail, follow the link below

<https://bit.ly/3BRAQtW>



# ANNUAL REPORT 2020/2021



Thank you to our members, volunteers and staff who helped Royal Life Saving NT provide water safety and lifesaving services across the Northern Territory this year.

Please read, relax and enjoy our 2020/2021 Annual Report now available on our website:

[www.royallifesaving.com.au/nt](http://www.royallifesaving.com.au/nt)



# MAKE THE RIGHT CALL



Young men aged 18 to 34 are at the highest risk of drowning.

“We’re asking young men to make the right call and to look out for themselves and their mates and to plan ahead”

- avoid alcohol when you’re around water
- wear a lifejacket if you are boating or fishing
- never go alone



Call (08) 8931 1000

# Goldfishbowl Swim School



"Where the Water is Warm and the Teachers are Cool"

The Only Fully Covered, Temperature Controlled Pool in Palmerston

## ***Congratulations Joshua and Elishia Crowhurst!!!!***

Last weekend Swimming NT hosted the NT Open and Age Championships 2022 at the Parap Pool.

Two of our squad swimmers achieved outstanding results, Joshua Crowhurst (11 years) and Elishia Crowhurst (10 years).

Their achievements included:

- Elishia: 4 new Personal Best (PB's)
- Joshua: 5 new PB's
- Joshua: 3rd classified and bronze medal at 100 freestyle (ranked as 5th initially)
- Joshua: 3rd classified and bronze medal at 200 freestyle (ranked as 7th initially)

Our super coach Eduard is very proud and hopes this will inspire more children to join our Squad Training.

For more information on how to join our squad or bring a friend to try swimming please email [gfish2@bigpond.com](mailto:gfish2@bigpond.com)

**\*\*Please note Squad Training will be 1.30pm - 2.30pm on Saturdays from March 12, 2022\*\***



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# **WANTED** **SWIMMING TEACHERS**



## **Are you looking for casual work?**

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

**Experience preferred but not essential.**

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

Please contact Laura Withers on 8981 5036 or [watersafety@rlssa.org.au](mailto:watersafety@rlssa.org.au) for more information.



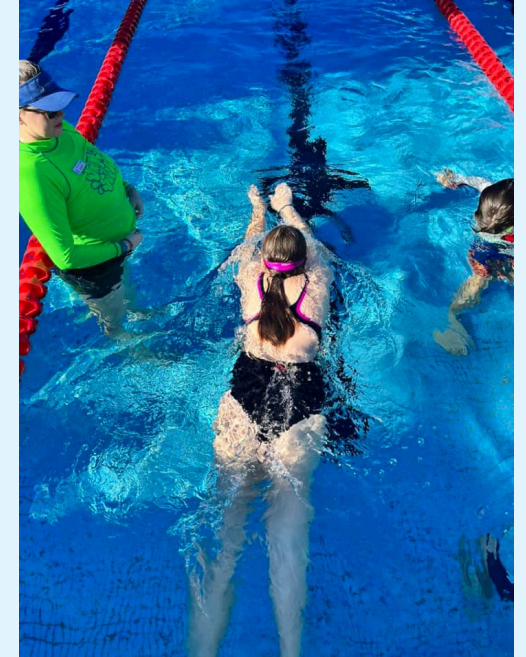
# PROGRAMS



What an amazing start to Sunday Lifesaving on February 13!

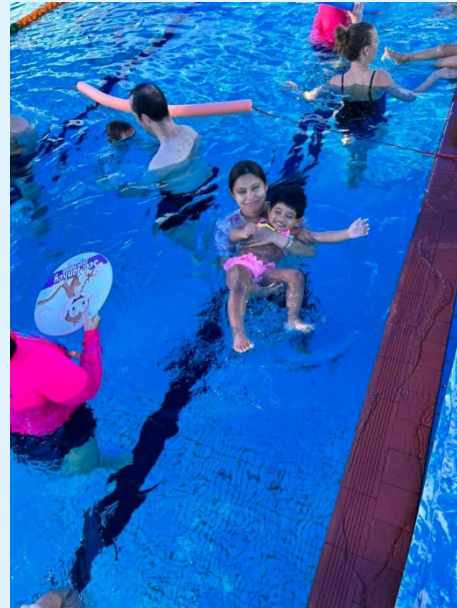
The weather was perfect! The pool temperature just right and so much fun and laughter was had throughout all the lessons!

A big thank you to the swimmers and their families for joining us and to our dedicated swim teachers for sharing their swimming and water safety knowledge each Sunday.





# PROGRAMS



Little Royals Swim School also commenced on February 13. It is such a wonderful time in the water sharing water safety skills to new and returning families to ensure their children are safe in and around the water!



# PROGRAMS



The Adult Learn to Swim Program started at Casuarina Pool on February 14. There was lots of fun learning new skills, the fundamentals of freestyle and working on progression for what we know so far.





# PROGRAMS



Congratulations to the amazing Royal Life Saving NT Swim Teachers, who completed their Swim Teacher Rescue Award on February 25. These dedicated staff members braved the colder than normal conditions in preparation for the upcoming school swimming programs for Semester 1!





# PROGRAMS



## Intensive Swimming Program



11th April — 14th April 2022

Swim and Survive levels L1—L11

Bronze Star

Ages 5 - 14

VENUE:

Parap Pool

77 Ross Smith Avenue



## April VACSWIM

Not sure what to do for the upcoming Easter Holiday?

Enroll your child into our Intensive Swimming Program and help them to maintain their Swimming and Water Safety skills.

Our 1-hour sessions will run Monday to Thursday at the Parap Swimming Pool.

Email [programsnt@rlssa.org.au](mailto:programsnt@rlssa.org.au) for more information

# STAY OUT OF PIPES AND DRAINS

*The Wet Season is here, Territorians are being urged to stay out of pipes and drains!*



**#STAYSAFETHISWET #STAYOUTOFPIPESANDDRAINS**



# SPORT



## Pool Lifesaving training is back for 2022!

Training every Wednesday!

- Parap Swimming Pool 5:30pm – 6:30pm
- Alice Springs Aquatic & Leisure Centre 3-5:30pm

The athletes and coaches are super excited with all the amazing things that are in store for the clubs.

A special welcome to the new coaches on deck - Carly and Kerrie!

For more information contact 8981 5036 or email [sportnt@rlssa.org.au](mailto:sportnt@rlssa.org.au)



# KEEP WATCH

**KEEP  
WATCH**  
TO PREVENT DROWNING



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY



Remember the key messages:

👍 Supervise 👍 Restrict 👍 Teach 👍 Respond





# WATER SAFETY

## AWARENESS PROGRAM

It has been great to see parents this month attending their emergency care sessions to gain vouchers for the Water Safety Awareness Program! Supervision is the #1 tool to ensure your child is safe around the water!

To book in for your session or for further information contact [infants@rlssa.org.au](mailto:infants@rlssa.org.au) or call 8981 5036.





# WATER SAFETY

## AWARENESS PROGRAM



## EMERGENCY CARE SESSIONS 2022

Bookings are essential

### PARAP

Royal Life Saving NT  
77 Ross Smith Ave, Parap (Blue building)  
Monday 28th March 5-6pm  
Tuesday 29th March 9-10am  
Saturday 2nd April 9-10am  
Monday 11th April 5-6pm  
Tuesday 12th April 9-10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar  
Wednesday 30th March 4:30-5:30pm  
Thursday 31st March 9-10am  
Wednesday 13th April 4:30-5:30pm  
Thursday 14th April 9-10am

### ALICE SPRINGS

Birth & Beyond Parent Resource Centre  
10/89 Fan Arcade Alice Springs  
Tuesday 22nd March 10am  
Friday 25th March 10am

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



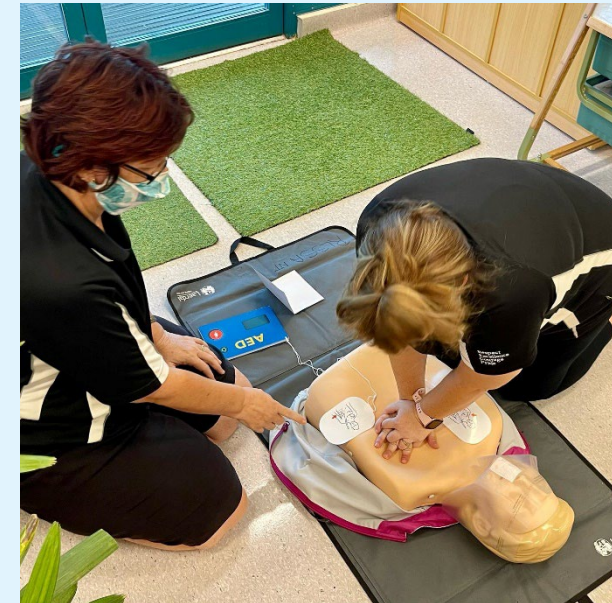
# TRAINING

Pre School teachers from Driver and Karama were busy with their Swim Teacher Rescue Award and CPR courses on February 2. Cool, calm, and collected these participants asked lots of questions and were eager to learn! Great work!





# TRAINING

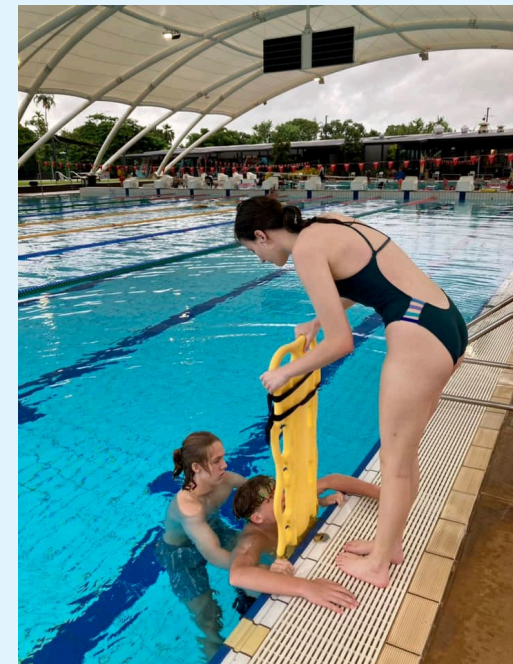


Congratulations to the teachers from Bakewell Preschool for successfully updating their CPR and Swim Teacher Rescue Award qualifications on February 9. Rescue Timmy was in safe hands with you!



# TRAINING

Congratulations to the participants from the pool lifeguard course at Parap Pool on February 26 & 27. You all displayed excellent teamwork, communication and fantastic scenario acting . Good luck with your future careers in the aquatic industry!



# TRAINING CALENDAR DARWIN

## Resuscitation Courses

April 7, 2pm – 4pm

May 19, 2pm -4pm

June 9, 2pm – 4pm

## Bronze Medallion Courses

March 26, 8.30am – 4.30pm

May 7, 8.30am – 4.30pm

## Bronze Medallion Update

March 16, 3.30pm – 7.30pm

May 5, 3.30pm – 7.30pm

## First Aid Online + Practical Assessments

*Online learning + 4 hour practical Assessment*

April 7, 2pm – 6pm

May 19, 2pm – 6pm

June 9, 2pm – 6pm

## First Aid Child Care & Education

*Online learning + 5 hour practical Assessment*

April 7, 2pm – 7pm

May 19, 2pm – 7pm

June 9, 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](https://nt.training.royallifesaving.com.au)





# TRAINING CALENDAR REGIONAL & REMOTE



## Resuscitation Courses

Katherine: March 12  
Nhulunbuy: March 25  
Tennant Creek: April 5  
Jabiru: April 6  
Alice Springs: April 28  
Batchelor: November 12

## Pool Lifeguard

Nhulunbuy: March 23 & 24  
Tennant Creek: April 7 & 8  
Katherine: November 5 & 6

## Pool Lifeguard Update

Nhulunbuy: March 24  
Tennant Creek: April 8  
Katherine: March 11

## Bronze Medallion Courses

Katherine: March 12  
Nhulunbuy: March 22  
Tennant Creek: April 6  
Alice Springs: April 13  
Batchelor: November 12

## Bronze Medallion Update

Katherine: March 13  
Nhulunbuy: March 22  
Tennant Creek: April 6  
Jabiru: April 6  
Alice Springs: April 21  
Batchelor: November 12

## First Aid Online + Practical Assessments

*Online learning + 4 hour practical Assessment*

Nhulunbuy: March 25  
Tennant Creek: April 5  
Jabiru: April 6  
Alice Springs: April 28

## First Aid Child Care & Education

*Online learning + 5 hour practical Assessment*

## Face to Face First Aid

*Workplace training can be requested*



## Bookings

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# AUSTSWIM TRAINING CALENDAR



## Teacher of Swimming and Water Safety Darwin

August 20 & 21, 8.30am -4.30pm

November 12 & 13, 8.30am – 4.30pm

## Alice Springs

August 13 & 14, 8.30am – 4.30pm

## Katherine

September 17 & 18, 8.30am – 4.30pm

## Teacher of Infant and Preschool Aquatics Darwin

March 13, 8.30am – 4.30pm

October 22, 8.30am – 4.30pm

## Katherine

November 6, 8.30am – 4.30pm



### Bookings

Royal Life Saving NT

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# JOB OPPORTUNITIES

Alice Springs Town Council are looking for enthusiastic new team members to join the Aquatic and Leisure Centre.

Current vacancies include:

- Full time Programs/Instructor Assistant
- Full time Pool Operations Assistant
- Full time/Permanent /Part time/Casual/ Pool Lifeguards and Swim Instructors

Contact [pfranklin@asalc.com.au](mailto:pfranklin@asalc.com.au) or visit <https://alicesprings.nt.gov.au/council/opportunities/jobs> for more information.





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## CONNECT WITH US

-  [RoyalLifeSavingNT](#)
-  [RLSSANT](#)
-  [RoyalLifeSavingAust](#)
-  [royallifesaving.com.au](#)



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