



KICKING BACK  
*February 2024*



# EDITION #129



Welcome to the February edition of Kicking Back.

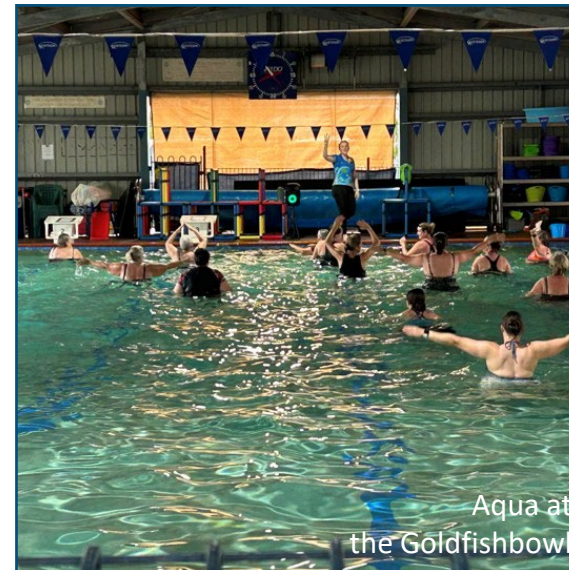
This month saw over 100 students participate in Royal Life Saving NT's Swimming, Water Safety and Life Skills program plus visits to Groote Eylandt, Tennant Creek and Gunbalanya. Keep reading for all the action!



Water Safety and Life Skills with Jingili Primary School



RLSSA NT travels to Groote Eylandt



Aqua at the Goldfishbowl

## MISSION, VISION AND STRATEGY

**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

Patron: His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones.

President: Randall Cook

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Jingili Primary School participated in Royal Life Saving NT's Swimming, Water Safety and Life Skills program held at Parap Pool from 6-22 February.

Not a typical school swimming program, the full day sessions are jam-packed with swimming lessons, first aid and fun activities. Year's 3,4,5 and 6 (114 students) each attended 3 full day sessions over the 3-week program.

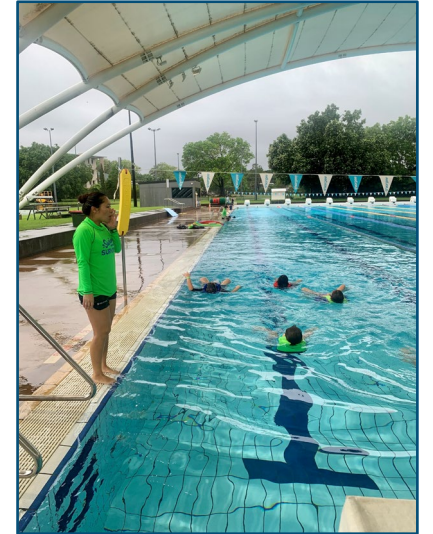
Students were introduced to CPR awareness and basic first aid skills including choking management and arm slings, as well as yoga and tennis drills. Tennis proved to be a popular activity with students reportedly taking up the sport outside of school after the first week of the program.

## *School Teacher Feedback*

"Every school should be picking this up. The fact that you're doing more than just swimming, they're learning vital water safety and life skills, I think it's fantastic." -

James Irlam, Teacher Year 4/5.







# OUR PEOPLE



**This month in Meet Our Members, our monthly feature highlighting our people, we spoke to Brooke O'Bryan - individual member of 3 and a half years. For Brooke, being a member goes hand in hand with her work as a swim teacher.**

**What made you become a member?** With two young kids at primary school, I was looking to get back into the workforce and I knew I wasn't ready to go back to a 9-5 job. I was looking for something flexible that would fit in with school hours. A friend already working with RLSSA NT gave me an insight to swim teaching and helped get the ball rolling.

**What have been some of your favourite experiences as a member?** From day one I've worked with some awesome, fun, easy going people and this makes coming to work so enjoyable. Having been a swim teacher for a few years now, it is fun seeing the same kids come back for swimming each year, getting to know them and seeing their swimming and water safety knowledge improve.

**Pick three words that describe RLSSA NT:** Fun, supportive and rewarding.

**What would you say to someone who is thinking about becoming a member?** Give it a go! honestly, it can be a little overwhelming at the start, I'm not going to lie, but there's a supportive network and everyone is keen for you to succeed. Once you find you own groove, you'll enjoy it.

**Are you our next featured member?** Drop us a private message on Facebook (and follow us if you're not already!) to register your interest.



## Join now!

**Benefits include:**

- Member's gift pack
- 5% discount on courses
- Monthly Newsletters
- Invitations to functions







# OUR LIFESTYLE



The Water Safety Awareness team attended the 'Welcome to the Top End' Defence Expo on 10 February joining local providers to showcase services to families who have recently moved to Darwin. The team had many great conversations about swimming and water safety. Thanks to everyone who stopped by.

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 The Water Safety Unit 





# WATER SAFETY

## AWARENESS PROGRAM



# EMERGENCY CARE SESSIONS

Bookings are essential

## PARAP

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

Monday 22 Apr 5-9pm  
Tuesday 23 Apr 9-10am  
Saturday 27 Apr 9-10am  
20 May 5-6pm  
21 May 9-10am  
25 May 9-10am

## PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

Wednesday 24 Apr 4.30-5.30pm  
22 May 4.30-5.30pm  
23 May 9-10am

## Alice Springs

Birth and Beyond  
Fan Arcade, Alice Springs

Friday 15 Mar 10-11am

Are you in another location?

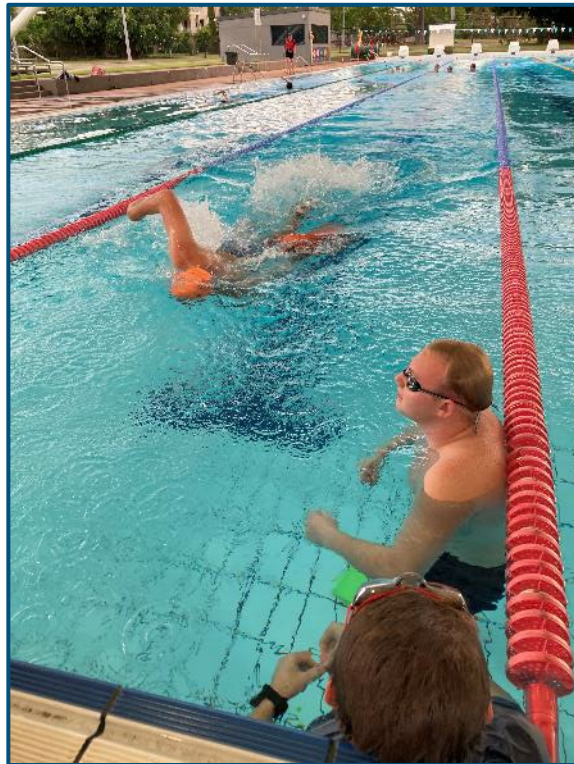
Email us at [wsap@rlssa.org.au](mailto:wsap@rlssa.org.au) and we can assist with your enquiry



# POOL LIFESAVING



Check out these action shots from pool lifesaving training in Darwin on 28 February. There's 4 more weeks of training left in Term 1. If you're looking for a new challenge, there's 3 squads to choose from catering to all levels of swimming ability and fitness. Come along and give it a try!



For further information  
please contact Laura at Royal  
Life Saving Society NT  
P: 8981 5036  
E: [sportnt@rlssa.org.au](mailto:sportnt@rlssa.org.au)

Pool lifesaving.  
It's more than just a sport.

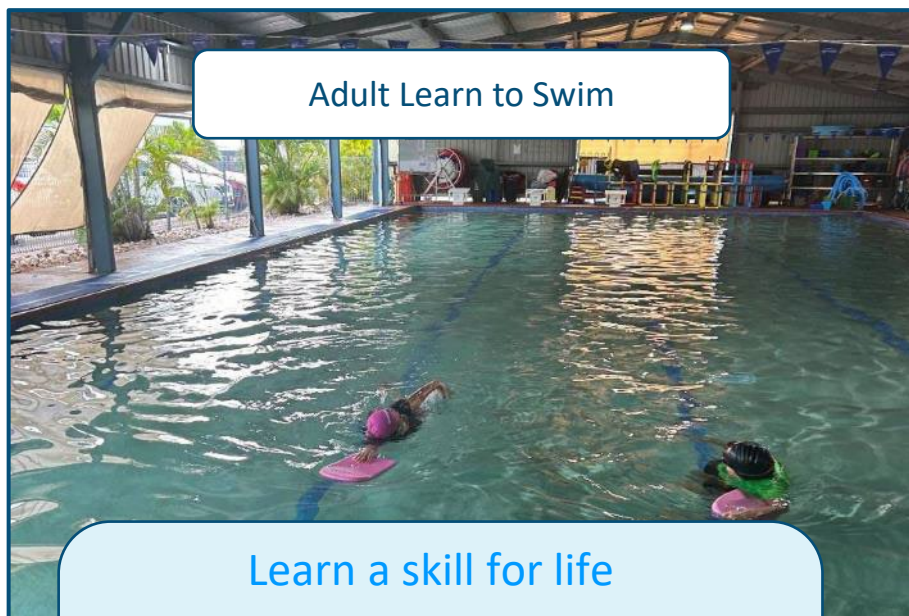




# Goldfishbowl Swim School



The Goldfishbowl Swim School was bubbling with activity in February running everything from children's swimming lessons to Aqua and Adult Learn to Swim. Did you know these classes were on offer at the Goldfishbowl? Head on down and join the fun!



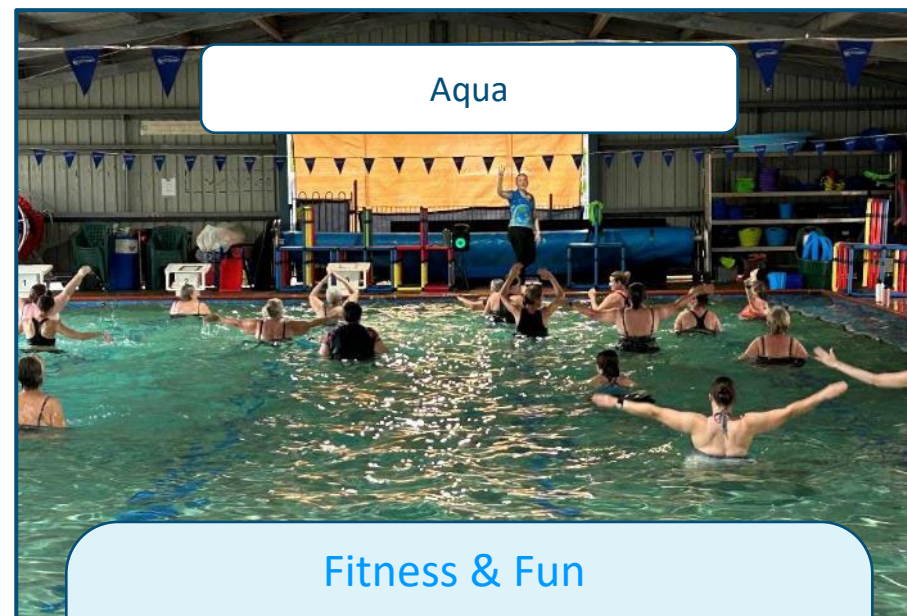
Adult Learn to Swim

Learn a skill for life

Wednesday 6-6.45pm

\$190 for 10 classes

Call 8931 1000 for more information



Aqua

Fitness & Fun

Every Tuesday & Thursday 6-6.45pm

\$12.00 per class or 10 for \$108

No bookings required



# OUR PLACES

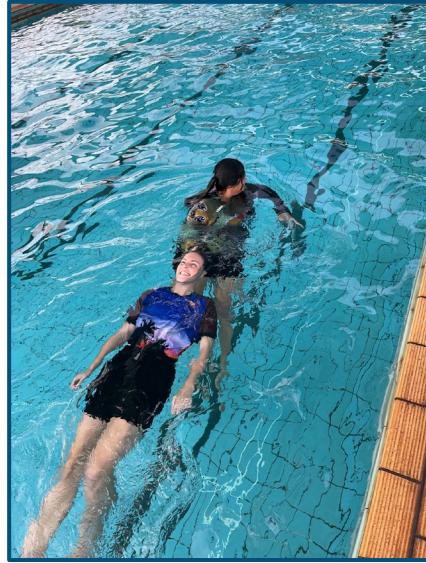


Royal Life Saving Northern Territory travelled to Alyangula on Groote Eylandt from 12-16 February to deliver the Swim, Survive and Strive project to Angurugu and Umbakumba School students, and First Aid and Bronze Medallion training to community members. Keep scrolling for more photos from the visit.





# OUR PLACES





# TRAINING



*NEW!*

Calling all Territory-based aquatic facility staff tasked with managing aquatic supervision and leading Lifeguards. Royal Life Saving Society has launched a new Supervision Planning online training module.

Over two years in the making, the module is developed by industry experts to enhance skills and ensure highly effective supervision is in place at aquatic facilities.

Facility/Duty Managers and senior Lifeguards are strongly encouraged to undertake the course to develop supervision planning skills.



**ENROL TODAY**

<https://nt.training.royallifesaving.com.au/>



# TRAINING



Training courses rolled out in February including the much-anticipated return of Bronze Medallion training with our friends at the Junior Police Rangers (JPRs) and Northern Territory Police Cadets on 14 February. One of our longest running clients, the organisations have completed Bronze Medallion training annually for over 20 years!

Congratulations to all who completed training in February.





# TRAINING



Bronze Medallion at Alice Springs Aquatic & Leisure Centre on 9 February



Pool Lifeguard training at Tennant Creek Swimming Pool from 17-19 February



Gunbalanya Demed Aboriginal Corporation First Aid 29 February



Local tradies and business professionals participated in First Aid and CPR training from 12-16 February in Parap





# UPCOMING COURSES



## Resuscitation

Alice Springs | 14 Mar, 12-2pm  
Darwin | 28 May, 2-4pm

## First Aid (online learning + practical assessment)

Alice Springs | 14 Mar, 12-5pm  
Darwin | 28 May, 2-6pm

## First Aid Childcare (online learning + practical assessment)

Alice Springs | 14 Mar, 12-5pm  
Darwin | 28 May, 2-7pm

## Bronze Medallion

Darwin | 20 Apr, 8.30-4.30pm  
Alice Springs | 18 May, 8.30am-4.30pm

## Bronze Medallion Update

Darwin | 20 Apr, 8.30am-12.30pm  
Alice Springs | 19 May, 8.30am-12.30pm

## AUSTSWIM Teacher of Access and Inclusion

Darwin | 7 Jun, 8.30am-4.30pm

## AUSTSWIM Teacher of Adults

Darwin | 14 Jun, 8.30am-4.30pm

## AUSTSWIM Towards Competitive Strokes

Darwin | 21 Jun, 8.30am-4.30pm

## Book Now



[trainingmanagernt@rlssa.org.au](mailto:trainingmanagernt@rlssa.org.au)



<https://nt.training.royallifesaving.com.au>



Royal Life Saving Northern Territory



8981 5036



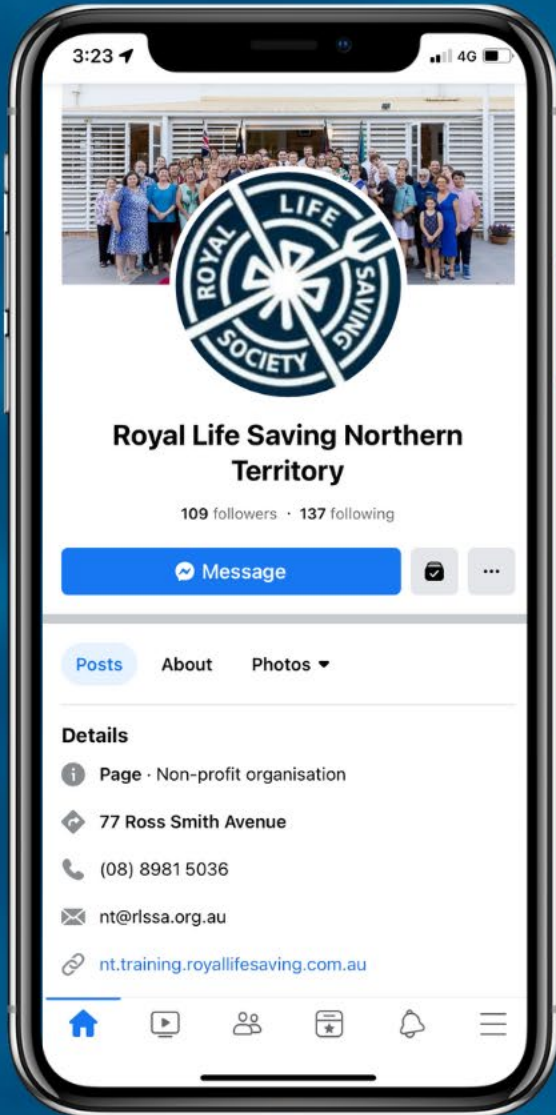
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ABN 57 939 760 839 - RTO 0859

GPO Box 1229, Darwin NT 0801

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