



KICKING BACK

August 2025



ROYAL LIFE SAVING
NORTHERN TERRITORY

EDITION #145



Welcome to the August edition of Kicking Back.

August was another action-packed month from the family-friendly Teddy Bears' Picnic to the Cool Seniors Grey Medallion program and vital training courses, there's been plenty happening. This month also saw the release of the National Drowning Report 2025, a timely reminder of the importance of our shared commitment to water safety.

Dive into this edition for all the highlights!



Swim Teacher Rescue Award
Training at Humpty Doo Preschool



Cool Seniors at Parap Pool



SPARK Swim School Conference

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

Proudly sponsored by
**Northern Territory
Government**



Goldfishbowl Swim School



From 12-14 August, Goldfishbowl Swim School Managers attended the Spark National Conference hosted by the Australian Swim Schools Association (ASSA). Bringing together swim schools and aquatic industry leaders from across the country the event was a fantastic opportunity to share ideas, hear from industry experts, and celebrate the incredible work happening in swim schools nationwide.

The Team was proud to represent both the NT perspective and the Goldfishbowl Swim School attending sessions packed with new insights and innovations to help strengthen swim programs back home. It was a great opportunity to learn and connect with swim schools from all over Australia.

The ASSA Awards of Excellence also took place during the conference, where RLSSA NT Executive Director Floss Roberts was inducted into the Hall of Fame Humanitarian Award. This award is a fitting recognition of her outstanding dedication and lifelong contribution to aquatic education and community water safety. Congratulations, Floss. We couldn't be prouder!



Join
Now!



2025/2026 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



COOL SENIORS

Held every Thursday in August, Cool Seniors is Royal Life Saving NT's popular water exercise and Grey Medallion program for participants over 55 years of age.

Consisting of aqua aerobics, personal survival and life saving technique sessions, Cool Seniors equips participants with the knowledge and skills to assist in an aquatic emergency.

Congratulations to everyone who came along this year. We hope you enjoyed the sessions as much as we did!



This program is supported by the Northern Territory Government and Council Of The Aging NT.



OUR LIFESTYLE



Boof the Barra had a magical morning down at the City of Darwin Teddy Bear's Picnic on 10 August. Children and their furry friends enjoyed skipping ropes, an agility ladder, colouring-in, noughts and crosses and ring toss games. It was great to chat to parents about the Water Safety Awareness Program. Thanks to everyone who stopped by!



DARWIN
FESTIVAL

CITY OF
DARWIN

UPCOMING COURSES



Bronze Medallion or Update

Alice Springs | 19 September 8.30-4:30pm
(update course 8:30am-12:30pm)

Pool Lifeguard

Darwin | 15 & 16 September 8:30am-4:30pm
Alice Springs | 19, 20 + 21 September 8.30-4:30pm

First Aid (online learning + practical assessment)

Alice Springs | 17 September 1.30-4:30pm

In-house group training available on request

- Face-to-face First Aid
- Swim Teacher Rescue Award
- Hydrotherapy Rescue Award



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

Book Now



trainingmanagernt@rlssa.org.au



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



Royal Life Saving Northern Territory



8981 5036

TRAINING



On 27 August Royal Life Saving conducted a Swim Teacher Rescue Award at Humpty Doo Preschool. Teachers from Bees Creek Primary School, Gray Primary School and Giraween Primary School also joined the course. Great work to all participants!





National Drowning Report

On 26 August, Royal Life Saving Society Australia and Surf Life Saving Australia released the National Drowning Report 2025. Drowning affects thousands of lives every year - families, friends, rescuers and communities left forever changed. In the past year, 357 lives were lost, the highest number since records began.

The National Drowning Report 2025 reveals:

- 43% of drowning deaths occurred at coastal locations, and 34% in inland waterways
- One-third of those who drowned were adults aged 65+
- Nearly one-third were people born overseas
- Drowning rates are double in disadvantaged areas and nearly triple in regional and remote communities

The Australian Water Safety Strategy 2030 is now focused on:

- Strengthening swimming and water safety skills
- Boosting local water safety efforts
- Encouraging collaboration across all levels and sectors of government

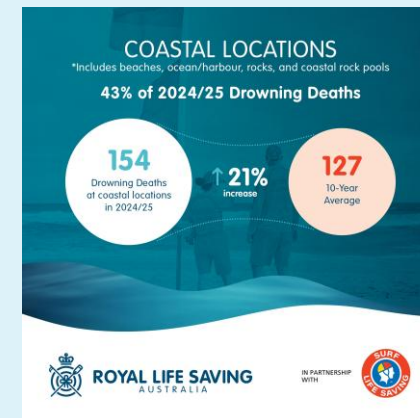
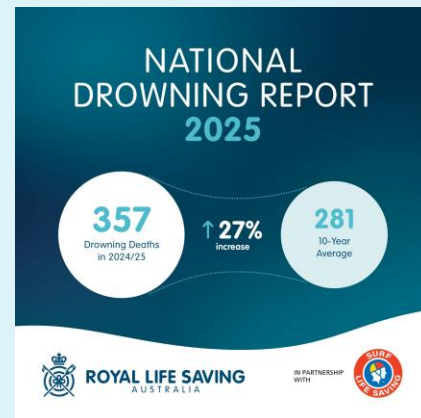
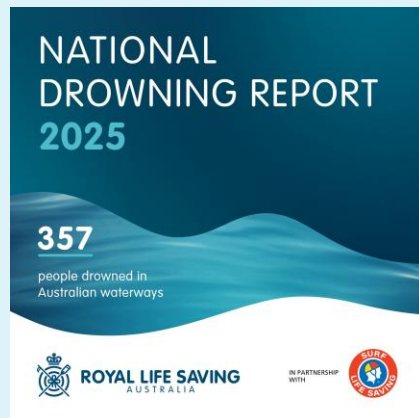
As summer approaches, everyone has a role to play in preventing drowning.

To keep your family safe:

- Always supervise children around water
- Learn swimming, water safety and lifesaving skills
- Wear a lifejacket when boating, rock fishing or paddling
- Swim at a patrolled beach between the red and yellow flags
- Avoid alcohol and drugs around water
- Check the conditions, including weather forecasts

Together, we can stop drowning.

Read the full report: <https://bit.ly/3eNZ7e0>



Royal Life Saving Society (Australia) NT Branch Inc Notice of Annual General Meeting

Friday 12th September 2025

Annual General Meeting of

Royal Life Saving NT

Venue: 77 Ross Smith Ave Parap

Date: Friday 12th September 2025, 6-7pm

Details: Agenda, Previous Minutes, Board Nominations and Audited Financial Statements are available from the Public Officer, email froberts@rlssa.org.au

Current financial members will be emailed the AGM documents. A TEAMS meeting will be available for Members who cannot attend.

A Member-Q with 60-year Diamond Jubilee celebrations will precede the AGM from 5-6pm with nibbles and drinks

Please RSVP by 5th September 2025

Email: nt@rlssa.org.au

Phone: 8981 5036





CONNECT WITH US

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royallifesaving.com.au

Teddy Bears' Picnic,
Darwin Esplanade