



Kicking Back

Edition 126 | November 2023

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Proudly sponsored by
 Northern Territory
Government

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

President: Randall Cook

 **ROYAL LIFE SAVING**
NORTHERN TERRITORY

SUPPORTED BY
 Australian Government

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

2023/2024

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

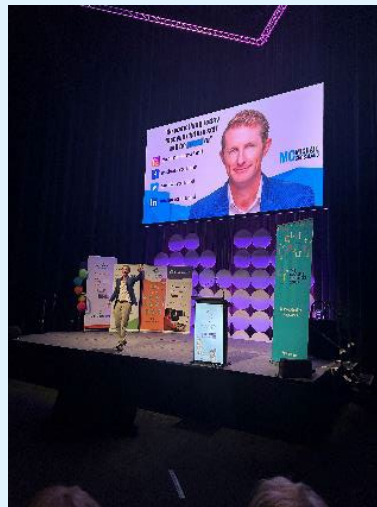
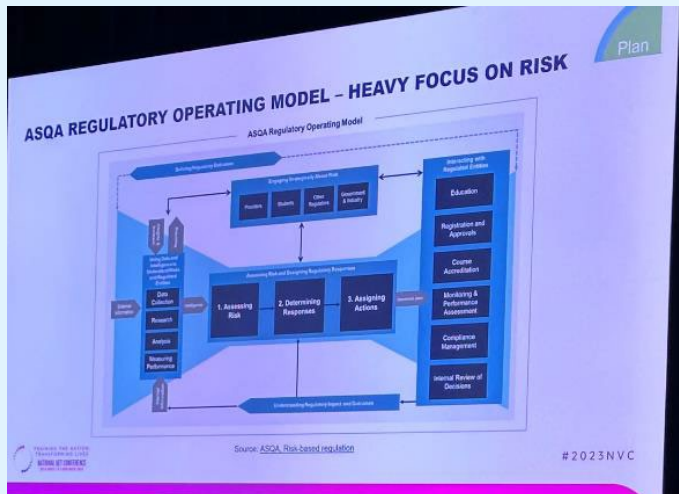
AXCELERATE & VELG CONFERENCES



axcelerate

On November 1, RLSSA NT was represented at the inaugural aXcelerate Day. Joining over 200 attendees from over 150 training organisations, valuable insights were gained into our training management platform and learnt about new, upcoming, and upgraded features.

The learnings continued at the 16th VELG National VET Conference on November 2-3. It was a great opportunity to network and connect with like minded training colleagues.



NATIONAL AQUATIC INDUSTRY COMMITTEE



On November 23, the Northern Territory Aquatic Industry was represented at the National Aquatic Industry Committee meeting held in Melbourne.

The training and qualification guidelines were endorsed, an update on the child safety guidelines was delivered with the guidelines being endorsed. Implementation date will be July 1, 2024. The Advocacy Pipeline 2024-2026 was brainstormed. A very worthwhile day for the aquatic industry.



COMMUNITY



On November 3 we were invited to attend the Charles Darwin University (CDU) Meet and Mingle event for the Summer Semester .
It was a great opportunity to share with students and members of the community, RLSSA NT's activities and services we offer.

MEMBERS- Darwin



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



On November 25, the Goldfishbowl hosted our Members Darwin Family Christmas Party. It was great to get together and celebrate the Festive Season with swimming, a BBQ and plenty of cheer.

MEMBERS – Alice Springs

November 15 saw our Alice Springs Members come together to celebrate the upcoming Festive Season and enjoy some fun pool lifesaving activities

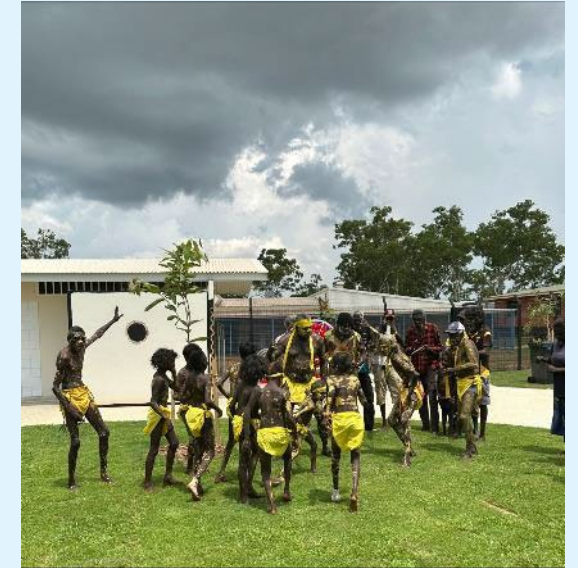
Coaches Amy and Kaitlyn were in attendance to ensure everyone had fun safely.



WADEYE POOL OPENING

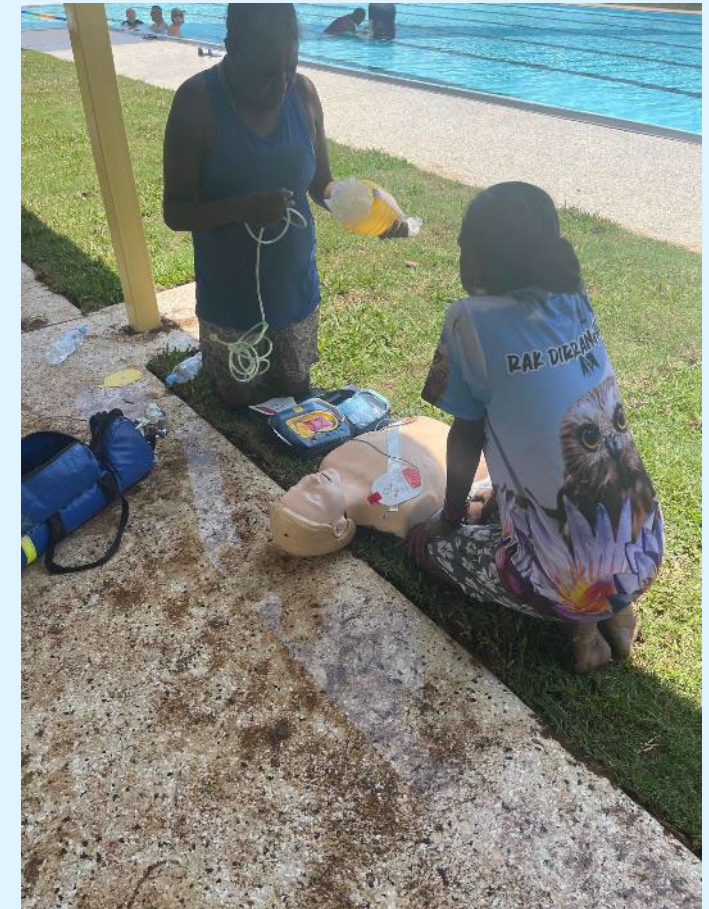
On 23 November RLSSA NT were honoured to attend the official opening of Wadeye's new swimming pool.

Congratulations to West Daly Regional Council for working together with the NT Government on the community led and driven project to deliver this vital resource to the community. Happy swimming!



INDIGENOUS ADVANCEMENT STRATEGY

From November 13-16, we visited Wadeye to deliver pool lifeguard training to prepare for the opening of the new pool. Well done to the local participants.



INDIGENOUS ADVANCEMENT STRATEGY

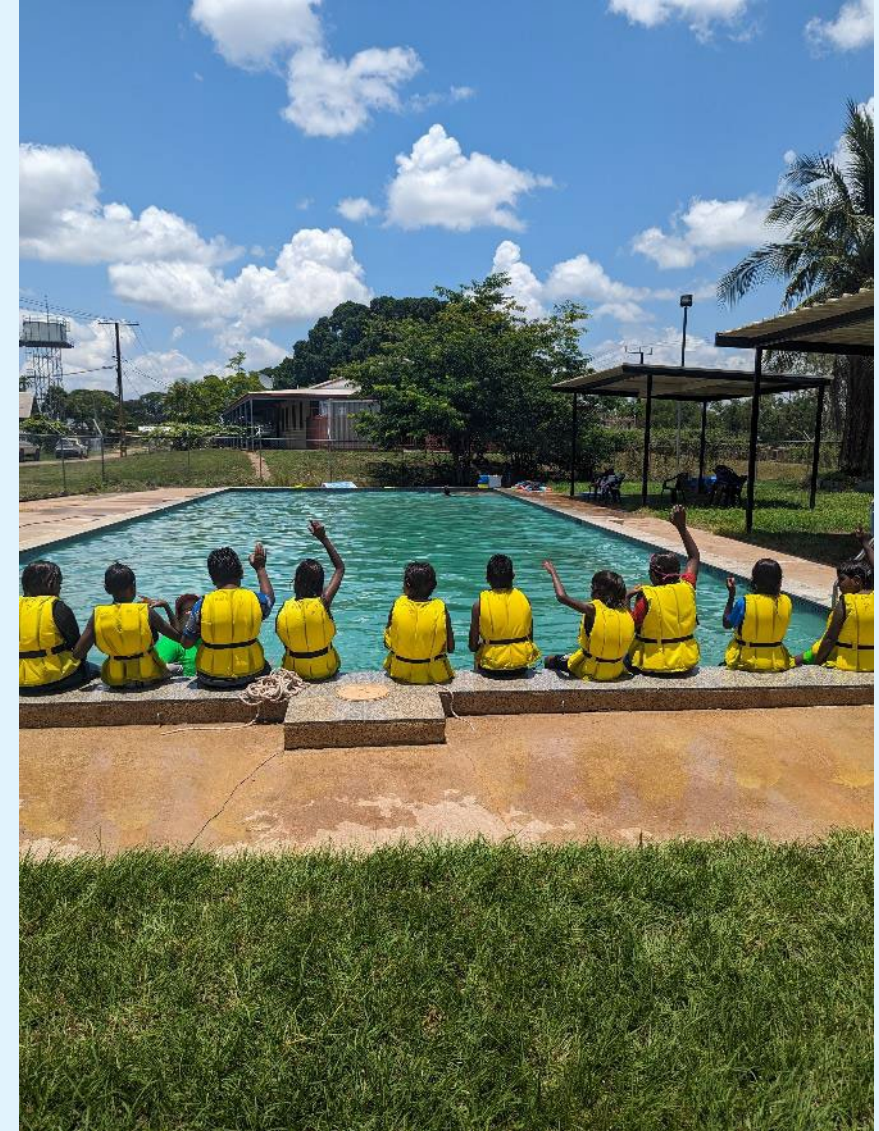
A community BBQ was held for the community of Wadeye following the completion of the week of training.



INDIGENOUS ADVANCEMENT STRATEGY

Swim, Survive and Strive visited Nauiyu Community – Daly River from November 13-17.

Thank you to the students of St Francis Xavier and Woolianna School, for making our time in the water so much fun!



INDIGENOUS ADVANCEMENT STRATEGY

The IAS Team visited Mutitjulu from November 20-24. Congratulations and well done to new pool lifeguards who completed their training and are now ready to work at the pool. 45 students from Mutitjulu participated in the Swim, Survive and Strive program over the week finishing off with a swimming carnival with 12 students from Amata joining the fun. Amazing efforts by everyone!



INDIGENOUS ADVANCEMENT STRATEGY



The Barkly Bush Schools Swimming Carnival was held on November 9.

In the lead up to the carnival, six schools participated in intensive swimming lessons before nine more schools joined for the biggest inter-school swimming carnival in the NT.

Nrizhanne Frank from Alpururulam and Cronical Clarke from Ampilatwatja were recognised for their achievements in lifesaving, taking home Life Saving Trophies.

The carnival atmosphere was filled with excitement, and we were very proud to be a part of this wonderful event.



TRAINING



Bronze Medallion training was delivered at Parap Pool on November 18. Congratulations and well done to all the participants.



TRAINING

CPR and Bronze Medallion
was delivered in Batchelor on
November 11.

Thanks to Coomalie
Community Government
Council who supported this
training.



AUSTSWIM



On November 11 & 12 an AUSTSWIM Teacher of Swimming and Water Safety course was delivered at Parap Pool.

This is the first step towards becoming a Swimming Teacher. The course instructs participants through activities and discussions including water safety, how to break down strokes, skill progressions and of course – having fun in lessons. Congratulations to these local legends for completing the course and commencing their swim teaching journey.



POOL LIFESAVING

On November 4, Darwin Pool Lifesaving club members updated their Bronze Medallion and Bronze Star qualifications – a requirement to be eligible to compete at the Australian Pool Lifesaving Championships (APLSC) in January 2024.

On November 10, our athletes were invited to demonstrate an obstacle relay at Darwin Swimming Club's Club Night. Thank you to the Darwin Swim Club for the opportunity to share our sport and gain valuable racing experience in the lead up to APLSC.



POOL LIFESAVING

Come and try Pool Lifesaving. Held weekly at Parap Pool and Alice Springs Aquatic and Leisure Centre. Increase your fitness and learn technical skills in swimming and competition lifesaving under the guidance of our qualified coaches.



Junior Pool Lifesaving Squad

Recommended for ages 8+ with the ability to swim 50m without stopping

Pool Lifesaving Competition Squad

Recommended for ages 13+ following a swimming ability assessment

Adult Fitness & Fun

Adults of all ages and swimming abilities welcome

For further information please contact Laura at Royal Life Saving Society NT

P: 8981 5036

E: sportnt@rlssa.org.au

2023/2024 Pool Lifesaving Membership \$10.00

Fee structure:

New members - **\$100** (10 sessions and club shirt)

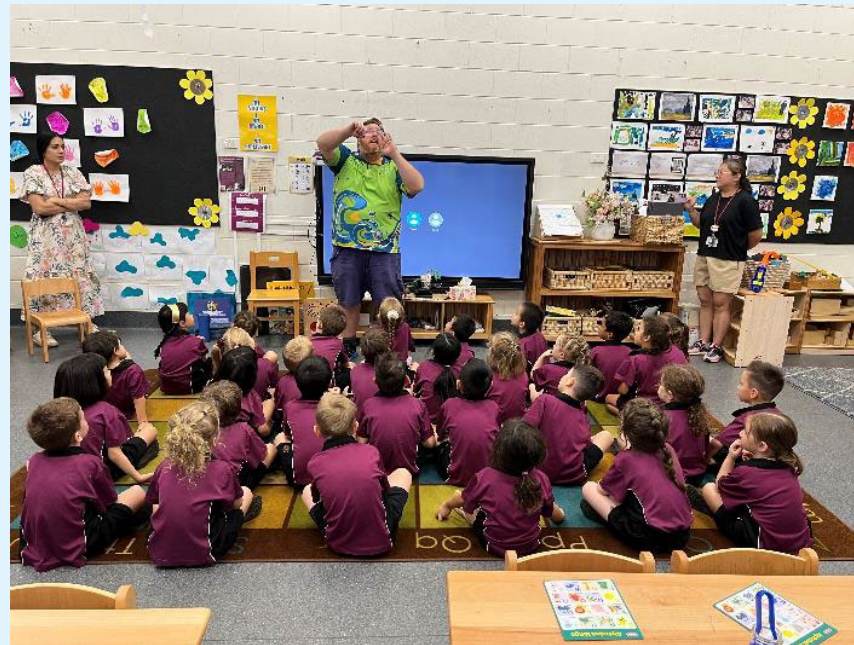
Returning club members - **\$50** (10 session pass)



WATER SAFETY UNIT

This month, Boof and the Team shared water safety messages and stories with students from Wulagi Good Start, Kingdom Kids (Palmerston Christian College) and Haileybury Rendall Preschool

Many thanks to the Staff of these preschools and centres for supporting our water safety messages to the children.



AUSTSWIM Courses

**Teacher of Swimming
and Water Safety**
8.30am-4.30pm

Darwin
16 February 2024

**Teacher of Infant
and Preschool Aquatics**
8.30am-4.30pm

Darwin
8 March 2024



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 DARWIN

Bronze Medallion

9 December, 8.30am -4.30pm

Bronze Medallion Update

9 December, 8.30am -12.30pm

Bookings



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TRAINING CALENDAR ALICE SPRINGS



Resuscitation

14 December, 12-2pm

First Aid Online + Practical Assessments

14 December, 12-5pm

Online learning + 4-hour practical Assessment

First Aid Childcare & Education

14 December, 12-2pm

Online learning + 5-hour practical Assessment

Face to Face First Aid

Workplace training can be requested



Bookings

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WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS 2023/2024

Bookings are essential

PARAP

Royal Life Saving NT

77 Ross Smith Ave, Parap (Blue building)

Monday 29 January 5-6pm

Tuesday 30 January 9-10am

Monday 5 February 5-6pm

Tuesday 6 February 9-10am

Saturday 10 February 9-10am

Monday 11 March 5-6pm

Tuesday 12 March 9-10am

Saturday 16 March 9-10am

PALMERSTON

Palmerston Child & Family Centre

2 Brennan Court, Farrar

Wednesday 31 January 4.30-5.30pm

Wednesday 21 February 4.30-5.30pm

Thursday 22 February 9-10am

Wednesday 13 March 4.30-5.30pm

Thursday 14 March 9-10am

ALICE SPRINGS

Birth & Beyond Parent Resource Centre

10/89 Fan Arcade, Alice Springs

Monday 11th December 10-11am

Are you in another location?

Email us at wsap@rlssa.org.au to help us assist you with your enquiry



ROYAL LIFE SAVING
NORTHERN TERRITORY

WANTED **SWIMMING TEACHERS**



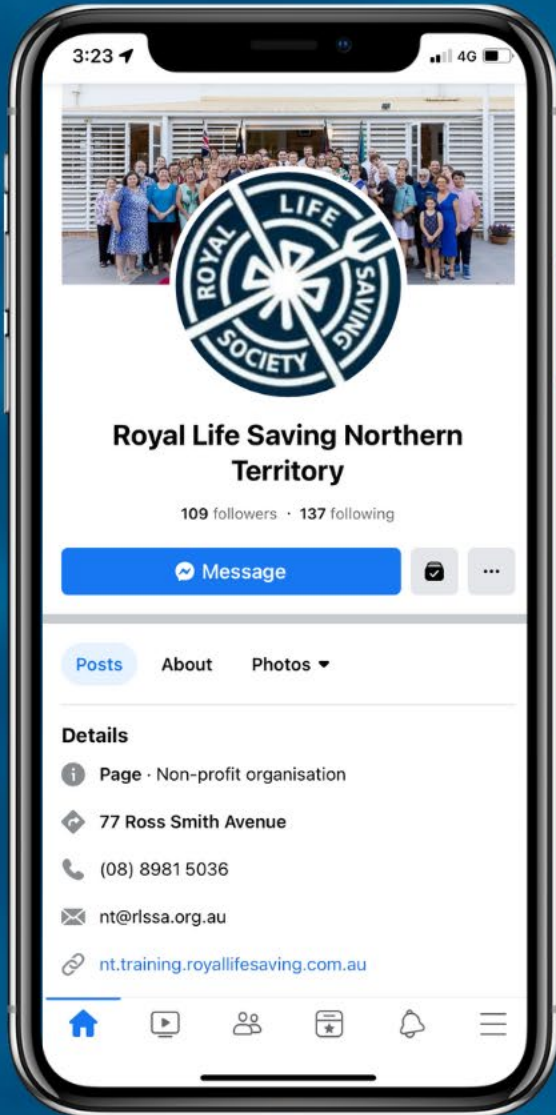
Are you looking for casual work?

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 Laura Withers on 8981 5036 or watersafety@rlssa.org.au for more information.



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