



Kicking Back

Edition 127 | December 2023
Telephone: 08 8981 5036
Email: nt@rlssa.org.au



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

President: Randall Cook



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



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

Royal Life Saving NT Christmas message

The Executive Board of Royal Life Saving NT wishes all Territorians a safe and happy Christmas and New Year. Look after each other while you are in, on and around the water and please practice these top five water safety tips:

- Always supervise children around water
- Avoid alcohol around water
- Wear a lifejacket when boating and fishing
- Avoid going alone
- Know the conditions



Office Closure

*Our office is closed from 19 December 2023
and reopens on 8 January 2024*



Royal Life Saving NT wish you all a safe and merry Christmas! Remember to #KeepWatch and #MakeTheRightCall to ensure your family and friends are safe this festive season

World Conference on Drowning Prevention



Royal Life Saving NT was represented at the World Conference on Drowning Prevention held in Perth from 4 - 7 December.

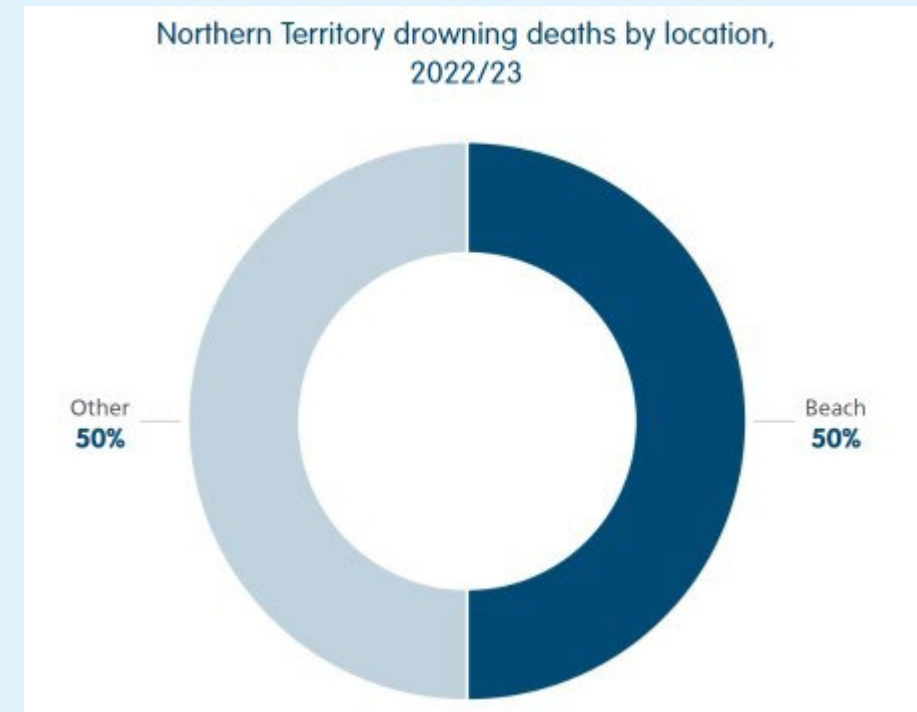
Co-hosted by Royal Life Saving Australia and Surf Life Saving Australia, the conference saw over 700 delegates from 50 countries coming together with the goal of Shaping Global Strategy and Mobilising for Action.

Thank you to everyone who made the Conference an amazing exchange of research, data and snap shots of water safety practices around the world.



National Drowning Report 2023

Sadly, two Territorians lost their lives to drowning in 2023. The National Drowning Report is now available. To explore it in more detail, head to the Royal Life Saving Australia website. www.royallifesaving.com.au



Annual Report



“Our People, Our Water, Our Lifestyle has underpinned all that we have done this year. In the context of our expanded operational commitments at the Goldfishbowl and challenging resourcing/staff shortages we have continued to demonstrate commitment and resilience in delivering a healthy and safe community for all Territorians through water safety, education and awareness.”

James Sheridan
President
Royal Life Saving Northern Territory

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 our 2022/2023 Annual Report now available on our website:
www.royallifesaving.com/nt

Little Royals Swim School



On 6 December Royal Life Saving NT held a sign-on day for the Little Royals Swim School in Katherine.

Returning in 2024, Little Royals offers learn to swim lessons for children aged under five years old. In exciting news, there's still spaces available in this always-popular program. To enroll, follow the link to Survey Monkey and fill out an application form.

<https://www.surveymonkey.com/r/D8ZJVR3>

For more information, please email watersafety@rlssa.org.au



KATHERINE SWIMMING PROGRAM 2024

ONLINE SIGN ON SESSION

Wednesday 6th December 2023

Enrolments open at 9.30am and will close at 11.30am

(Maximum Numbers Apply)

Swimming lessons will be Monday – Thursday at the
Katherine Town Pool

Monday 15 – Thursday 18 January 2024

11am – 1:30pm (30-minute lessons)

3:30pm – 5:30pm (30-minute lessons)

Payment details/copy of voucher must be provided at the time of enrolment

Positions are limited.

Phone: 08 8981 5036 or email watersafety@rlssa.org.au



Scan to enroll!!



Water Safety
Awareness Program



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

10 December was the last day of Term 4 lessons at the Goldfishbowl Swim School.

It was a busy term with 99 Swim and Survive certificates issued. Well done to all the swimmers this year and the Team looks forward to seeing everyone again in 2024.

From everyone at the Goldfishbowl Swim School have a safe and merry Christmas and a Happy New Year.



PROGRAMS

On 14 December staff and swim instructors from the Goldfishbowl and the Swim and Survive Team came together for a celebratory Christmas lunch.

It was great to see everyone together looking festive. Thank you for your continuous enthusiasm and dedication to teaching children vital swimming and water safety knowledge.

We hope everyone has a fantastic break and look forward to seeing you in 2024.



PROGRAMS – Health in my Language

From 3 November - 8 December Royal Life Saving NT collaborated with Melaluca Australia to conduct water safety sessions for migrant women. Part of Melaluca's wonderful Health in my Language program, over 5 sessions participants learnt skills for themselves and their families to safely enjoy the Territory's outdoor lifestyle.

Congratulations to all involved. Royal Life Saving NT is proud to be a part of such an important program.



STAY OUT OF PIPES AND DRAINS

The Wet Season is here and with it the return of Royal Life Saving NT's annual Stay Out of Pipes and Drains safety campaign. Territorians are being urged to **#stayoutofpipesanddrains** and **#staysafethiswet**.

Stay tuned to our social media for more information and fun competitions during the campaign.



SWELL Opening

On 16 December Royal Life Saving NT had a wonderful time at the opening of the City of Palmerston's brand-new state-of-the-art aquatic lifestyle centre, SWELL. It was wonderful to see the community embrace the impressive facility and share our vital Wet season Stay Out of Pipes and Drains message.



POOL LIFESAVING



Pool lifesaving wrapped up for the year in both Darwin and Alice Springs on 6 December. Thanks to all our athletes and their families for a great semester.

Pool lifesaving returns in 2024 from 7 February and we look forward to seeing you all there.

If you're up for the challenge and interested in joining the fun the first session is always free to come and try. For further information please contact Laura at Royal Life Saving Society NT.

P: 8981 5036

E: sportnt@rlssa.org.au

WATER SAFETY UNIT



There were plenty of smiling faces and happy bubs at the Emergency Care Session, Session 1 of the Water Safety Awareness Program in Alice Springs on 11 December.

Well done to the parents who attended and special thanks to Birth and Beyond Parent Resource Centre - Alice Springs for your support of this important program.

Keep scrolling to the next page for further information about the Water Safety Awareness program and 2024 session dates.



WATER SAFETY

AWARENESS PROGRAM



EMERGENCY CARE SESSIONS 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

Are you in another location?

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

AUSTSWIM Courses



Teacher of Swimming and Water Safety

Darwin

16 February 2024, 8.30am-4.30pm

Teacher of Infant and Preschool Aquatics

Darwin

8 March 2024, 8.30am-4.30pm

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

The last Bronze Medallion for 2023 was held at Parap Pool on 9 December.

Big congratulations to another batch of rescue-ready Territorians.

Are you keen to gain the Bronze Medallion qualification next year? 2024 training dates are now available, more information on the next slides.



TRAINING CALENDAR – Darwin



Resuscitation

2-4pm

27 February

30 April

28 May

25 June

Pool Lifeguard (2-day course)

8:30am-4:30pm

2 & 3 March

Pool Lifeguard Update

8:30-4:30pm

24 February

Bronze Medallion Courses

Full course: 8:30am-4:30pm

Update: 8.30am -12pm

17 February

23 March

20 April

18 May

Aquatic Technical Operations

Contact Training Manager to Book

22 - 24 April



First Aid courses with Online learning + practical Assessment

Provide First Aid: 2-6pm

First Aid Childcare & Education: 2-7pm

27 February

30 April

28 May

25 June

Face to Face First Aid

8.30am-4.30pm

10 May

17 May

31 May

28 June



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RTO Provider #0859

TRAINING CALENDAR – Alice Springs



Resuscitation

12-5pm

8 February

14 March

27 June

Bronze Medallion Courses

Full course: 8:30am-4:30pm

9 February

11 May

First Aid courses with Online learning + practical Assessment

Provide First Aid: 12-5pm

First Aid Childcare & Education: 12-5pm

8 February

14 Mar

27 June

Swim Teacher Rescue Award + CPR

3-6pm

1 February

Pool Lifeguard

8:30am-4:30pm

10 & 11 February

Update: 8.30am -12pm

3 February

12 May

Face to Face First Aid

8.30am-4.30pm

Workplace training can be requested

Pool Lifeguard Update

8:30-4:30pm

25 January

Aquatic Technical Operations

Contact Training Manager to Book

15 - 18 April



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RTO Provider #0859



WE ARE HIRING

We can offer you

A workplace which makes people's lives better by teaching swimming and water safety skills
Generous remuneration
On the job training
Flexibility

What can you offer us?

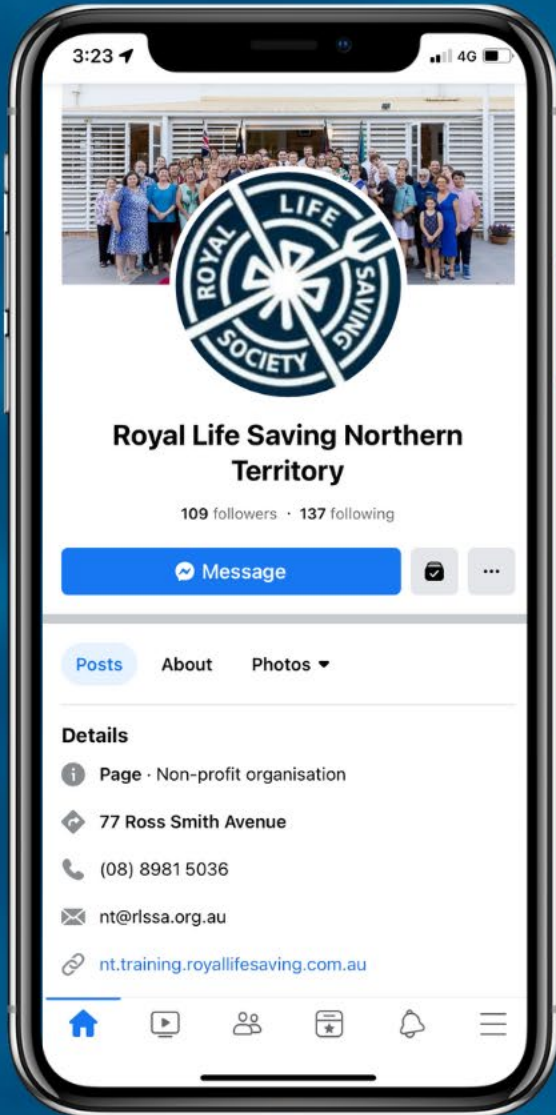
We want to hear from you if you are a can do allrounder who wants to be a part of our awesome Team and has a willingness to learn new things

If you would like to learn about the incredible opportunities we have on offer please contact us today by emailing nt@rlssa.org.au or calling Jill on 0418 857 076.

We can't wait to hear from you!



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NORTHERN TERRITORY



Connect with us



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@RoyalLifeSavingAUST



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