Remote Indigenous Pools
Health Promotion & Operations Workshop
Monday 17 to Wednesday 19 September 2007

Swimming pools, injury prevention and safety in remote Indigenous communities: A Workshop to build capacity.

Workshop Report - October 2007

Remote Indigenous Pools Workshop proudly supported by

Australian Government
Department of Health and Ageing
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1. Background

The Royal Life Saving Society Australia (RLSSA) has been working with remote indigenous communities for many years. Our focus has been on;

"Maximizing the health, social and economic benefits of swimming pools in remote indigenous communities"

Our work in this area is driven by our vision;

- Remote swimming pools are managed by indigenous people who perform a variety of roles including facility management, supervision, instruction and health promotion
- Remote swimming pools are the hub of community activity including effective use by the school, sport and recreation, health clinic, child care, aged care and council
- Remote swimming pools are providing a range of community development activities including supporting community leadership, youth development, family relationships and health.

RLSSA aims to ensure that the primary outcomes of improved child health and school attendance are achieved, and the opportunities to influence a broad range of social, health and economic outcomes are identified and strategies implemented to address them.

We support remote indigenous communities striving towards maximizing the benefits of the community swimming pool by:

- Engaging and developing links between community agencies
- Community leadership, employability, skills and training
- Strong networks across remote indigenous communities
- Promoting community events, programs and physical activity
- Safety and risk management practices
2. Workshop Summary

The Remote Pools Workshop was held in the Northern Territory at the Holiday Inn Darwin and Leanyer Recreation Park on Monday 17 to Wednesday 19 September 2007.

The workshop was officially opened by His Honour Mr Ted Egan AO, Administrator of the Northern Territory.

The Workshop was promoted via mail, email and direct communication to:
- Remote Pool Managers
- Indigenous Health Workers
- Community Leaders
- Youth Workers
- Remote Health Workers
- Sport and Recreation Officers and
- Council Representatives across the Northern Territory.

A copy of the Workshop Invitation is attached in Appendix 7.1.

Forty community leaders from the Tiwi Islands, Nauiyu Nambiyu, Maningrida, Yuendumu, Boorolooloo and Wadeye, travelled to Darwin to join representatives of Australian and Territory Government agencies for the Remote Pools Workshop. A copy of the Workshop attendance list is attached in Appendix 7.2.

With the workshop objective to maximise the health, economic and social benefits of swimming pools in remote indigenous communities, the aims for the workshop were to:
- support the use of community swimming pools as a means of preventing injury and promoting health and safety in Aboriginal communities;
- reduce the risk of drowning by using the community swimming pool to improve swimming and water safety skills in Aboriginal communities;
- foster strong networks across remote Aboriginal communities
- provide a means for exchanging ideas and information relating to the use and management of the community swimming pool in Aboriginal communities in the Northern Territory;
- exchange ideas and practices for more effective use of community swimming pools in Aboriginal communities;
- increase the health promotion knowledge and skills of participants, particularly in relation to injury prevention and safety promotion in Aboriginal communities; and
- to help remote pools workers and sport and recreation workers progress towards Certificate III and IV in community sport and rec.

The workshop achieved these aims through the delivery of the Presentations, practical demonstrations and the exchange of ideas and practices from attendees.
Presentations were delivered by:
1. Leah Cullen, Training and Development Officer, Royal Life Saving NT Branch
2. Samantha Diplock, Project Officer, Injury Prevention Team, Department of Health and Ageing
3. Steve Eccleston, National Manager, Aquatic Industry Services, Royal Life Saving
4. Floss Robert, Executive Officer, Royal Life Saving NT Branch
5. Mark Fitzsimons, Remote Pools Training Officer, Royal Life Saving NT Branch
6. Richard Franklin, National Manager, Research and Health Promotion, Royal Life Saving
7. Betty Sullivan, Nauiyu Aquatic Recreation Project Coordinator, Royal Life Saving
8. Justin Scarr, Chief Operations Officer, Royal Life Saving

Workshop presentations included:
- Injury and Safety in Indigenous communities – National Aboriginal and Torres Strait Islander Safety Plan
- Health promotion knowledge and skills for injury prevention and safety promotion in your community
- Enlisting the help of others to reduce the risk of drowning – building networks

A copy of the workshop presentations is attached.
Practical Demonstrations included:
- Management of local pools
- How to improve swimming and water safety skills in your community
- Using the pool for more than getting wet

Interactive Workshop Sessions provided the exchange of ideas, and included:
- Injury and Safety Issues in your community – discussion
- Exchange of idea and practices for more effective use of community swimming pools

The major themes highlighted during the workshop sessions were using the pool to maximise its benefits from the community, skill development and retention, safety and risk management, health promotion and injury prevention, and life saving knowledge and skills.

A summary from workshop sessions has been collated and attached in Appendix 7.3.

3. Workshop Organising Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Position/Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Fitzsimons</td>
<td>Remote Pools Training Officer, Royal Life Saving Society NT Branch</td>
</tr>
<tr>
<td>Richard Franklin</td>
<td>National Manager Research and Health Promotion, Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>Floss Roberts</td>
<td>Executive Officer, Royal Life Saving Society NT Branch</td>
</tr>
<tr>
<td>Justin Scarr</td>
<td>Chief Operating Officer, Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>Monique Sharp</td>
<td>National Events Manager, Royal Life Saving Society Australia</td>
</tr>
</tbody>
</table>

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4. Major Sponsors / Supporters

The Royal Life Saving Society Australia are grateful for the support and financial assistance provided by the Australian Government Department of Health and Ageing to deliver the 2007 Remote Indigenous Pools Workshop.

Australian Government
Department of Health and Ageing

The Workshop was also supported by Paul Newman's Own and HBOS Australia Foundation.
## 5. Workshop Program

### 5.1 Monday 17 September 2007

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Learning Outcomes</th>
<th>Proposed Duration</th>
<th>Delivered / Facilitated By</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Note: topics are not in chronological order</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00pm</td>
<td>Registration – Afternoon Tea</td>
<td></td>
<td></td>
<td></td>
<td>Litchfield Foyer</td>
</tr>
<tr>
<td>4-4.30pm</td>
<td>Welcome – Aims of workshop</td>
<td>Getting to know each other</td>
<td>30 mins</td>
<td>MF</td>
<td>Litchfield Room</td>
</tr>
</tbody>
</table>
| 4.30-5pm  | Injury and Safety in Indigenous communities – National Aboriginal and Torres Strait Islander Safety Plan | • Understanding of the Plan (SD)  
• Understanding of the factors that link to preventing injury and promoting safety in indigenous communities (RF)  
• Understanding of RLSSA community development model (JS) | 30 mins           | SD RF JS                   | Litchfield Room  |
| 5-6pm     | Drowning and water safety in Indigenous communities. National Water Safety Plan Swim for life program Remote pools project | • Understanding of the magnitude of drowning in Australia and in indigenous communities (FR)  
• Understanding of water safety principals and practices – Aquatic Risk Management (SE)  
• Understanding of water safety principals and practices – water safety programs (LC)  
• National Water Safety Plan (RF)  
• Swim for Life (BS)  
• Remote Pools Project (MF) | 60 mins           | FR SE LC RF MF BS MF 10mins each                       | Litchfield Room  |
| 6:45pm    | Dinner                                                                | • Welcome to Country  
• Randle Cook, RLSSA-NT  
• Ted Egan RLSSA Patron to welcome delegates  
• Justin Scarr, RLSSA | 30 mins           |                             | Litchfield Room  |
### 5.2 Tuesday 18 September 2007

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Learning Outcomes</th>
<th>Proposed Duration</th>
<th>Delivered / Facilitated By</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Note: topics are not in chronological order</td>
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</tr>
<tr>
<td>8.30-9.00am</td>
<td>Welcome</td>
<td>• Who is everyone&lt;br&gt;• Recap day 1</td>
<td>30mins</td>
<td>MF</td>
<td>Litchfield Room</td>
</tr>
<tr>
<td>9 -9.45am</td>
<td>Injury and Safety Issues in your community – discussion</td>
<td>• Injury and Safety issues being faced in your local community&lt;br&gt;• Current programs running in communities and how these work</td>
<td>45 mins</td>
<td>MF / RF</td>
<td>Litchfield Room</td>
</tr>
<tr>
<td>9.45-10.30am</td>
<td>Health promotion knowledge and skills for injury prevention and safety promotion in your community</td>
<td>• Understanding of health promotion (RF)&lt;br&gt;• Health promotion skills in injury prevention and safety promotion (BS)</td>
<td>45 mins</td>
<td>RF / BS</td>
<td>Litchfield Room</td>
</tr>
<tr>
<td>10.30-11pm</td>
<td>Morning Tea</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-12.30pm</td>
<td>Enlisting the help of others to reduce the risk of drowning – building networks</td>
<td>• Understanding of your community (MF) – White board against each community&lt;br&gt;• Who can help you (RLSSA) (FR)</td>
<td>90 mins</td>
<td>FR</td>
<td>Litchfield Room</td>
</tr>
<tr>
<td>12.30-1.30pm</td>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td>Sirocco Restaurant</td>
</tr>
<tr>
<td>1.30-2.30pm</td>
<td>Using the pool for more than getting wet</td>
<td>• Understanding of activities that can help promote health and safety around the community pool</td>
<td>60 mins</td>
<td>MF / BS / RF</td>
<td>Swimming Pool</td>
</tr>
<tr>
<td>2.30-3pm</td>
<td>How do you improve swimming and water safety skills in your community</td>
<td>• Strategies to improve water safety and swimming skills in local community – Adolescents / adults (LC)</td>
<td>30 mins</td>
<td>LC</td>
<td>Swimming Pool</td>
</tr>
<tr>
<td>3-3.30pm</td>
<td>Afternoon Tea</td>
<td></td>
<td>60 mins</td>
<td>RLSSA</td>
<td></td>
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<tr>
<td>3.30-4pm</td>
<td>How do you improve swimming and water safety skills in your community</td>
<td>• Strategies to improve water safety and swimming skills in local community – Infants and Children (LC)</td>
<td>30min</td>
<td>LC</td>
<td>Swimming Pool</td>
</tr>
<tr>
<td>4-5pm</td>
<td>Management of local pools:</td>
<td>• Understanding of the Guidelines for Safe Pool Operation&lt;br&gt;• A draft Emergency Response and Evaluation Plan</td>
<td>60 mins</td>
<td>SE</td>
<td>Around the swimming pool</td>
</tr>
<tr>
<td>6pm</td>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td>East Point Reserve – Buses leaving the Travel Lodge at 6pm</td>
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</table>
### 5.3 Wednesday 19 September 2007

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Learning Outcomes</th>
<th>Proposed Duration</th>
<th>Delivered / Facilitated By</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30am</td>
<td>Meet in hotel Foyer – Holiday Inn Darwin</td>
<td>• Travel to Leanyer</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>9-9.30am</td>
<td>Welcome and Recap day 2</td>
<td>• Welcome</td>
<td>30 mins</td>
<td>MF</td>
<td>Leanyer</td>
</tr>
<tr>
<td>9.30-10.00am</td>
<td>Business Planning / Sustainability</td>
<td>• Understanding of business practices for running a pool (SE)</td>
<td>30 mins</td>
<td>SE</td>
<td>Leanyer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Understanding possible funding models for pool and health promotion activities</td>
<td></td>
<td>JS</td>
<td></td>
</tr>
<tr>
<td>10.00-10.30am</td>
<td>Rescues</td>
<td>• Rescue techniques for community pools (LC)</td>
<td>30 mins</td>
<td>LC</td>
<td>Leanyer</td>
</tr>
<tr>
<td>10.30-11.00am</td>
<td>Emergency Response Plan</td>
<td>• Demonstration from Leanyer</td>
<td>30 mins</td>
<td>TBC</td>
<td>Leanyer</td>
</tr>
<tr>
<td>11.00-11.20am</td>
<td>Morning Tea</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>11.20-12.20pm</td>
<td>Exchange of idea and practices for more effective use of community</td>
<td>• Understanding who and why people are currently using the local pool (MF)</td>
<td>60 mins</td>
<td>RLSSA</td>
<td>Leanyer</td>
</tr>
<tr>
<td></td>
<td>swimming pools</td>
<td>• Improved techniques for the use of the pool – activities and programs (MF/LC)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12.20-12.30pm</td>
<td>People leaving to catch early flights</td>
<td></td>
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<tr>
<td>12.30-1pm</td>
<td>Wrap-up</td>
<td>• Review what was learnt throughout the two-days (MF)</td>
<td>30 mins</td>
<td>MF</td>
<td>Leanyer</td>
</tr>
<tr>
<td>1-2pm</td>
<td>Lunch and Catching Plan</td>
<td></td>
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</tbody>
</table>

Key:
MF = Mark Fitzsimons, RF = Richard Franklin, JS = Justin Scarr, FR = Floss Robert, LC = Leah Cullen, SE = Steve Eccleston, SD = Samantha Diplock, BS = Betty Sullivan
6. Workshop promotion / media

The Conference was promoted by mail, email and direct communication with the target audience group, with a copy of the workshop invitation attached.

Royal Life Saving released a media release to all key media agencies in the Northern Territory on Monday 17 September 2007, with a copy of the media released following.

MEDIA RELEASE

DARWIN CONFERENCE AIMS TO MAXIMISE THE HEALTH, ECONOMIC AND SOCIAL BENEFITS OF SWIMMING POOLS IN REMOTE INNIDIGENOUS COMMUNITIES.

COUNCIL CEO'S, POOL MANAGERS, COMMUNITY LEADERS, HEALTH WORKERS, YOUTH WORKERS GATHER TO ADDRESS ISSUES OF SWIMMING POOL SAFETY, FUNDING, TRAINING, HEALTH PROMOTION AND PHYSICAL ACTIVITY.

CHANGES TO CDEP AND ALMAGAMATION OF COUNCILS FORCE RETHINK TO AVOID SWIMMING POOL CLOSURE.

ROYAL LIFE SAVING IS WORKING TO BUILD LINKS BETWEEN HEALTH, SCHOOLS AND SWIMMING POOLS TO SUPPORT THE DEVELOPMENT OF STRONGER COMMUNITIES.

Communities from across the Northern Territory are meeting in Darwin this week to discuss ways to improve the use of swimming pools by remote communities for sport, recreation, health, training and employment.

The health benefits for indigenous children swimming regularly in swimming pools are so well documented that it has prompted Government to construct a swimming pool in Maningrida in the past year. Booroloola and Yuendumu are also constructing community swimming pools. This will bring the number of swimming pools in remote northern territory communities to thirteen, serving almost 13,500 people.

Forty community leaders from the Tiwi Islands, Nauiyu Nambiyu, Maningrida, Yuendumu, Booroloola and Wadeye have travelled to Darwin to join representatives of Australian and Territory Government agencies in a swimming pool think-tank to resolve key issues.

Royal Life Saving NT CEO Floss Roberts says that “Territory swimming pools are under increasing pressure. Uncertainties created by the amalgamation of local government councils raise the question of who will pay future staff, chemical and maintenance costs. Changes to CDEP are increasing uncertainty over the work and training of lifeguards, swimming instructors and pool workers, placing further pressure on communities”.

The Royal Life Saving Community Development Model has turned around swimming pool use in the community of Nauiyu on the Daly River. Council President and Nauiyu Aquatic Recreation Project Coordinator Betty Sullivan believes that “encouraging the health clinic, schools, aged care, council and child care workers to share in the development of activities designed to get all residents physically active and focusing on a healthy lifestyle, means that we are not only more active, but we are in control of our own health”.

The Remote Indigenous Pools Health and Operations Workshop commences at 3pm, Monday 17th September at the Darwin Holiday Inn Esplanade and finishes at Leanyer Recreation Park at 11.30am on Wednesday 19th September.

The conference will be officially opened by His Honour Mr Ted Egan AO, Administrator of the Northern Territory at 6.45pm Monday 17th September.

To arrange an interview and/or photo opportunity with representatives from across the Territory please call;

Justin Scarr, Chief Operating Officer on 0408 434 011.
7. Appendices

7.1 Workshop Invitation

REMOTE INDIGENOUS POOLS
Health Promotion and Operations Workshop

Monday 17 – Wednesday 19 September 2007
Holiday Inn Esplanade Darwin

Proudly Supported by:
Australian Government
Department of Health and Ageing
REMOTE INDIGENOUS POOLS
Health Promotion and Operations Workshop

Royal Life Saving would like to invite you to attend the Remote Indigenous Pools, Health Promotion and Operations Workshop to be held in Darwin from Monday 17 to Wednesday 19 September 2007.

Who should attend:
- Remote Pool Managers
- Aboriginal Health Workers
- Sport and Recreation Officers
- Council Representatives

The workshop aims to:
- Support the use of community swimming pools as a means of preventing injury and promoting health and safety in Aboriginal communities;
- Reduce the risk of drowning by using the community swimming pool to improve swimming and water safety skills in Aboriginal communities;
- Foster strong networks across remote Aboriginal communities;
- Provide a means for exchanging ideas and information relating to the use and management of the community swimming pool in Aboriginal communities in the Northern Territory;
- Exchange ideas and practices for more effective use of community swimming pools in Aboriginal communities;
- Increase the health promotion knowledge and skills of participants, particularly in relation to injury prevention and safety promotion in Aboriginal communities and;
- To help remote pools workers and sport and recreation workers progress towards Certificate III and IV in community sport and rec.

Workshop Summary Details:

Date: Monday 17 to Wednesday 19 September 2007

Location: Workshop (1-See Map Ref Below)
Holiday Inn Esplanade, Darwin, The Esplanade, Darwin, NT
Accommodation (2-See Map Ref Below)
Holiday Inn Darwin, 122 The Esplanade, Darwin, Northern Territory
<table>
<thead>
<tr>
<th>Date</th>
<th>Details (Note need to populate program with details)</th>
</tr>
</thead>
</table>
| **Mon 17 Sept 07** | 1:30pm Registration  
2:00pm Day One - Conference/Workshop Commences  
3:30pm Afternoon Tea  
6:00pm Day 1 Concludes  
7:00pm Conference Dinner – Holiday Inn Esplanade |
| **Tues 18 Sept 07** | 7:00am Breakfast  
8:00am Day Two - Conference/Workshop Commences  
10:45am Morning Tea  
11:00am Session Continues  
12:45pm Lunch  
1:30pm Session Continues  
3:15pm Afternoon Tea  
3:30pm Session Continues  
5:30pm Day Two Concludes  
6:30pm Dinner – Venue to be confirmed |
| **Wed 19 Sept 07** | 7:00am Breakfast  
9:00am Checkout  
9:30am Site Visit ??? |

**Registration**  
Two Free Registrations per community will be provided and a further two will be subsidised @ $5 per person.

**Registration Includes:**  
Workshop Materials: Workshop T-Shirt, Notes and Materials  
Monday 17 Sept: Afternoon Tea, Dinner  
Tuesday 18 Sept: Morning Tea, Lunch, Afternoon Tea, Dinner  
Wednesday 18 Sept: Insert detail here if site visit could include travel details.

**Accommodation for:**  
Monday 17 Sept: Twin Share Accommodation room including breakfast.  
Tuesday 18 Sept: Twin Share Accommodation room including breakfast.

For those additional delegates who would like to attend the Workshop, the following costs are applicable:

**Registration Fee** for two conference days including dinners: $135 including GST

**Accommodation Cost:**  
Twin Share = $100 per night including breakfast  
Single Share = $175 per night including breakfast

Bookings can be made directly with reservations on (08) 8943 3600

**RSVP**  
Thursday 6 September 2007  
Mark Flinders, Remote Pools Training Officer, Royal Life Saving, NT Branch  
Phone: (08) 8981 5000  Fax: (08) 8981 8442  
Mobile:  
Email: mflinders@rlsso.org.au

**Supporters**

[Image of sponsors logos]
### 7.2 Workshop Attendance List

<table>
<thead>
<tr>
<th>Delegate</th>
<th>Position</th>
<th>Community</th>
<th>Organisation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dean Niehgner</td>
<td>Aboriginal Health Worker</td>
<td>Daly River</td>
<td>Dept. Health &amp; Community Services</td>
</tr>
<tr>
<td>Betty Sullivan</td>
<td>RLSSA BHC Project Officer</td>
<td>Daly River</td>
<td>Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>Ameina Jane Brunker</td>
<td>Project Officer</td>
<td>Daly River</td>
<td>Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>Rose Rowlings</td>
<td>Sport &amp; Rec Officer</td>
<td>Daly River</td>
<td>Nauiyu Nambiyu Community Government Council</td>
</tr>
<tr>
<td>Phillip Morgan</td>
<td>Sport &amp; Rec Officer</td>
<td>Daly River</td>
<td>Nauiyu Nambiyu Community Government Council</td>
</tr>
<tr>
<td>Michell Miller</td>
<td>Sport &amp; Rec Officer</td>
<td>Daly River</td>
<td>Nauiyu Nambiyu Community Government Council</td>
</tr>
<tr>
<td>Allen Minniecon</td>
<td>Community Worker</td>
<td>Yuendumu</td>
<td>Mt Theo Substance Misue Aboriginal Corporation</td>
</tr>
<tr>
<td>Riley Oldfield</td>
<td>Project Worker and Swimming Pool Manager</td>
<td>Yuendumu</td>
<td>Mt Theo Substance Misue Aboriginal Corporation</td>
</tr>
<tr>
<td>Micheal Wayne</td>
<td>Youth Worker</td>
<td>Yuendumu</td>
<td>Mt Theo Substance Misue Aboriginal Corporation</td>
</tr>
<tr>
<td>Sherman Spencer</td>
<td>Youth Worker</td>
<td>Yuendumu</td>
<td>Mt Theo Substance Misue Aboriginal Corporation</td>
</tr>
<tr>
<td>Sebastian Wilson</td>
<td>Youth Worker</td>
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<tr>
<td>Shaun Wilson</td>
<td>Youth Worker</td>
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<tr>
<td>Jamie Nelson</td>
<td></td>
<td>Yuendumu</td>
<td>Mt Theo Substance Misue Aboriginal Corporation</td>
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<tr>
<td>Patricia Brogan</td>
<td>Community Services Officer</td>
<td>Pirlangimpi</td>
<td>Pirlangimpi Community Management Board</td>
</tr>
<tr>
<td>Mark Tunmuck-Smith</td>
<td>Pool Operator</td>
<td>Pirlangimpi</td>
<td>Pirlangimpi Community Management Board</td>
</tr>
<tr>
<td>Gideon Pangiraminni</td>
<td>Sport &amp; Rec Officer</td>
<td>Pirlangimpi</td>
<td>Pirlangimpi Community Management Board</td>
</tr>
<tr>
<td>Marius Puruntatameri</td>
<td>Pirlangimpi Health Centre</td>
<td>Pirlangimpi</td>
<td>Pirlangimpi Community Management Board</td>
</tr>
<tr>
<td>Ron Gray</td>
<td>Pool Supervisor</td>
<td>Maningrida</td>
<td>Maningrida Council Inc.</td>
</tr>
<tr>
<td>Leelah Martin</td>
<td>Pool Assistant</td>
<td>Maningrida</td>
<td>Maningrida Council Inc.</td>
</tr>
<tr>
<td>Jill McDonald</td>
<td>Public Health Worker</td>
<td>Maningrida</td>
<td>Maningrida Health Board</td>
</tr>
<tr>
<td>Kim Fyndlay</td>
<td>Co-ordinator, Chronic Disease</td>
<td>Tiwi Islands (Darwin Based)</td>
<td>Dept. Health &amp; Community Services</td>
</tr>
<tr>
<td>Name</td>
<td>Position</td>
<td>Location</td>
<td>Organization</td>
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<tr>
<td>Shane Kerinaiua</td>
<td>Nguiu Pool Manager</td>
<td>Nguiu</td>
<td>Nguiu Community Management Board</td>
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<tr>
<td>Kylie Tipuamantimirri</td>
<td>Francis Xavier CEC</td>
<td>Nguiu</td>
<td></td>
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<tr>
<td>Alice William</td>
<td>Nguiu Sport &amp; Rec Officer</td>
<td>Nguiu</td>
<td>Nguiu Community Management Board</td>
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<tr>
<td>Eva Williams</td>
<td>Child Care Nurse</td>
<td>Nguiu</td>
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<td>Jeremy Hastings</td>
<td>Community Relations Officer</td>
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<td>Burton Willis</td>
<td>Youth Coordinator</td>
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<tr>
<td>Moira Johnston</td>
<td>CEO</td>
<td>Borroloola</td>
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<td>Stan Allen</td>
<td>Works Manager</td>
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<td>Borroloola Community Government Council</td>
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<td>Glenn Thompson</td>
<td>Support for Pool Operations</td>
<td>Borroloola</td>
<td>Borroloola Community Government Council</td>
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<tr>
<td>Ray Menhinnitt</td>
<td>Pool Manager</td>
<td>Wadeye</td>
<td>Thamarrurr Regional Council</td>
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<tr>
<td>Name Unknown</td>
<td>Pool Worker</td>
<td>Wadeye</td>
<td>Thamarrurr Regional Council</td>
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<tr>
<td>Mark FitzSimons</td>
<td>Remote Pools Training Officer</td>
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<td>Royal Life Saving - NT Branch</td>
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<tr>
<td>Floss Roberts</td>
<td>Executive Officer</td>
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<td>Aroha Jennings</td>
<td>Finance and Business Manager</td>
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<tr>
<td>Richard Franklin</td>
<td>National Manager, Research and Health Promotion</td>
<td></td>
<td>Royal Life Saving Society Australia</td>
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<tr>
<td>Justin Scarr</td>
<td>Chief Operating Officer</td>
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<td>Royal Life Saving Society Australia</td>
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<tr>
<td>Steve Eccleston</td>
<td>National Manager, Research and Health Promotion</td>
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<td>Samantha Diplock</td>
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<td>Department of Health and Ageing</td>
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<tr>
<td>Maurice Rioli</td>
<td>Community Services Manager</td>
<td>Tiwi Islands</td>
<td>Tiwi Islands Local Government</td>
</tr>
</tbody>
</table>
7.3 Workshop Presentations

1. Day 1

1.1 Welcome
1.2.1 The National Aboriginal and Torres Strait Islander Safety Promotion Strategy

**Background**
- 2001-2003 National Injury Prevention Plan recognised need for separate plan for Aboriginal and Torres Strait Islander peoples.
- ATSIPAC formed to oversee development of plan
- 2005 – Public release of three national injury prevention plans.

**Determinants of safety**
- Environment
- Safety policy
- Socio-economic
- Family & community
- Psycho-social
- Health & wellbeing
- Programs & services
- Culture

**Values**
- Right for people to be safe
- Responsibility to promote and maintain safety of others

**Vision**
- Aboriginal and Torres Strait Islander peoples live in safe environments free from the impact of injury

**Goals**
- To enhance community safety, prevent injury and reduce harm through:
  - Improving safety of environments
  - Increasing community capacity to promote wellbeing
  - Supporting communities to prioritise safety issues and to design, implement and evaluate safety promotion & injury prevention programs
  - Mobilising govt. and non-govt. organisations to address minimum infrastructure and support for safety promotion & injury prevention
  - Communities: govt & non-govt sectors working together

**Priority Areas for Action**
- Social and emotional wellbeing
- Child and young peoples safety
- Violence affecting families and individuals
- Land transport injuries
- Water safety
- Workplace safety
1.2.2 Links between preventing injury and promoting safety
Could the injury have been prevented?

Promote Safety

- Alcohol free zone at the pool
- Learn to swim for all children
- Have safe promotion days at the pool – road safety, bike safety, etc
- Gentle exercise programs for older people to help prevent falls
- Cool down session after sport
1.2.3 Royal Life Saving Community Development Model

Key concepts

- The project objectives resulted from consultations and planning and are aligned to the key concepts:
  - Community engagement
  - Community participation
  - Community employability skills and training
  - Community communication
  - Project evaluation

Key partners

- Local government
- Local health services
- Local schools
- Local non-government organisations
- Local interest groups
- Local aquatic facilities
- External government agencies
- External non-government agencies

To raise the level of physical activity and recreation in the community through the use of the swimming pool
1.3.1 Understanding the magnitude of drowning in Australia and in indigenous communities. Including – Interactive Training Tools for The Indigenous Community

**Interactive Training Tools For The Indigenous Community**

- [Image of Indigenous figure]

**Is there a need to train the Indigenous community to become Swimming Teachers?**
- Remoteness
- Drowning statistics of the indigenous population
- Cultural issues
- Lack of aquatic education

**Issues facing the delivery of AUSTSWIM Courses in the NT**
- Inaccessible locations
- Candidates language and literacy
- Difficulty in relating to the Theory component
- Full attendance at courses
- Cultural issues of mixing sexes

**Key Recommendations**
- Presentation tools – more verbal and visual opportunities to foster practical reinforcement whenever possible, language simplified
- Assessment tasks – performed in course, practical in nature, minimal emphasis placed on written responses

**Marvin**
- Interactive presentation
- Interactive personalities
- Easy to customise to reflect target audience
- Ability to communicate in communities language
How will Marvin be used by AUSTSWIM to suit the needs of the indigenous community?
• Delivery tool for the TSW CoP
• Content of Marvin will be based on current delivery material
• Language and illustrations to be altered to meet indigenous community needs
• Assessment needs
1.3.2 Water Safety Principles and Risk Management

Water Safety Principles & Risk Management

- Compliance to legislation, standards and industry guidelines
- Induction, training and maintenance of skills
- Standard operating procedures
- Prevention through public education & risk analysis
- Supervision
- Emergency management planning and readiness

Risk Management

- Identification of potential risk
- Assessment of potential harm resulting from the risk
- Immediate control action
- Eliminating risk

Guidelines for Safe Pool Operations - GSPO

- Administration
- First Aid
- Technical Operations
- Facility Design
- Supervision
- Low Patronage Pools
- Programs
1.3.3 The National Water Safety Plan

THE NATIONAL WATER SAFETY PLAN
- continuing cooperation & commitment in the fight against drowning -

Drowning in Australia
- Over 230 Australians drown every year
- Drowning is the third highest cause of accidental death
- In the 0-5 age group it is the No.1 killer
- Almost every drowning is preventable

National Drowning Statistics
Unintentional Drowning Deaths Australia, 1992-2005
- There has been a 20% increase in drowning deaths since 1992

Where?
Drowning deaths by location, Australia 2005-06 and 3 year average

Activity?
Drowning deaths in Adults, Australia 1992-1994

Age groups
Drowning deaths in Australia by age group, 2005-06 and 3 year average

Formation of the Australian Water Safety Council
- AWSC is an industry driven lobby group representing the key Water Safety organisations.
- Officially formed in February 1996
- Striving to work more closely with State Governments and stakeholder groups

Purpose of the National Water Safety Plan
In the diverse & complex Aquatic Industry we aim to:
- Provide an operational Framework document that will...
  - Reduce Duplication of effort & resources
  - Share ideas and strategies
  - Identify the responsibilities of stakeholders
  - Help us Save Lives

Key Water Safety Priorities within the Plan
- Water Safety Education
- Water Safety Research
- Management of Aquatic Locations
- Targeting Key Drowning Demographics

Stakeholders of the Plan
- A complex issue with many layers of stakeholders
- Water Safety sites across Governmental portfolios:
  - Sport & Recreation
  - Health & Ageing
  - Education
  - Transport
  - Primary Industry
  - Local Government
  - State Water Safety Councils
  - National Water Safety organisations - states & territory
  - Nationals/ State organisations with a water safety interest
  - Commercial operators and private providers
1.3.4 The Nauiyu Aquatic Recreation Project

About our Community
- Nauiyu is a small Indigenous community that has approximately 400 residents.
- The community is located on the banks of Daly River, 240km south-west of Darwin.
- Nauiyu has facilities such as a school, shop, swimming pool, oval, health centre, airport, mechanical workshop, and arts centre.

Introduction
- The Nauiyu Aquatic Recreation (Swim for Life) Project was launched in October 2006.
- The program was created from a need that arose from a community level.
- The program is administered and supported by Royal Life Saving Society.
- Funding from the Department of Health and Ageing.
- The Program is managed in partnership with the Community Recreation Group, Nauiyu Sport and Recreation, St Francis Xavier School, Nauiyu Community Health Centre and the Nauiyu Community Government Council.

Project Objectives
- To promote the community to increase, understand and foster participation in the project.
- To increase use of the community swimming pool through an enjoyable approach.
- To provide opportunities for all ages and abilities.
- To develop the skills of the community swimming pool.
- To increase the sustainability of the community swimming pool through the implementation of strategies in the areas of planning, training, and funding.
- To involve the project and community swimming pool.
- To evaluate the effectiveness of the project.

Milestones
- The Swim for Life Project was successfully implemented.
- The Swim for Life project that targeted children under 5 years old without facilities for swimming lessons.
- Additional participants for participating aged and children: the constant flow of participants.
- Program evaluation.
- Training of local residents in the First Aid, Diving, Water Safety, Application Basic "Winning Resource" supervision on Nakuji Facilities, and other training programmes.
- Accommodation, health services for primary school aged children.

Contact Details
Project Officer: Baby Sullivan
Postal: Nauiyu Aquatic Recreation Project
       P.O. Box 28
       Daly River
       Via Wilcannia NT 8722
Resident: Nauiyu Community, Daly River,
         Daly River Road, NT
Mobile: 025555733
1.3.5 Remote Pools Project

Remote Pools Brainstorming List from Day One

- Different ideas about events and programs
- Engaging local people (including work)
- Go School Go Pool
- Database of people with awards and when expire
- How do you sort out when people use the pool
- Swim club – how do we get it going
- Network of people who can fill in with staff away
- Better use of the pool/other programs
- Health and safety of little ones
- First aid and emergency training
- Water quality
- Showering
- Competitions/swim carnivals/sport
- Adults using the pool (young/old; male/female)
- How well other programs are working
- Building networks (hearing how other pool are going)
Dinner

1.4.1 Welcome To Country

1.4.2 Welcome to NT – RLSSA

1.4.3 Workshop Opening

1.4.4 Response from RLSSA
2. Day 2.

2.1 Injury and safety issues being faced in your local community / Current Programs

<table>
<thead>
<tr>
<th>Issues Being Faced</th>
<th>Programs Being Undertaken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dog Bites – no dogs in pools, entrance issue, diseases</td>
<td>Swimming pools</td>
</tr>
<tr>
<td>Sores</td>
<td>Health for Life</td>
</tr>
<tr>
<td>Infectious diseases/scabies – shower before entering</td>
<td>Diversionary Programs</td>
</tr>
<tr>
<td>Broken bones</td>
<td>Smoking Cessation</td>
</tr>
<tr>
<td>Alcohol and other drugs</td>
<td>Tiwi for Life – alcohol/&amp;drugs and smoking</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Youth Group</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>Health Screening – sport and school</td>
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<tr>
<td>Sport – strains &amp; sprains</td>
<td>Domestic Violence</td>
</tr>
<tr>
<td>Fishing injuries</td>
<td>Chronic diseases</td>
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<tr>
<td>Box Jelly Fish</td>
<td>Strong women’s message</td>
</tr>
<tr>
<td>Rehabilitation from surgery</td>
<td>Men’s camp</td>
</tr>
<tr>
<td>Scared/fear of water</td>
<td>Mt Thoo – Substance Misuse</td>
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<tr>
<td>Sickness in community – giardia / stomach</td>
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<tr>
<td>Chronic diseases – diabetes/obesity</td>
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<tr>
<td>Unhealthy life style</td>
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<tr>
<td>Mental issues</td>
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<tr>
<td>Heat/dehydration</td>
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<tr>
<td>Isolation</td>
<td></td>
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<tr>
<td>Funding &amp; chasing money</td>
<td></td>
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</tbody>
</table>
1.2.2 Health Promotion

What is Health Promotion?
- Health Promotion is the process of enabling people to improve their health (World Health Organization).

What are the key actions

Ottawa
- Developing partnerships in education
- Strengthening community action
- Communication and social marketing
- Building healthy public policy
- Advocacy, legislation, regulation
- Creating supportive environments

Jakarta Declaration 1997
- Promote social responsibility for health
- Increase investments for health development in all sectors
-动员和扩大健康伙伴关系
- Increase community capacity and empower the individual
- Secure an infrastructure for health promotion

Education
- Professional education
- Community education

Social Marketing
- Consumer orientation
- Define target group
- Use the marketing mix: product, price, place, promotion, message, evaluation

Advocacy, legislation, regulation
- Requires:
  - Community support
  - Evidence
  - Champions
  - Media
  - Potential solutions
  - Cross-sector
  - Incentives, awards

Products, technical changes
- Examples:
  - Nutrition
  - Road safety
  - Playground safety
  - Physical activity
  - Tobacco control
  - Sun protection
  - Drowning
Reorienting organisations

- Tensions can be addressed by cross-organisational approaches.
- Examples:
- Local government supporting physical activity
- School education supporting road safety
- Sports groups supporting sun protection
- Workplaces supporting tobacco control
- Health professionals providing preventive advice
- Interest groups adopting safety guidelines e.g. GWA and FarmSafe

Conditions for successful implementation

- Leadership, champions
- Good program management
- Adequate resources, skills
- Partnerships, collaboration - to multiply and diversify efforts
- Participation by stakeholders, target groups
- Contingency planning, picking up new opportunities

Strategies for preventing scalds

- Education: brochures on first aid
- Communication: awareness
- Mining industry change
- Check: temperature range on hot water storage
- Supervise movement: child restraint bag, adjust temperature, ban hot water with elderly groups, housing
- Reorienting services: change early warning, hot water switch, public housing
1.2.3 Health Promotion Skills in Injury Prevention and Safety Promotion

About Nauiyu Swim for Life
- Established to ensure the daily activities of the project
- Support the Project Officer
- Ensure that community residents are actively participating in the programs
- The Nauiyu Aquatic Recreation Group is made of key community members from various community organisations or groups

The Nauiyu Aquatic Recreation Group
- Established to oversee the daily activities of the project
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Injury Prevention and Safety Promotion

The Management of the Pool
- Royal Life Saving Society
- Nauiyu Aquatic Recreation Group
- Nauiyu Swim for Life
- Nauiyu Sport & Rec

Introduction
- The Swim for Life Project is in partnership with our key stakeholders, has
- Developed to ensure that the pool is as safe, healthy and safety
- Education is provided to residents and that those foreseeable injuries can be prevented.

We also understand that there are many risk associated with running a public swimming pool and therefore has undertaken the following programs and activities that will go further into throughout this presentation:
- Water safety awareness for children under 5 years
- Swimming lessons provided for children
- Training Pool
- Supervision of the Swimming Pool
- Reporting Documents
- Water safety education and promotion
- Targeting specific groups

Water safety awareness for children under 5 years
- The aim of the program was to introduce parents or guardians to safety in the water, even and water familiarisation for children under the age of 5 years.
Swimming training programs for children
- Children from the local schools, including St Francis Xavier School, attend swimming lessons regularly.
- They are taught swimming lessons and water safety education.
- The Sport and Rec team provide lessons that are fun as well as educational and that progressively build upon the children’s swimming skills and confidence.

Training Our Mob
- Royal Life Saving Society (RLSS) delivers a range of training and assessment programs that are delivered in Nauyuk community.
- RLSS have developed a training model specifically for Nauyuk.
- The aim of the Training Plan is to create a Nauyuk driven swimming pathway using local people to train and RLSS people to assess.

Supervision of the Swimming Pool
- The Nauyuk swimming pool has a golden rule that is "never open unless two staff members are on duty.
- At least one of them must have a certificate in First Aid and the other officer supervising must have been trained in Resuscitation and the other in Rescue.
- Our lifeguards are local people and community residents.
- All visitors to the pool must abide by the Nauyuk Swimming Pool Rules.

Reporting Documents
- There are many reporting documents that we use on a daily basis.
- These documents help us to record information that we can refer to in the future.
- We may use this information to make changes to the way the pool is managed.
- Some documents are very important such as the Accident Incident Report Form and need to be made available within the pool.
Water safety education and promotion
- An effective way to prevent injury and highlight water safety is through education and promotion.
- All visitors to the pool are taught water safety tips.
- Posters are catchy, bright, colourful and are distributed around the community.

Get active and get involved

Having fun, but playing it safe in and around the Pool

Targeting Specific Groups
- We aim to target and accorndr groups of people to attend the pool and provide the health benefits that physical activity in the pool can provide.
- Such as recreational groups, the pool family could be the swimming pool for a specific water activity.
- With a resettlement with the Nalny Aquatic Recreational Group it was suggested as a way to encourage children to visit the swimming pool where an activity such as cultural positive this helps in the swimming pool itself.

Contact Details

Project Officer: Betty Skempton
Postal: Nalny Aquatic Recreation Project,
P.O. Box 39
Daily Present
Via Terrasse 46 021

Residential: Nalny Community, Iby River,
Cape River Road, N.T.
Mobiles: 0431651731
2.3.1 Understanding your community and ‘Who can help?’

Goal: Optimize pool use for the whole community

- Increase awareness & participation in pool activities
- Expand the pool to include all Territorians
- Encourage partnerships and growth
- Value: Fun, Fitness, Friendship, Life-skills, Leadership, teamwork

SWOT Case Study

- Pool Lifesaving is great for:
  - Camouflage Pool Games
  - Thursday Night & Tues
  - Avoiding pool with other sports
  - XG Principles
  - Sustainable in life
  - Hard to remain active
  - Katherine, Tennant Creek & Alice Springs and remote communities

Thursday Night Pool Lifesaving

- Agenda:
  - Teacher & Pool Co-ordinator for NTIS NFP PD
  - Royal Life Profile Purpose
  - Partnerships
  - Water & Leisure
  - Resources
  - Bronze Medallion Association
  - Overview, Dates, Ideas
  - Pool Lifesaving - Resources / Action Plan

Alice Springs ‘Teachings’ PD & JNQ

Sample Program - Pool Lifesaving Champs

1. 75 m Freestyle
2. 100 m Freestyle, 200 m Backstroke
3. 25 m in practice shorts and no PD
4. 25 m in t-shirt and shorts
5. 25 m in practice shorts and no PD

Pool Lifesaving at Swim Clubs

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### 2.4.1 Understanding activities that can help promote health and safety around the community pool

<table>
<thead>
<tr>
<th><strong>Rescue Competition</strong></th>
<th><strong>Activities</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Target</strong> – everybody (all groups)</td>
<td><strong>Carnivals – teams</strong></td>
</tr>
</tbody>
</table>
| **Groups** – nurses, teachers, sport & rec, shop owners, media, civil construction, local councils, pubs, childcare, parks & gardens | **Who**: kids compete (age groups)  
Others watch/support  
Involve: school/representatives to decide events  
Lifeguards  
Time keepers  
Task plan  
Other community groups involved: fundraising/promote activities/donate prizes/sponsors |
| **Strategies** – racing competitions, time & venue, donated prizes, bush tucker, ribbons, qualified workers | **What**: prizes – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, encouragement awards  
Poster to promote – community noticeboard  
Presentation at the end |
| **Issues** – funding, picking the right time, participation, cultural issues, donations | |

<table>
<thead>
<tr>
<th><strong>Pool Finances ($)</strong></th>
<th><strong>Income and $ - user pay</strong></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>- Service fee</td>
</tr>
<tr>
<td></td>
<td>- Local business</td>
</tr>
<tr>
<td></td>
<td>- External funding</td>
</tr>
</tbody>
</table>
2.4.2 Strategies to improve water safety and swimming skills in local community – Adolescents /adults – Infants / Children
2.5.1 Understanding of the Guidelines for Safe Pool Operation

**Understanding of business practices for running a pool**

- Parks and Indigenous Pools
- Health Promotion and Operations Workshop 2007
- Ethnic Indigeneous
- Aquatic Industry Services
- Royal Life Saving Society Australia

**Guidelines for Safe Pool Operation**

- Compliance to legislation, standards and industry guidelines
- Induction, training and maintenance of skills
- Prevention through public education & risk analysis
- Supervision
- Emergency management planning and readiness

**Running a pool?**

- Compliance to legislation, standards and industry guidelines
- Induction, training and maintenance of skills
- Prevention through public education & risk analysis
- Supervision
- Emergency management planning and readiness

**Compliance to legislation, standards and industry guidelines**

- GSPO
- NT Work Health Act & Regulation
- NT Dangerous Goods Act & Regulation
- Public Health Guidelines for Aquatic Facilities (Water Quality)

**Induction, training and maintenance of skills**

- Induction
  - This content of induction sessions should be flexible, specific and should include, but not be limited to:
    - Demonstrating the application of the organisation’s control procedures
    - Demonstrating the application of the organisation’s emergency action plan (EAP)
    - Supervising staff at an aquatic facility or observing how the facility and its staff
      - monitoring procedures
      - guiding patrons
      - facility-specific signs and rules

**In-service training**

- In-service training
  - Frequency – prior to season and quarterly
  - Review and practice of emergency procedures
  - Practice of initial assessment and response to emergencies
  - Review of notification:
    - Local emergency
    - Incident
    - Not all
  - Review a session from the previous session of terrorist, violent behaviour or prevention

**Standard operating procedures**

- Opening a facility
- Closing a facility
- Water testing & frequency
- Program set up procedures
- Supervision procedures
- Rotations / breaks
- Communication
- Reporting

**Prevention through public education & risk analysis**

- Signage
- Education programs
- Consistent message
- Get to know your users
- Proactive rather than reactive
- Minimum standards – conditions of entry
- Regular facility analysis

**Supervision**

- Supervision strategy
- It is not just about ‘being there’
- Risk management approach
- Don’t forget your isolated areas
- User policy
- Lifeguard self assessment

**Emergency management planning and readiness**

- Emergency Action Plans:
  - Review types of potential emergency
  - Displacement
    - Severe injury incident
    - Chemical leak
    - Fire
    - Other?

- Display your EAP’s to public
- Practice your EAP’s regularly
- With any SOP’s assess readiness to respond regularly, e.g., stock first aid kit of a morning, ensure rescue equipment is pool side
- Lifeguard self assessment
You're the manager/lifeguard of this pool. . . . . . . . . .

- What's not right?
- What have you identified?
- How would you control this?
- How would you eliminate?
2.5.2 A draft emergency response and evaluation plan

**Emergency Action Plan: Lightning**

Count 30 (flash to bang)

**Communication**
- Staff acknowledge count
- 3 whistle blows = total evacuation
- All clear signal

**Equipment**
- Whistle

**Debrief**

**Staff**
- All staff @ pool
- Staff training

**Considerations**
- Local knowledge of environment
- Count after storms – over 30 seconds

**Action:**

**Identify:**
- Staff 1 – check pool is clear/toilets & showers
- Staff 2 & 3 – pack away gear
- Staff 4 – check patrons gear
- Staff to safety/lock up
- Fill out report/debrief
- Reassess after storm passes for reopening

Minor: no evacuation
Major: Evacuation

*Identify – Assess – Communicate – Response – Evaluate*
3.1 Leanyer Recreation Park Welcome
3.2.1 Understand of business practices for running a pool / possible funding models for pool and health promotion activities

**Tips**
- Involve community to improve support
- Sell things other than the swimming pool
  - Leadership
  - Training
  - Families
  - Health
  - Arts

Water conservation

**Funding**

*Internal*
- Pool costs
- User pay – council
  (Nightcliff/Parap/Casuarina)
- Service Fees (communities) – per individual
- Local business – clubsSTORES
- Advertising – promotions

*External* – (easy funds website)
- Grants from large businesses
- Governments
  - I.C.C
  - C.D.E.P
  - N.T.G & F.G

F.A.G – Federal Assistance Grants
**Induction Program**
- Introduction to staff and roles
- Policies and procedures of facility and industry guideline and regulations
- Have written induction process, with video (regular review)
- Site review – walk around with map – and technical points and safety
- Show how things work – procedures
- Mentoring for a period as defined = 1 week
- Customer relations training
- Cultural training
- Training in emergency procedures – ie. First Aid, technical aspects
- Roster, pay processes, time sheets, etc.
- Give opportunity to ask questions and talk
- Check with person next ‘day’ how they felt about the induction process

**Staffing**

1. Resus/oxygen  
   **Peak (2hr)**
   EAP – lightning, drowning, fire  
   Supervision/communication  
   Water testing  
   General maintenance

2. Resus/oxygen  
   **Off (2hr)**
   Customer service  
   Pool rules/conditions of entry  
   Bronze – rescues  
   Fitness Assessment – Bronze Medallion  
   SOP – Standard Operating Procedures

3. Resus/oxygen  
   **Off (2hr)**
   Administration/kiosk functions  
   Chemical handling  
   Security/crowd control  
   Water testing

4. Resus/oxygen  
   **Peak (2hr)**
   EAP – spinal, serious injury  
   Supervision/communication  
   Fitness Assessment – Bronze Medallion  
   SOP – Standard Operating Procedures

---

General maintenance

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**Opening Procedures**

1. Check the pool and surrounds (2)
2. Clean amenities (3)
3. Test pool water (4)
4. Check plant room (5)
5. Check that staff are present (1)
6. Check that phones/mobiles are working
   (7)
7. Check ox-sok (if you have it), first aid equipment (6)
8. Open pool and run as operating manual
3.2.2 Rescue techniques for community pools
3.2.3 Demonstration form Leanyer
3.3.1 Understanding who and why people are currently using the pool

**Activity – Safe entry into pool**

**Like a crocodile: slide in**

Crawl on step – take a big breath, with nose under, blow bubbles out nose

Supervisors – parental assistance, lifeguards, public notices, radio, school

Day: in school program

Time: Duration 1 hour

Target Group: 5-6yr/old (visual/verbal and physical demonstration)

7-10yr/o

10-15yr/o

15-18 yr/o recovery session

  Walking
  Sculling
  Underwater distance – find objects
  Light aerobics
3.3.2 Improved techniques for the use of the pool – activities and programs

No. 1 Group – Rules of the Pool

1st – showering before swimming
2nd – no running
3rd – no diving, no jumping – shallow end
4th – no sitting on the lane ropes
5th – no kids under 5 without parent supervision
6th – no spitting/fighting
7th – no pooping in the pool
8th – no food/lollies/drink in the pool
9th – no dogs @ the pool

Pin up of signs (and go through rules with kids)
- No smoking/alcohol/drugs
- Chemical signs

Groups to involve:
- Children
- Teachers
- Teenagers (young ones)
- Parents

How to:
- Demonstrate over talk
- Show and tell – pictures
- Simple instructions
- Educate via orientation session of all new people to community re. Dress code.

Emergency Chemical Spill

Community staff
- Phone emergency services
- Pool users and staff

Equipment : water safety data sheet, personal protection
Notify Staff
Consideration

Action
Full Evacuation (supervisor contact 000)
Staff evacuate public using emergency siren or PA and person to person communication
Trained staff and emergency services attend to spill = make safe
Safety check
Emergency services to give all clear
Reopen
Drowning

Communication:
- Whistle
- Verbal
- Hand signal
- Phone (1) health clinic
- Siren

Equipment:
- Accessible
- First aid kit
- Oxygen
- Whistle

Staff:
- Identified emergency staff

Consideration:
- Direct number instead of 000

Action - Major
1st person – rescue
2nd person – clear area & check
Remove to emergency designated are
Nominate person to call 000, if unsuccessful run to clinic
Notification
Debrief
Incident report
3.4 Review Feedback and Close