



# Kicking Back

Edition 100 | August 2020

Telephone: 08 8981 5036 | Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

**Patron:** Her Honour the Honourable Vicki O'Halloran AM  
Administrator of the Northern Territory and Mr Craig O'Halloran  
**President:** Penny Hart

Proudly sponsored by  
 Northern Territory  
Government

 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY



# 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*

# Covid-19 Safety Plan

## Personal and community responsibility

- Ensure you are following these principles in your daily life.
- Encourage your family and friends to follow these principles in their daily life.
- Take responsibility - it is only if the community work together that we will keep the NT safe.

## Physical distancing

- A minimum space of 1.5 metres between you and other people who aren't known to you.
- If you need to be facing another person and closer than 1.5 metres apart minimise contact to less than 15 minutes.

## Hygiene

- Avoid touching your face and cough and sneeze into a tissue or into your elbow.
- Hand washing with soap and water for 20 seconds or use hand sanitiser before and after any contact with surfaces such as playground equipment that is used by more than one person.
- Regularly cleaning and disinfecting surfaces that are touched by more than one person – e.g. phones, door handles, benches, equipment, toys etc.
- Avoid sharing cups, utensils and cigarettes.



# Career Opportunities



We are currently looking for Casual Swimming Teachers.

If you are a fun, energetic and reliable person who likes working with children then this might be the job for you!

For more information contact  
Steve Gazzola on 8981 5036 or  
[remoteswimsurvive@rlssa.org.au](mailto:remoteswimsurvive@rlssa.org.au)



*To celebrate the 100<sup>th</sup>  
Edition of Kicking Back, we  
are looking back ...*

The Royal Life Saving NT office has had many friendly locations. After a makeover, the new office on Ross Smith Avenue in Parap is now our new meeting place.







Royal Life Saving NT has had many great staff members throughout the years. Each team has been committed to servicing the Northern Territory by providing essential water safety education and drowning prevention.



Pools and aquatic facilities have been transformed from old to new. Along with changes to these iconic venues, so have our swimming programs developed over time and increased in popularity.







Pool Lifesaving is the only sport with a humanitarian purpose. Royal Life Saving Northern Territory Branch has a proud history of sport participation throughout the communities in the NT and nationally at the annual championships.







The Indigenous Advancement Strategy is achieving amazing outcomes in remote communities and it is such a privilege to be working with local people to have employment opportunities at their swimming pools.





The variety of training courses delivered by Royal Life Saving NT has expanded over the years. Annually, over 2000 Territorians gained qualifications in a range of courses delivered by dedicated Trainers from the Royal Life Saving NT Branch.







A massive shout out to our members who continue to support us in the community to prevent drowning and promote water safety.  
This reinforces our mantra: *'Our People, Our Lifestyle, Our Water'*





The Swim and Survive program has delivered swimming and water safety lessons to the children of the Northern Territory for many years. The continuous teaching of this life skill is only made possible by the dedicated Royal Life Saving swim teachers. The tireless efforts by many over the years have provided the children of the NT with essential skills for life.



# PROGRAMS



August was Senior's Month!

WETS exercise and Grey Medallion sessions every Tuesday and Thursday was a great time in the water with the Cool Seniors

Thank you to all of the wonderful participants and NT Swim School



# INDIGENOUS ADVANCEMENT STRATEGY



Congratulations to the awesome Teachers, Sea Rangers & Community Members of Milingimbi who completed their First Aid Training on the 7<sup>th</sup> of August. Thank you for your enthusiasm!



# WATER SAFETY UNIT

The Water Safety Unit



Boof was out and about visiting the children at Alice Springs Childcare on the 18<sup>th</sup> of August. The children enjoyed the story and learnt a lot about water safety. They joined Boof singing and dancing to the Water Safety Song. Thankyou for having us at your Centre !





# Water Safety Week 2020

## SEPTEMBER

DATE	EVENT	LOCATION	TIME
<b>SUNDAY 20<sup>th</sup></b>	<b>SplashFest</b> (Water Safety Week Opening event)	<b>Darwin Waterfront</b>	<b>9am – 12pm</b>
<b>MONDAY 21<sup>st</sup></b>	Story Reading	Casuarina Library	10am - 11am
<b>TUESDAY 22<sup>nd</sup></b>	Story Reading	Nightcliff Library	10am - 11am
		Palmerston Library	10am - 11am
<b>WEDNESDAY 23<sup>rd</sup></b> 	Story Reading	Darwin Library	10am - 11am
		Katherine Library	10:30am - 11:15am
	Little Royals Swim School Registration day	Katherine Town Pool	12pm - 2pm
	Pool Life Saving Carnival	Alice Springs Aquatic & Leisure Centre	3pm - 5pm
		Parap Pool	5pm - 7pm
	Story Reading	Alice Springs Library (online)	10:15am - 11:15am
<b>THURSDAY 24<sup>th</sup></b>	Story Reading	Karama Library	10am - 11am
	Alice Springs Night Markets	Todd Mall	5pm - 8pm
<b>FRIDAY 25<sup>th</sup></b>	Water Safety Fun with Boof	Leanyer Recreation Park	3pm - 4pm
<b>SATURDAY 26<sup>th</sup></b>	<b>AquaFest</b> (Water Safety Week Closing Event)	<b>Palmerston Pool</b>	<b>10am – 1pm</b>

### #SplashOn







Save the date! Water Safety Week isn't far away! A week of all things Water Safety, from story reading with Boof the Barramundi at local libraries, school visits and our opening event **SPLASHFEST!**

Stay tuned on our Facebook and Instagram for Events and details @royallifesavingnt



# SplashFest

## DARWIN WATERFRONT

### 9am – 12pm SUNDAY 20<sup>th</sup> SEPTEMBER

- Water Safety Creek competition
- Stilt walkers
- Roving balloon twisters
- Giant bubble fun
- Circus entertainment
- Boof the Barra
- Water Safety demonstrations and much more



 #SplashOn
 ★ Free Event ★



# SPORT

## POOL LIFESAVING

**Wednesday's**

**Parap Pool: 5:30 – 6:30pm**

**Alice Springs Aquatic & Leisure Centre: 4-5pm**

Junior Pool Lifesaving Squad

Pool Lifesaving Competition Squad

Develop fitness and learn technical skills in swimming & lifesaving under the guidance of our Pool Lifesaving coaches

**For further Information please contact:**

T: 8981 5036

Email: [sportnt@rlssa.org.au](mailto:sportnt@rlssa.org.au)

**SPORT VOUCHERS ACCEPTED**





# TRAINING

Shout out to the Teachers from Forrest Parade School for completing their Swim Teacher Rescue Award & CPR on the 10<sup>th</sup> of August. It was great to see so many dedicated to ensuring their students are safe around the playground and the pool.





# TRAINING



Congratulations to the champions from the Girls Academy who completed their Bronze and Bronze Medallion update at the Alice Springs Aquatic Centre on the 14<sup>th</sup> of August. They sailed through all the assessments with flying colours with a lot of laughs along the way. Well done!!



# TRAINING

Great work to the Bronze Medallion & Bronze Medallion Update participants who passed their course on the 15<sup>th</sup> & 16<sup>th</sup> of August at Parap Pool. Both groups were skillful & enthusiastic & were a great crew to work with. Thank you!





# TRAINING



Congratulations to the teachers at Rona Glynn Preschool on completing their First Aid Course on the 18<sup>th</sup> of August. It's wonderful to see so many participants having great skills and keeping those skills up to date. Thankyou for a wonderful afternoon of learning.



# KEEP WATCH



**DROWNING RISK TRIPLES  
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING  
AUSTRALIA



Remember the key messages:

👍 Supervision    👍 Restrict Access    👍 Water Familiarisation    👍 Learn CPR





## EMERGENCY CARE SESSIONS 2020 - Bookings are essential

### PARAP

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

Monday 7th September 5-6pm  
Tuesday 8th September 9am

Monday 5th October 5-6pm  
Tuesday 6th October 9-10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

Wednesday 9th September 4:30-5:30pm  
Thursday 10th September 9-10am

Wednesday 7th October 4:30-5:30pm  
Thursday 8th October 9-10am

### ALICE SPRINGS

Birth & Beyond – Parent Resource Centre  
Fan Arcade, 10/89 Todd St, Alice Springs

Monday 14th September 12:30-1:30pm

Are you in another location? Katherine, Nhulunbuy etc?  
Call us today to find out how you can attend an  
Emergency Care Session 898 15036





## Have you registered for the Water Safety Awareness Program?

The Water Safety Awareness Program provides free water safety lessons for parents/guardians and their children under 5 years of age.

### The Program consists of:

1 x Information Session – Emergency Care

4 x In the water lessons at a provider of your choice

To apply visit our website:

[www.royallifesaving.com.au/nt](http://www.royallifesaving.com.au/nt)

For more information contact:

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



# RESPECT THE RIVER



## CONNECT WITH US

-  RoyallifeSavingNT
-  RLSSANT
-  RoyallifeSavingAust
-  royallifesaving.com.au



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY