



Kicking Back

Edition 101 | September 2020

Telephone: 08 8981 5036 | Email: 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.



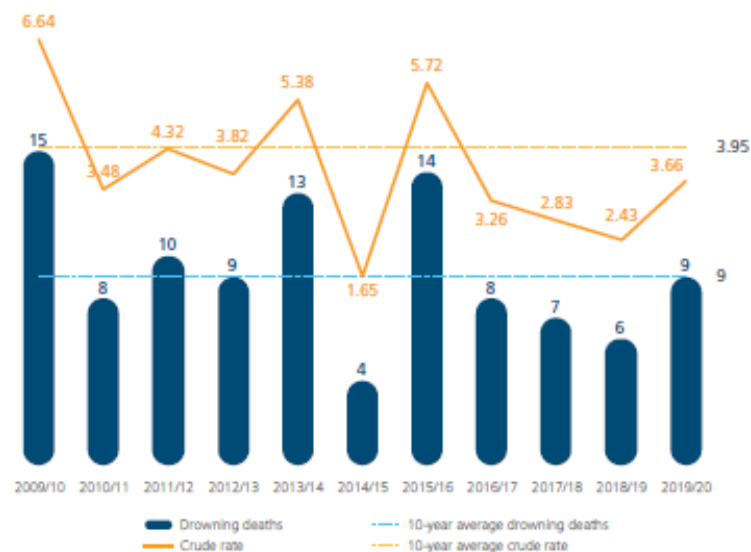
NATIONAL DROWNING REPORT 2020

NORTHERN TERRITORY



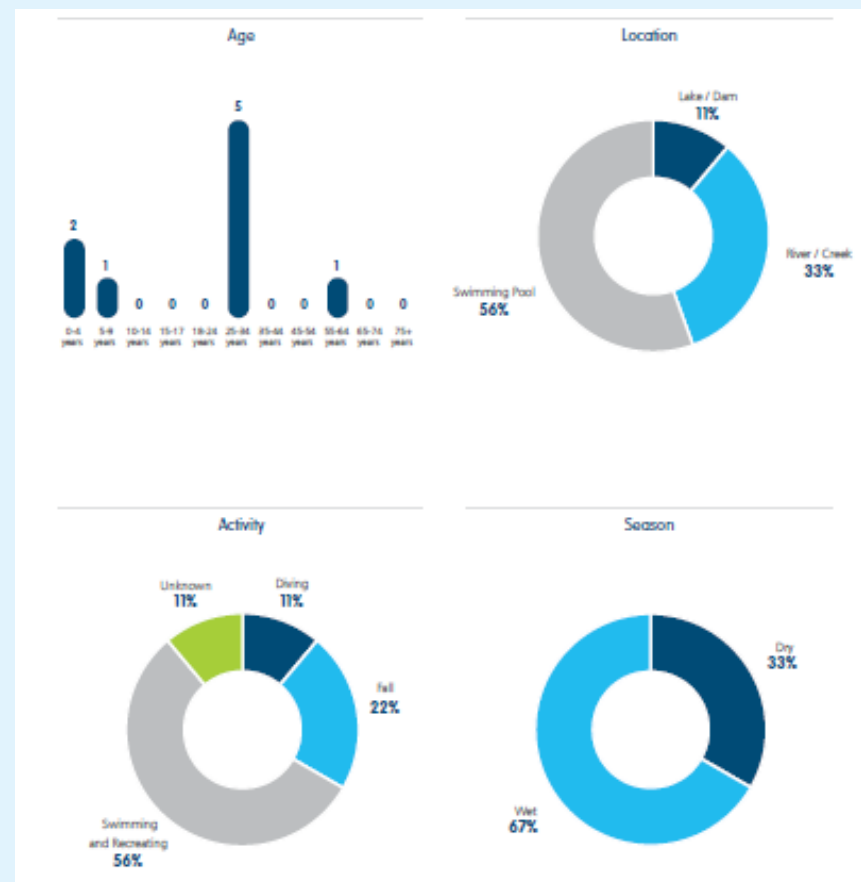
67% of those who drowned in the Northern Territory were male

Drowning deaths and death rates in the Northern Territory from 2009/10 to 2019/20 and the 10-year average



Sadly, the Northern Territory maintains the highest drowning rate per capita in Australia with 9 drowning deaths recorded in the 2019-2020 period.

For the full National Drowning Report please visit: <https://bit.ly/34dFYZQ>



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

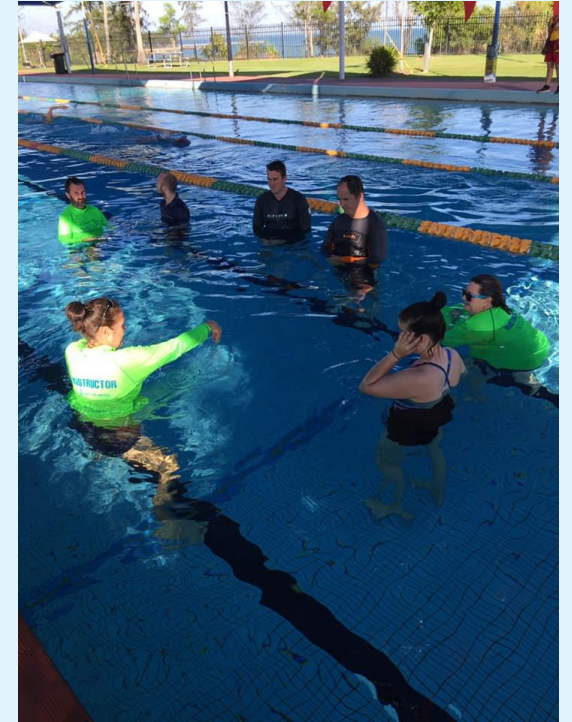
COMMUNITY – OUR PEOPLE



The first week of September began as the annual Team Week for Royal Life Saving NT Staff. Thank you Adam Drake, from Balanced Choice for an awesome Team Workshop on the 1st of September. New learnings, reassurance and laughter!

The Team were excited to reveal a new staff shirt celebrating 55 years of Royal Life Saving in the Northern Territory designed by William Hewitt.

COMMUNITY – OUR PEOPLE



Nightcliff Pool hosted our Trainers from across the Northern Territory for the 16th annual Trainers workshop on the 4th of September. The Trainers updated their qualifications and gained valuable insight in to changes within our industry standards at the workshop.

COMMUNITY – OUR PEOPLE



Thank you to all Water Safety Awareness Program providers who attended the annual workshop, in house and via zoom on the 4th of September.
A great morning of sharing, networking and guest speakers, all committed to providing swimming and water safety to the families of the Territory!

COMMUNITY – OUR PEOPLE

Thank you to all of our wonderful Members for attending our AGM on the 4th of September. Congratulations to the awardees for their outstanding contributions to Water Safety education, training and drowning prevention. Members approved an updated constitution and voted in our Management Committee.



COMMUNITY – OUR PEOPLE



Congratulations to the Awardees of 2019/20:

Pam Dillion

Trainer of the Year

Cieran New

Trevor Cawthorne Memorial Award

Steve Whiteside

Volunteer of the Year

Gabby Sutton

Swim Teacher of the Year

Goldfishbowl Swim School

WSAP Provider of the Year

Mirri Swim School

Swim School of the Year

COMMUNITY – OUR PEOPLE

Thank you to the Tennant Creekites who made it to the pool on the 9th of September for their very first MemberQ!



PROGRAMS

SUNDAY SWIMMING LESSONS For all children 6months old and up!



Sunday Lifesaving

Children 5yo and up
45min lessons

- 8.30 – 9.15am
- 9.15 – 10am

Higher levels

- 8.30 – 10.00am

Enrolment forms to:

programsnt@rlssa.org.au

**SUNDAY LESSONS
Nightcliff Pool
25th of October –
29th of November**



Little Royals Swim School

Children under 5yo (Starting at 6months old)
30min lessons

- 8:30-9am
- 9-9:30am
- 9:30-10am

Enrolment forms to:

infantsnt@rlssa.org.au

Learn to Swim, Sport and Water Safety Awareness Program vouchers accepted!

For more information please call 08 8981 5036

PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY



Congratulations to all the families that completed their swimming program with Little Royals Swim School and Sunday Lifesaving at Parap Pool for our first Term 3 program.

A big thank you to Mark Monaghan MLA: Member for Fong Lim who joined the programs on pool deck for the certificate presentation.

And lastly, a very special shout out to all the parents for their tireless efforts every Sunday and for allowing our swim teachers the opportunity to share in their child's water safety journey!

PROGRAMS



Well done to the dynamic students and teachers from Douglas Daly School who spent 3 days participating in the Swim & Survive Program in Darwin 16th-18th of September . You guys rock!



INDIGENOUS ADVANCEMENT STRATEGY

Early Childhood Educators from Arlparra School completed their CPR and First Aid courses on the 18th of September with flying colours! Well done!





Thank you to all stakeholders, stallholders, libraries, entertainers, schools and councils who supported Water Safety Week 2020. Plus a very special shout out to all families who participated in the events. Royal Life Saving NT and the Water Safety Unit appreciate everyone who contributed to all events to share Water Safety Education across the Northern Territory.

SPLASHFEST 2020

The Water Safety Unit

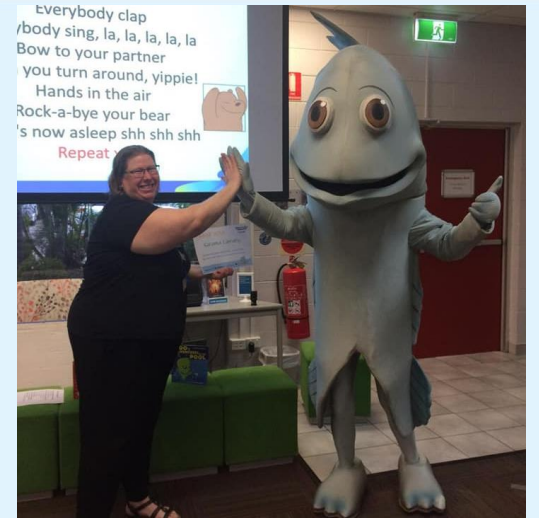


A fabulous turn out for the premier event Splashfest 2020 at the Darwin Waterfront on the 20th of September. Thank you to all families who participated in the Water Safety Creek and Rescue a Friend Competition! Thank you to Kate Worden MLA: Member for Sanderson, Our Patrons Her Honour the Honourable Vicki O'Halloran and Mr Craig O'Halloran, Darwin Waterfront Corporation and all stake holders and stallholders for another amazing event!

LIBRARIES

Boof loved story time and dancing at the Libraries!
Thank you to the Libraries:

- City of Darwin
- City of Palmerston
- Katherine
- Alice Springs



SCHOOLS

The Water Safety Unit



Be Water Safety Wise!
Thank you to teachers and
students from:
Bradshaw Primary
Leanyer Primary
Wagaman Primary
Holy Spirit Primary



POOL LIFESAVING CARNIVALS

The Water Safety Unit



Thank you to the athletes who competed in the Pool Lifesaving Carnivals during Water Safety Week!
Special thank you to Parap Pool & Alice Springs Aquatic & Leisure Centre.



AQUAFEST 2020

It was great to see so many families at the Final event of Water Safety Week at the Palmerston Swimming & Fitness Centre on the 26th of September! Thank you to:

- Eva Lawler MLA: Member for Drysdale
- Mark Turner MLA: Member for Blain
- Palmerston Swimming & Fitness Centre
- The Burning Circus
- Giggling Geckos
- Social Playground
- City of Palmerston



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

SPORT VOUCHERS ACCEPTED



KEEP WATCH



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA



Remember the key messages:

👍 Supervision 👍 Restrict Access 👍 Water Familiarisation 👍 Learn CPR



Alice Springs had an Emergency Care Session at Birth and Beyond on the 8th of September. The parents enjoyed participating in the session and registered for their Water Awareness vouchers that can be used for their Parent and Bub water safety lessons.

Thankyou, Birth and Beyond for having us and having fun with the adorable Bubs!





EMERGENCY CARE SESSIONS 2020 - Bookings are essential

PARAP

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

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

Monday 9th November 5-6pm
Tuesday 10th November 9-10am
Saturday 14th November 9-10am

Monday 7th December 5-6pm
Tuesday 8th December 9-10am
Saturday 12th December 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

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

Wednesday 11th November 4:30-5:30pm
Thursday 12th November 9-10am

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

ALICE SPRINGS

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

Monday 5th October 10-11am

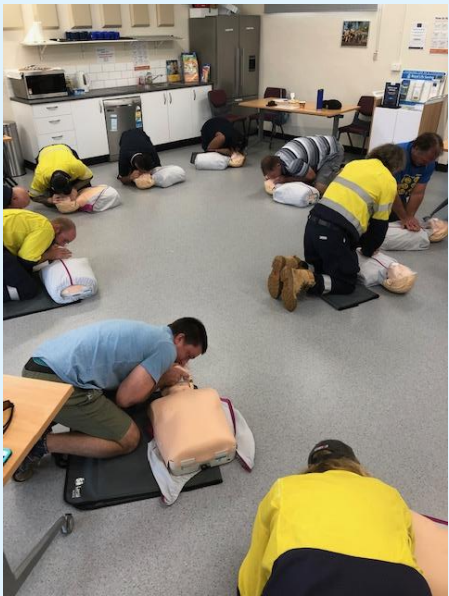
Monday 23rd November 10-11am

Are you in another location? Katherine, Nhulunbuy etc?
Call us today to find out how you can attend an
Emergency Care Session 8981 5036

TRAINING

It was a very busy month of training for the staff from Power and Water Corporation in Darwin. Almost 300 participants completed First Aid and CPR qualifications, with a total of 21 CPR and 14 First Aid courses conducted.

A special thank you to Royal Life Saving NT Trainers and Power and Water Staff for their dedication to the successful training. A great achievement by all, ensuring safety on site and in the workplace.



TRAINING

Another group of Alice Springs PFES Cadets gained their Bronze Medallion at the Town Pool on the 8th of September. They showed great skills to complete their Bronze and CPR assessment.



TRAINING

Nothing beats a sunset and a First Aid course on the 10th of September. Thank you to the Tennant Creek participants and Trainer of the Year Pam Dillon.



TRAINING

Congratulations to everyone who completed their Bronze Medallion in Tennant Creek on the 11th of September.



TRAINING

A massive shout out to everyone who completed their Pool Lifeguard & Update in Tennant Creek on the 12th & 13th of September.



TRAINING

Well done to the Educators from Acacia Hill School in Alice Springs who completed their annual CPR course on the 16th of September. They were all 100% pass students!



TRAINING

Congratulations to the boarders and teachers from St Philips who successfully completed their Bronze Medallion and Bronze Star on the 21st of September. Thanks for having us at your school and being champs with all the assessments!



RESPECT THE RIVER



CONNECT WITH US

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-  RoyallifeSavingAust
-  royallifesaving.com.au



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