



# Kicking Back

Edition 102 | October 2020

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**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.



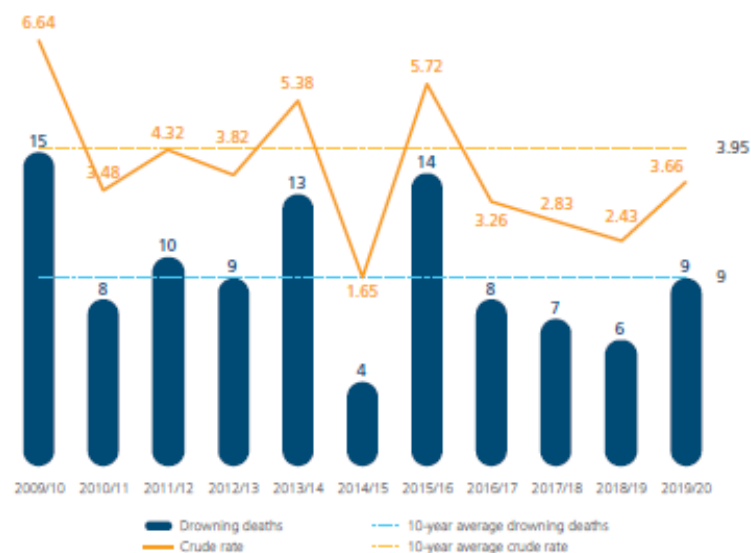
# NATIONAL DROWNING REPORT 2020

## NORTHERN TERRITORY



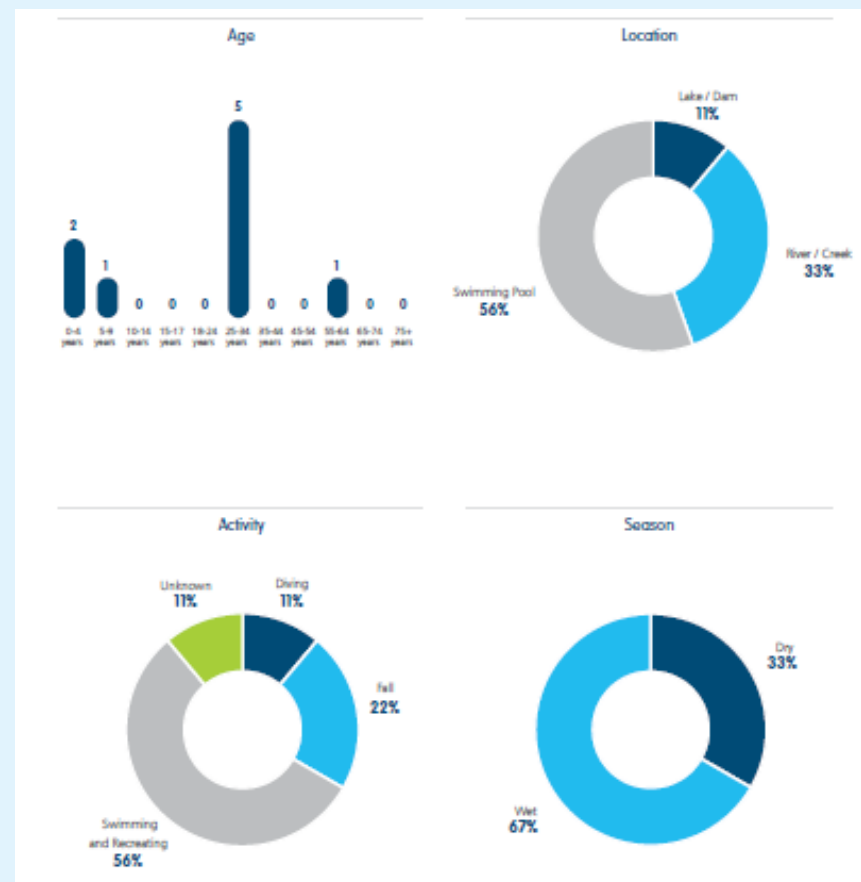
67% of those who drowned in the Northern Territory were male

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>



# COMMUNITY – OUR PEOPLE



The 2019-2020 Annual Report for the Northern Territory is now available. Thank you to all who have contributed to Water Safety Education ensuring Safety for all Territorians in, on and around the water.

Please see the link below to view the full report:

<https://bit.ly/3d0GOgU>



# COMMUNITY – OUR PEOPLE

With the recent rain and the start of our wet season, please remember to Be Riversafe!  
If it's flooded forget it! Think Water Safety for yourself, family & friends.  
The Todd River for example, is not flowing yet but will be soon & it's never safe to swim in.



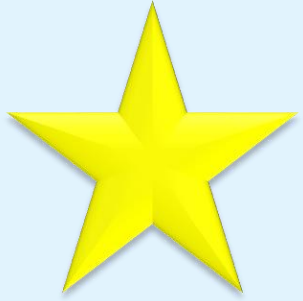


# COMMUNITY – OUR PEOPLE



The 17<sup>th</sup> of October was a River Safety Adventure that took us to the beautiful Jim Jim Falls in Kakadu. It was great to see everyone Be Crocwise!

Checkout the Jabiru Pool for a great place to swim & cool off. The river crossings are starting to flow but are not pumping yet, please BE RIVERSAFE this wet season.



## SAVE THE DATE

The 2020 AUSTSWIM Awards will be held online on the  
**26<sup>th</sup> of November at 6:30pm NT Time.**

Gather your teams, family and friends to start planning your Awards night!



# PROGRAMS



Congratulations to the great young people who participated in our Youth Holiday Program 28<sup>th</sup> September – 2<sup>nd</sup> of October. Using great teamwork on the raft building activity, followed by a great afternoon of stand up paddle boarding at Lake Alexander. You gals & guys rock!





# PROGRAMS



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Congratulations to all the kids finishing up the Vacswim School Holiday Program from the 5th-9<sup>th</sup> of October. A great week filled with swimming lessons, survival skills, CPR Awareness & more!  
Hopefully we'll see you again & more for our program in January.

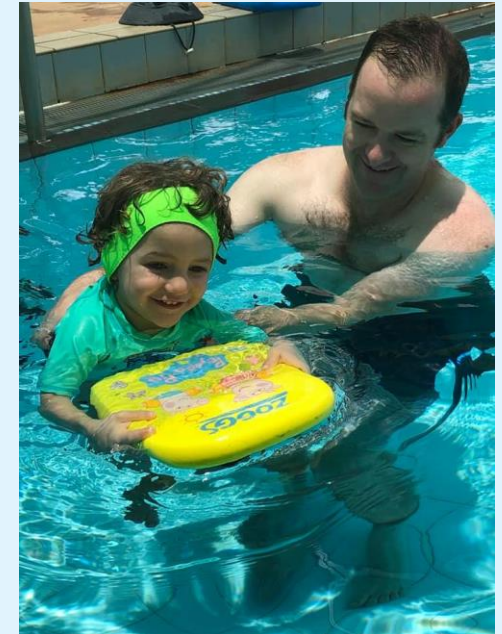




# PROGRAMS

What a fantastic few days of swimming it was on the 17<sup>th</sup> and 18<sup>th</sup> of October for the families in Katherine. Many mums and dads joined us for their first ever swimming lesson with their little ones for the Little Royals Swim School Term 4 Program.

A big thank you to everyone for a successful weekend of lessons!





# PROGRAMS



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Thank you to our wonderful swim teachers for delivering quality programs, respecting each other and leading innovative methods that make a difference for swimming and lifesaving. Leaders in Action!



# PROGRAMS



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Sunday the 25<sup>th</sup> of October was the first day of the Little Royals Swim School and Sunday Lifesaving Programs. It was great to see so many children & their families join us in the water. We look forward to seeing you each Sunday at the Nightcliff Pool.





# INDIGENOUS ADVANCEMENT STRATEGY

A huge Congratulations to the students of Alyangula, Umbakumba & Angurugu Schools who have completed their Level 4 Swim & Survive Qualifications as part of the Maritime Sea Rangers Program 12<sup>th</sup> – 16<sup>th</sup> of October. Goodluck on your journey to protect the marine environment!





# INDIGENOUS ADVANCEMENT STRATEGY

It was a wonderful week delivering the Swim, Survive & Strive Program to the energetic students of Yuendumu School from 19<sup>th</sup>-22<sup>nd</sup> of October. Also Congratulations to the community members who passed their Bronze Medallion & Pool Lifeguard. Well done to all & a big thank you for making us feel so welcome!



# 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**





# KEEP WATCH



**DROWNING RISK TRIPLES  
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING  
AUSTRALIA



Remember the key messages:

👍 Supervision    👍 Restrict Access    👍 Water Familiarisation    👍 Learn CPR



How gorgeous are these babies, complete with twins!

Congratulations to these amazing parents & grand parents who braved the wet & wild weather to attend their Emergency Care Session for the NT Water Safety Awareness Program on the 6<sup>th</sup> of October

Thank you Adrienne at Birth and beyond in Alice Springs for making water safety accessible for families.







## EMERGENCY CARE SESSIONS 2020 - Bookings are essential

### PARAP

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

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 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 23rd November 10-11am  
Monday 23<sup>rd</sup> November 4:30-5:30pm

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

Congratulations to everyone who completed their Bronze Medallion and Pool Lifeguard updates on the 2<sup>nd</sup> and 3<sup>rd</sup> of October in Alice Springs.





# TRAINING

A massive shout out to these legends who completed their Pool Lifeguard Course on the 3<sup>rd</sup> and 4<sup>th</sup> of October.

The timed 25m Swim & Tow Rescue of a conscious casualty was achieved by all with Chelsea & Tom setting a PB of 42.23

We hope they can maintain that fitness level for their update in 12 months!





# TRAINING

Congratulations to Darwin's newest batch of Pool Lifeguards. Thanks for a fun weekend on the 10<sup>th</sup> & 11<sup>th</sup> of October. All the best for your future careers keeping our pools safe!





# TRAINING

The Goldfish Bowl Swim School staff completed their annual CPR Course on the 17<sup>th</sup> of October. Great work everyone!



# TRAINING



Ever wondered what you would do if you found yourself in a survival situation in the water? On the 17<sup>th</sup> of October, these legends learnt exactly that on their Bronze Medallion Course.

If you're interested in enhancing your personal survival skills book online or call 8981 5036 to secure your spot!



# RESPECT THE RIVER



## CONNECT WITH US

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



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