



# MAKE THE RIGHT CALL

to keep your mates safe

**BUMPER  
EDITION**



**Wear a lifejacket**



**Avoid going alone**



**Avoid alcohol**

## Kicking Back

Edition 94 | January & February 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*



# MEMBER Q

Come along and celebrate being a Royal Life Saving NT member with a sunset BBQ and a chance to win the lucky member draw.

*77 Ross Smith Avenue Parap*

*Friday 27th March*

*5-7pm*

All members and their families are welcome to attend this FREE event.

Please RSVP to [nt@rlssa.org.au](mailto:nt@rlssa.org.au) or 8981 5036 by Friday 20th March.



# RESPECT THE RIVER

The Wet Season is here so please BE RIVERSAFE and remember –  
*“if its flooded forget it”!*





# RESPECT THE RIVER

## *MAKE THE RIGHT CALL*

Keep Watch of your family and mates and keep them safe around water.



Wear a lifejacket



Avoid going alone

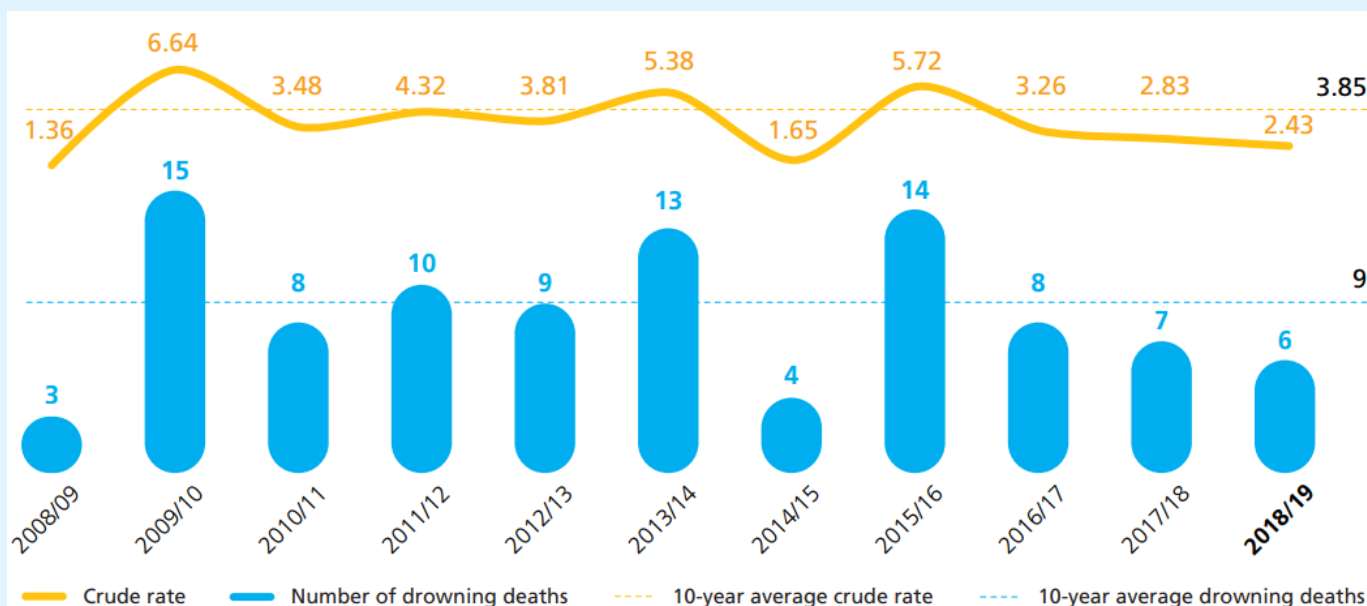


Avoid alcohol

# NATIONAL DROWNING REPORT 2019



67% of those who drowned in Northern Territory were male



Drowning deaths and death rates in Northern Territory from 2008/09 to 2018/19 and the 10-year average

Tragically 6 Territorians have lost their lives in our waterways in the last year. Remember to watch your mates and stay safe around our waterways.

See the infographic  
[https://www.royallifesaving.com.au/\\_data/assets/pdf\\_file/0003/25833/rlssa-ndr-2019-digital.pdf](https://www.royallifesaving.com.au/_data/assets/pdf_file/0003/25833/rlssa-ndr-2019-digital.pdf)



# KEEP WATCH



**AGE 1 YEAR** = **3x DROWNING RISK**

**DROWNING RISK TRIPLES  
WHEN CHILDREN TURN ONE**

ROYAL LIFE SAVING  
AUSTRALIA

**KEEP WATCH**

It is the 25th Anniversary of Keep Watch

Remember the key messages:

👍 Supervision    👍 Restrict Access    👍 Water Familiarisation    👍 Learn CPR

# COMMUNITY – OUR PEOPLE



On the 1st of February, the team travelled down to Katherine for the Tindal Defence Expo. It was great to meet all of the new families who have moved to Katherine.

Thank you to all who stopped by our stall and completed our Waterways Survey.



# COMMUNITY – OUR PEOPLE

Thank you to everyone who came along to the Little Royals Sign on day and our Family Fun Day at the Katherine Pool on the 1<sup>st</sup> of February.

We beat the record for our sign on enrolments for the Little Royals Swim School Program - full capacity in just 40mins!

We hope everyone had as much fun as we did!





# COMMUNITY – OUR PEOPLE



That's a wrap! Thank you to all of the wonderful families from Batchelor who joined us at the pool on the 2<sup>nd</sup> of February.

Special thank you to Coomalie Community Government Council for helping us with the BBQ for our River Safety Picnic!

We are looking forward to seeing everyone for Little Royals Swimming Lessons.



# COMMUNITY – OUR PEOPLE

Royal Life Saving NT were at The Top End Expo, Darwin Convention Centre on the 8<sup>th</sup> of February. Showcasing our valuable services & sport to the community & to new families living in the NT. Thank you for an informative & fun day and Welcome to the Territory!



# COMMUNITY – OUR PEOPLE

Congratulations Steve Gazzola on 10 years of service with Royal Life Saving NT.

Steve started as Programs Officer and has worked his way up to Education & Programs Manager which includes our Remote Swim, Survive & Strive Program.

Steve is 2IC and helps lead an amazing team of staff & volunteers. Steve is also a Gold Class Swim Teacher & Pool Lifesaving Coach. Thanks Steve we all love working with you.





# COMMUNITY – OUR PEOPLE



On the 26th of February, our Executive Director Floss Roberts and Royal Life Saving NT board member Sarah Dowd, met with Minister UIBO to speak about School Swimming & Water Safety programs in our Primary Schools.

# INDIGENOUS ADVANCEMENT STRATEGY

It was all systems go out at Gunbalanya Community from the 20<sup>th</sup>-24<sup>th</sup> January.

Bronze Medallion training with a great group of people. Teachers, Policemen, Clontarf, Sport & Rec Officers you name it, all walks of life making sure they were rescue ready.

And of course spending the day in the pool with the wonderful students from Gunbalanya School for their Swim, Survive & Strive Program.

Thank you everyone for making our visit such a great time!





# INDIGENOUS ADVANCEMENT STRATEGY

Sport & Recreation staff from Pirlangimpi & Wurrumiyanga have travelled over to Darwin for a full week of training from the 10<sup>th</sup>-14<sup>th</sup> February.

They participated for their First Aid, Bronze Medallion & Pool Lifeguard courses - A great commitment to gain the knowledge & skills to provide a safe environment at their swimming pools for the members of their community.

Amazing achievements, well done!



# INDIGENOUS ADVANCEMENT STRATEGY



It was a busy couple of days in Alyangula with Bronze Medallion, Bronze Medallion Updates & CPR training on the 17<sup>th</sup> & 18<sup>th</sup> of February. A great group of Teachers from Angurugu School, Umbakumba School, Alyangula Area School, Bush Fit Mob & East Arnhem Regional Council Youth Services.

Awesome work everyone!



# INDIGENOUS ADVANCEMENT STRATEGY

The 19<sup>th</sup> of February marked the first day of the Maningrida Swim School - Swim & Survive Program. This is the first swim school in Maningrida run by local community members for local children.

It has been a privilege to mentor local people to help establish a local swim school in Maningrida and also help them gain their AUSTSWIM Teaching of Swimming and Water Safety qualifications. Outstanding effort by all, thank you to the community for your ongoing support.



# INDIGENOUS ADVANCEMENT STRATEGY

Local youth workers and pool staff completed First Aid with flying colours in Santa Theresa 17<sup>th</sup> & 18<sup>th</sup> of February.

Pre-School to Senior students from Ltyentye Apurte Catholic School also completed their Swim, Survive & Strive and Pool Lifesaving lessons from 17<sup>th</sup>-21<sup>st</sup> February. It was a splash of a time in the pool, finishing off with a pool lifesaving carnival.





# INDIGENOUS ADVANCEMENT STRATEGY

It was a great finish to the week with students from Alyangula Area School attending for their Swim, Survive & Strive lessons on the 21<sup>st</sup> of February from Pre-School up to Year 9. Special shout out to the students who had a go at the Bronze Star and thank you for a fantastic week!





# INDIGENOUS ADVANCEMENT STRATEGY

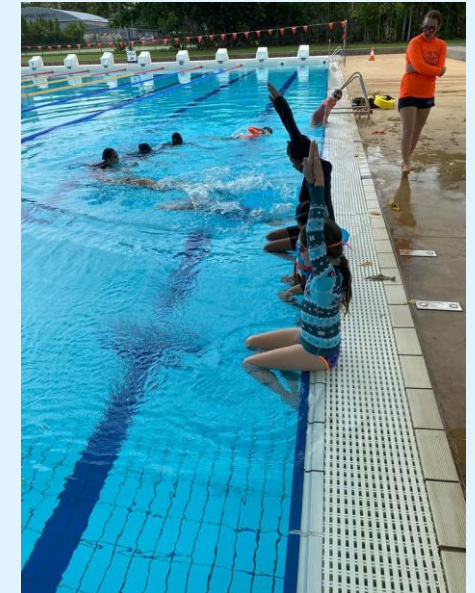


Umbakumba School were in the pool for their Swim, Survive & Strive lessons on the 24<sup>th</sup> & 25<sup>th</sup> of February. The students and teachers travelled an hour each way to come to the Alyangula pool!

Thank you for listening, learning & laughing, we hope you all had a great time in the water.



# PROGRAMS



What a week it was at Vacswim from the 20<sup>th</sup>-24<sup>th</sup> January.  
Stroke correction, survival skills & even a swimming spelling bee -  
Congratulations to all who joined us! We saw huge improvements & new levels achieved -  
including one Bronze Star.  
We hope you had as much fun as we did!



# PROGRAMS



ROYAL LIFE SAVING  
NORTHERN TERRITORY

Our 6 week Sunday Lifesaving Program & Little Royals Swimming lessons started on Sunday 9<sup>th</sup> February at the Nightcliff Pool.

What a wonderful way to spend a Sunday morning with lots of fun in the water!  
Thank you to all of the lovely families, we look forward to seeing you each week.





# PROGRAMS



Little Royals Swim School started in Katherine on the 7<sup>th</sup> of February with lessons at the Katherine Pool Friday afternoons and the Ibis Pool on Saturday mornings. Thank you Steph for your wonderful swimming & water safety lessons!

You make Little Royals in Katherine amazing, along with awesome parents & children.



# PROGRAMS



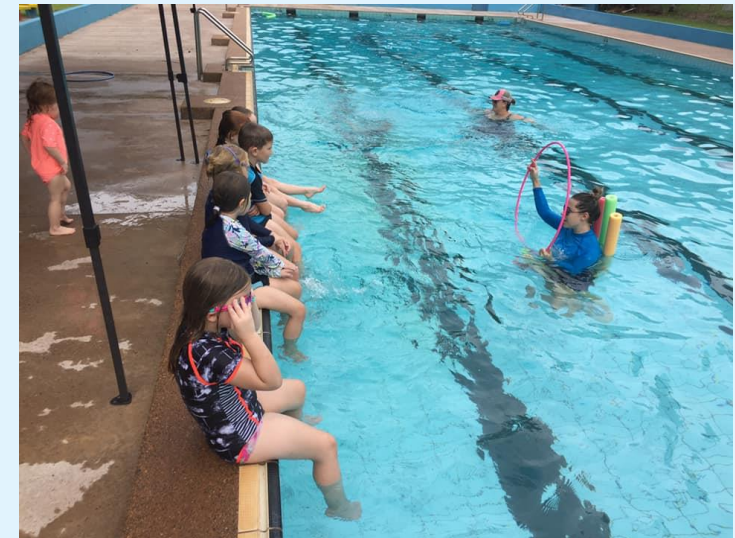
Royal Life Saving NT always looks forward to starting the year with our Swim Teachers and Team Leader In-Services. The Swim & Survive Teachers all joined in on the fun on the 6<sup>th</sup> & 7<sup>th</sup> of February to refresh and regroup for Term 1 & 2 2020.

Learning and laughing together!



# PROGRAMS

Lessons kicked off on the 20<sup>th</sup> of February for Little Royals Swim School in Batchelor.  
Thank you to the awesome families for coming down to spend their Thursday afternoons with us in the pool.



# PROGRAMS

## Adults Learn to Swim

It's never too late to learn to swim & be safe in and around water - so join us for our FREE Adult Learn to Swim program commencing this Wednesday 5pm at Casuarina Pool!

To enquire or enrol, contact us on 8981 5036 or email [programsnt@rlssa.org.au](mailto:programsnt@rlssa.org.au)



**Wednesday 12<sup>th</sup> February – Wednesday 18<sup>th</sup> March 2020**  
**5 – 6pm at Casuarina Swimming Pool, Corner of Angelo Street Casuarina.**

Living in our warm tropical climate, swimming is a part of life.

For those of you who missed out on learning basic swimming skills when you were younger, this is for you!

A six-week beginners' swim course, delivered by Royal Life Saving Society NT (RLSSA-NT) instructors, that teaches basic swimming and lifesaving skills.

**The best part? These lessons are FREE! That's right, there is no cost to attend.**



# SPORT



The NT Team travelled to Perth on the 9<sup>th</sup> of January for the Australian Pool Lifesaving Championships 2020.

4 Athletes represented the Territory this year competing at HBF Stadium.

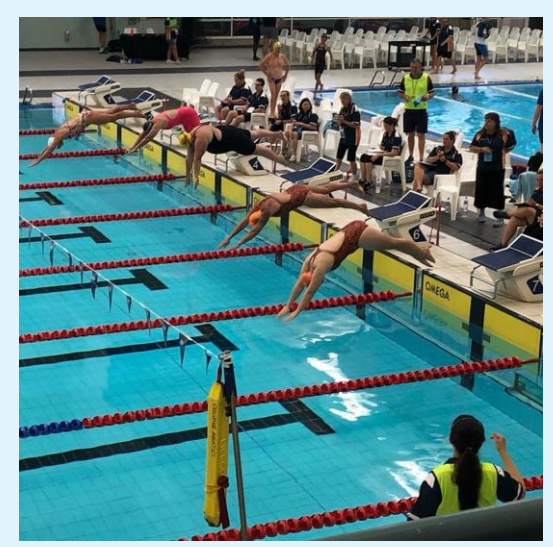
🏅 7 Gold medals

🏆 2 Overall age champions

👏 Numerous PB's

The Super Lifesaver tested endurance, the SERC tested quick thinking & judgement in a simulated emergency rescue situation. Their CPR skills were up there with the best of them but most of all, THEY HAD FUN!

A very special thank you to Bali Rides for your ongoing support and sponsoring our NT Team!



# SPORT

Pool Lifesaving is back!  
Are you up for the challenge?

Wednesday afternoons starting on the 5th of  
February

Parap Pool - 5:30pm-7pm

Alice Springs Aquatic and Leisure Centre -  
3:45pm-5pm

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

For more information call 8981 5036







It was a great weekend with these future swim teaching champions on the 15<sup>th</sup> & 16<sup>th</sup> of February. Everyday people working together to complete the AUSTSWIM Teacher of Swimming & Water Safety course. Some participants also travelled from Katherine and Arnhem Land to become qualified. Great work everyone, look forward to seeing you on pool deck!



## AUSTSWIM Teacher of Infants and Pre-School Aquatics

Alice Springs 7<sup>th</sup> March 2020

Darwin 15<sup>th</sup> March 2020

Book in today!

🖱 Website [royallifesaving.com.au/nt](https://royallifesaving.com.au/nt)

📞 Phone 8981 5036





AUSTSWIM 2020 Award Nominations are now open!

Do you know of an amazing swim teacher that makes a difference in your community?

Here's your opportunity to recognise, celebrate and thank them; nominate today

<https://austswim.awardsplatform.com/>

# WATER SAFETY UNIT

The rain is here, stay safe this wet!  
Stay out of pipes and drains!







### 2020 Dates for Session 1, Emergency Care

| Parap Office  | Palmerston Child & Family Centre   |
|---|--|
| Monday 23 <sup>rd</sup> March 5-6pm<br>Saturday 28 <sup>th</sup> March 9-10am | Wednesday 25 <sup>th</sup> March 4:30-5:30pm<br>Thursday 26 <sup>th</sup> March 9-10am |
| Monday 27 <sup>th</sup> April 5-6pm   | Wednesday 29 <sup>th</sup> April 4:30-5:30pm<br>Thursday 30 <sup>th</sup> April 9-10am |



Bookings are essential

For more information or to book your session Contact:

Royal Life Saving Society NT

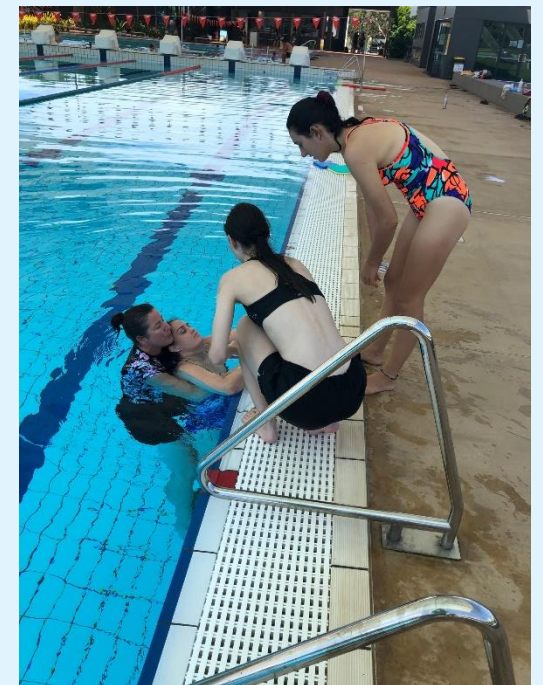
Phone: 8981 5036 Email: [infantsnt@rlssa.org.au](mailto:infantsnt@rlssa.org.au)

Children are welcome to attend, however it is a dry information session for parents/guardians

# TRAINING

Well done to all who completed the first Bronze Medallion course of 2020 on the 18<sup>th</sup> and 19<sup>th</sup> of January.

Congratulations to everyone who took the time to update and learn new skills.





# TRAINING

Are you in the Aquatic Industry? Would you like to learn how to maintain an Aquatic Facility?

Book in for the Aquatic Technical Operator Skill Set:  
Darwin 18th – 21st May 2020 or  
Alice Springs 25th-28th May 2020

- 👍 Identify risk and apply risk management processes
- 👍 Test pool water quality
- 👍 Maintain aquatic facility plant and equipment
- 👍 Develop and implement pool water maintenance procedures

and much more!

For more information call 08 8981 5036 or visit our website  
[www.royallifesaving.com.au/nt](http://www.royallifesaving.com.au/nt)



# TRAINING DATES 2020



## Resuscitation Courses

12th March 2.00 - 4.00pm  
21st March 8.30 - 11.30am  
16th April 2.00 - 4.00pm  
18th April 8.30 - 11.30am  
14h May 2.00 - 4.00pm  
11th June 2.00 - 4.00pm

## Bronze Medallion Courses

21st-22nd March 8.30 - 4.30pm  
18th-19th April 8.30 - 4.30pm

## Bronze Medallion Update

21st March 8.30 - 12.30pm  
18th April 8.30 - 12.30pm

## First Aid

### Child Care & Education

*Online learning + 4 hour practical  
Assessment*

12th March 2.00 - 5.00pm  
16th April 2.00 - 5.00pm  
14th May 2.00 - 5.00pm  
11th June 2.00 - 5.00pm

## Aquatic Technical Operators

18th-21st May

## AUSTSWIM COURSES

### Teacher of Preschool and Infants

8th March 8.30 - 4.30pm

### Teacher of Adults

On Request

### Teacher of Access and Inclusion

On Request

### Water Exercise—WETS

On Request

## Bookings

Phone: 8981 5036 or Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

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





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