



# Kicking Back

Edition 103 | November 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.



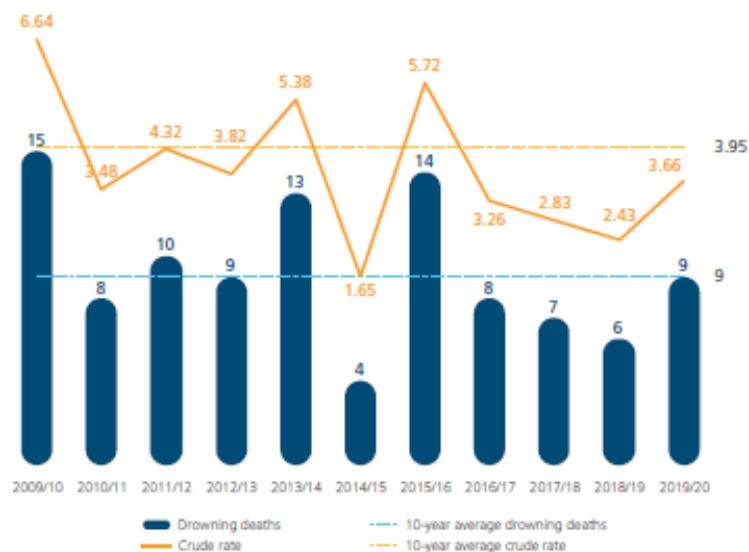
# NATIONAL DROWNING REPORT 2020

## NORTHERN TERRITORY



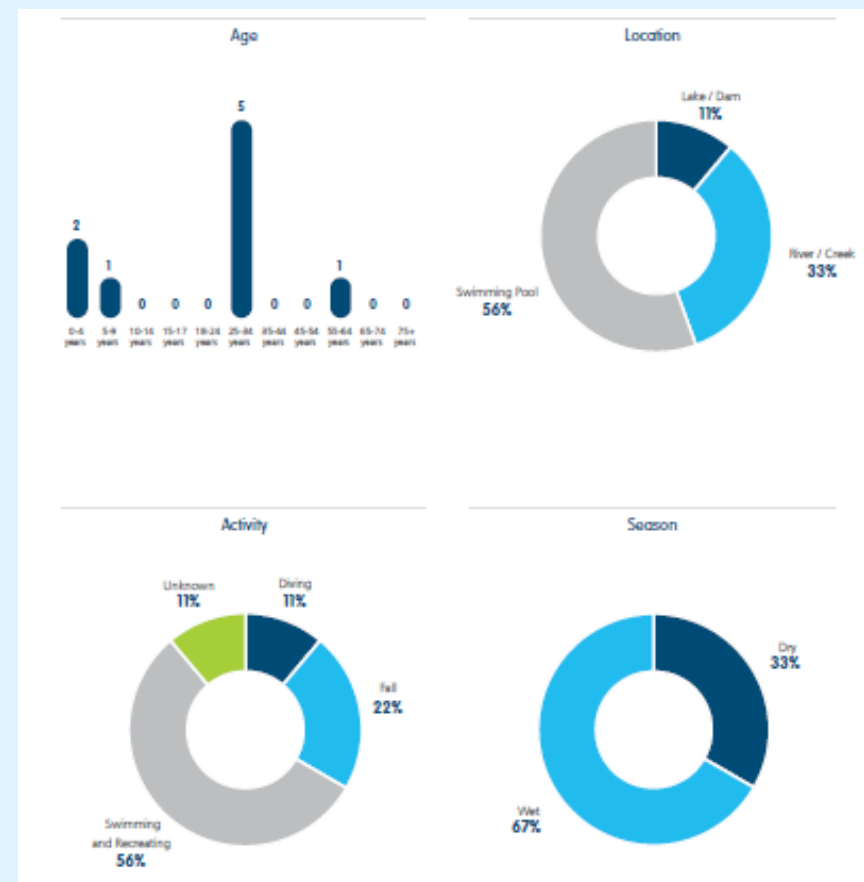
67% of those who drowned in the Northern Territory were male

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>





**ROYAL LIFE SAVING**  
NORTHERN TERRITORY



## 2020 Family Christmas Party



You and your family are invited to attend  
the *2020 Royal Life Saving NT Family Christmas Party*

### Alice Springs

**WHERE:** Aquatic & Leisure Centre

**WHEN:** Wednesday 2<sup>nd</sup> December

**TIME:** 4-6pm

### Darwin

**WHERE:** RLSSANT HQ 77 Ross Smith Ave, Parap

**WHEN:** Friday 4th December

**TIME:** 5-7pm

*Christmas Spirit and Royal Blue theme.  
Prize for best dressed and member draw!*

Please **RSVP** by Monday 1<sup>st</sup> December 2020 as Santa  
will be dropping in with presents for the children

Phone: (08) 8981 5036 or

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

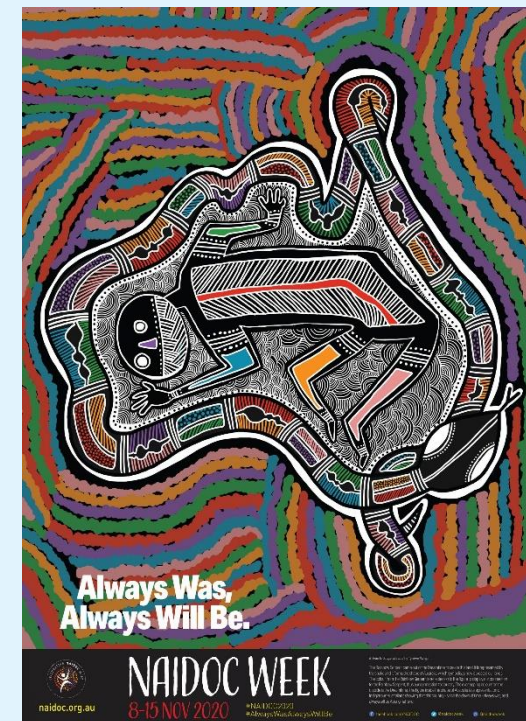
RLSSA NT – Executive Committee





# COMMUNITY – OUR PEOPLE

To celebrate NAIDOC Week 2020 Royal Life Saving NT showcased communities from across the Northern Territory, sharing their water safety stories and highlighting the wonderful things being done by local people for local people. Dedicated communities creating a safe place to cool off and have fun while learning essential swimming and lifesaving skills. We are very proud to be a part of it!



# COMMUNITY – OUR PEOPLE



Royal Life Saving NT are very excited to be announced as a Finalist for the Woolworths Community Group of the Year!

To vote for us for the Northern Territory Community Achievement Awards as People's Choice please see the link below:

<https://bit.ly/3f87Nb8>

We appreciate your support!

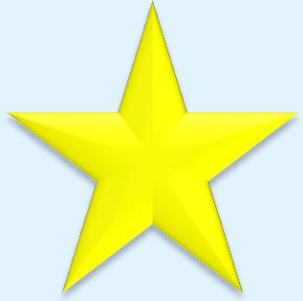


# COMMUNITY – OUR PEOPLE

Thank you Nicole Manison : Member for Wanguri Lauren Moss : Member for Casuarina Ngaree Ah Kit: Member for Karama for hosting a great event on the 14<sup>th</sup> of November for Welcoming the Babies at Tracy Village Sports Club.  
We look forward to seeing all families & their new babies as they start their water safety journey with the Water Safety Awareness Program.







## 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!



What a great day with these legends finishing the AUSTSWIM Teacher of Swimming and Water Safety course on the 7<sup>th</sup> & 8<sup>th</sup> of November. There were lots of laughs and information shared!



# PROGRAMS



ROYAL LIFE SAVING  
NORTHERN TERRITORY

A massive shout out to these 2 amazing teachers who go above & beyond to make Yulara School the best! They make sure swimming & water safety programs happen every year for their students. Wishing every school in the NT could do this!



# PROGRAMS



Congratulations to these lovely families for completing their first Swimming Lessons with Little Royals Swim School at Parap & Palmerston Pool in October and November. Thank you to #SwimMyWay and Royal Life Saving Society - Australia for supporting this program as they start their Water Safety journey. It is always a pleasure to be a part of moments like these!



# INDIGENOUS ADVANCEMENT STRATEGY



Wow thank you Ngukurr Community for a great 2 weeks we had delivering the Swim, Survive & Strive program to the wonderful students of Ngukurr School 26<sup>th</sup> October – 6<sup>th</sup> November.



Congratulations to all the community members who passed their Bronze Medallion, Pool Lifeguard, First Aid & CPR, go forth and keep everyone safe!



# INDIGENOUS ADVANCEMENT STRATEGY

What a way to spend NAIDOC week 9<sup>th</sup>-13<sup>th</sup> November! It was a hot one with Murray Downs coming into Tennant Creek Pool for the Swim & Survive Program. With a grand finale showing off their new skills to take out the Barkly Bush School Carnival. So many Schools representing from all around the region was a spectacle joy to watch!





# INDIGENOUS ADVANCEMENT STRATEGY



Congratulations to the students from Mutitjulu Primary School who completed their Swim & Survive program from the 16<sup>th</sup>-20<sup>th</sup> November. The older students worked through Level 2!





# INDIGENOUS ADVANCEMENT STRATEGY

Here's our next team of Super Swimmers! Thanks to the parents & carers at Mutitjulu Childcare for making time for water safety on the 20<sup>th</sup> of November.





# INDIGENOUS ADVANCEMENT STRATEGY

Yahoo what a great week we had in Peppimenarti & Emu Point delivering the Swim, Survive & Strive Program 16<sup>th</sup>-20<sup>th</sup> November. Thank you to all the awesome Students!



# 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



## EMERGENCY CARE SESSIONS 2021 - Bookings are essential

### PARAP

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

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

Monday 18th January 5-6pm  
Tuesday 19th January 9-10am

Monday 22nd February 5-6pm  
Tuesday 23rd February 9-10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

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

Wednesday 20th January 4:30-5:30pm  
Thursday 21st January 9-10am

Wednesday 24th February 4:30-5:30pm  
Thursday 25th February 9-10am

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





Congratulations to these wonderful parents who completed their Water Safety Emergency Care Session on the 23<sup>rd</sup> of November in Alice Springs. Keeping Watch of children around water is an important message for everyone.



# TRAINING



Happy, smiling faces after passing the Pool Lifeguard timed swim! Congratulations to these new lifeguards!



# TRAINING

Congratulations to everyone who completed their CPR & First Aid training on the 18<sup>th</sup> of November at Voyages Ayres Rock Resort.



# TRAINING

After a full days work these legends backed it up with CPR & First Aid training on the 19<sup>th</sup> of November in Yulara. Rescue Ready!





# TRAINING DARWIN 2021

## Resuscitation Courses

18th February 2.00 - 4.00pm  
11th March 2.00 - 4.00pm  
8th April 2.00 - 4.00pm  
13th May 2.00 - 4.00pm  
10th June 2.00 - 4.00pm

## Pool Lifeguard

6th - 7th February 8.30-4.30

## Pool Lifeguard Update

3rd February 12.00 - 8:00pm  
4th February 8.30 - 4.30pm  
6th February 8:30 - 4:30pm

## Aquatic Technical Operators

On Request

## Bronze Medallion Courses

16th January 8.30 - 4.30pm  
27th January 8.30 - 4.30pm  
20th February 8.30 - 4.30pm  
27th March 8.30 - 4.30pm  
17th April 8.30 - 4.30pm

## Bronze Medallion Update

13th January 3.30 - 7.30pm  
17th February 3.30 - 7.30pm  
24th March 3.30 - 7.30pm  
7th April 3.30 - 7.30pm

## First Aid

### Child Care & Education

*Online learning + 4 hour practical  
Assessment*

18th February 2.00 - 6.00pm  
11th March 2.00 - 6.00pm

## AUSTSWIM COURSES

### Teacher of Swimming and Water Safety

27th-28th February 8.30 - 4.30pm

### Teacher of Preschool and Infants

19th February 8.30 - 4.30pm

### Teacher of Adults

On Request

### Teacher of Access and Inclusion

On Request

### Water Exercise—WETS

On Request

### First Aid Online + Practical Assessments

Online learning + 3 hour practical Assessment

18th February 2.00 - 6.00pm  
11th March 2.00 - 6.00pm  
8th April 2.00 - 6.00pm  
13th May 2.00 - 6.00pm  
10th June 2.00 - 6.00pm

## Face to Face First Aid

Workplace training can be requested  
Email: [trainingmanagernt@rlssa.org.au](mailto:trainingmanagernt@rlssa.org.au)



## For all Bookings

Northern Territory Branch  
GPO Box 1229, Darwin NT 0801  
Phone: 08 8981 5036



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

# RESPECT THE RIVER



## CONNECT WITH US

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



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