



KICKING BACK

May 2025

EDITION #142



Welcome to the May edition of Kicking Back.

May was a massive month as Dry season community events rolled out across the Top End. Keep reading for all the highlights including fun at Fred's Pass Show, the inaugural Jingili Water Garden's Water Festival and a community visit to Nhulunbuy.



Fred's Pass Show



Nhulunbuy
Bronze Medallion



Catch up with
Birth & Beyond in Alice Springs

MISSION, VISION AND STRATEGY

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

Patron: His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones.

President: Randall Cook

Proudly sponsored by
 Northern Territory
Government

Fred's Pass Show



On 24 and 25 May, Royal Life Saving NT held a stall at the 46th annual Fred's Pass Show, officially launching the 2025 Show Circuit.

This year saw the introduction of our new 'Tell Us Your Story' activation. Visitors shared everything from near misses with crocodiles to rip current rescues, man overboard moments, and backyard pool safety concerns. The stories were heartfelt, powerful, and a great reminder of why water safety awareness matters.

We're incredibly grateful to everyone who took the time to chat. Sharing your experiences helps inform the work we do and plays a vital role in keeping our communities safer around water.

Have a story to share? Keep an eye out for us at upcoming events. We'd love to hear from you!

Check out more great photos from the Fred's Pass Show on the next page.



Fred's Pass Show



This activity has been delivered by Royal Life Saving NT as part of Inland Communities Water Safety Program with the support of the Royal Life Saving Society – Australia and the Australian Government.



Inland Waterways Drowning Prevention Program (IWDP)

The Inland Waterways Drowning Prevention Program has to date successfully reached 58,554 Territorians across the Northern Territory, demonstrating its widespread impact and effectiveness in engaging communities in water safety activities and events.

Through targeted initiatives and events, the program actively engaged communities in building essential water safety skills and knowledge, empowering individuals to prevent drowning incidents in inland water bodies.

Collaboration with stakeholders, including Government Departments, schools and community organisations has enhanced the programs outcomes and maximized the reach and impact of water safety initiatives. While challenges remain, the program's success underscores the importance of continued efforts and collaborative approaches to building safer aquatic environments for all Territorians.



ROYAL LIFE SAVING
AUSTRALIA



Australian Government



OUR PLACES



From 28 April – 2 May Royal Life Saving NT conducted an amazing week of training, learning and leadership with the students from Laynhapuy Homelands School.

Students spent the week at Nhulunbuy Aquatic Centre participating in the Swim, Survive & Strive program which included Bronze Medallion, Bronze Star and First Aid training.

Five students were recognised for their leadership and participation throughout the week.

Special thanks to Nhulunbuy Corporation for their continued support of the program. More photos from the visit on the next slide.

nhulunbuy
corporation



OUR PLACES



Bronze Medallion & Pool Lifesaving



Leadership & participation winners



First Aid



Catching up with the Nhulunbuy Barras Swimming Club

OUR LIFESTYLE

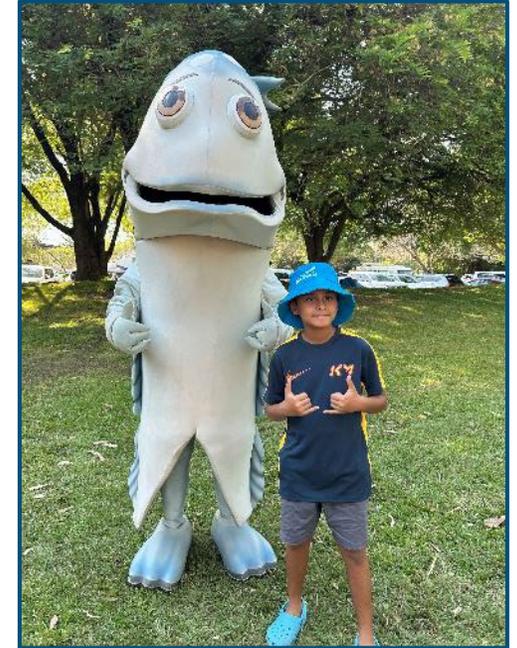


On 17 May, Royal Life Saving NT joined the fun at the inaugural Jingili Water Festival and Families Week Event, hosted by City of Darwin and the Chan Ward Councillors. The event was a celebration of community, families, and water safety set against a vibrant, carnival-like backdrop.

More than 4,000 people attended the festival, enjoying a packed program of family-friendly activities including face painting, a petting zoo, giant water slide, foam cannon, tipping bucket, and even a cold plunge challenge for adults!

We were proud to run an information stall, sharing details about swimming lessons, aquatic training, and the many water safety services Royal Life Saving NT provides. We were in great company, too, joining forces with other local community groups like our friends at Nightcliff Swimming Club, who fired up the BBQ, and the Jingili Community Garden, who hosted tours.

A big thank you to everyone at City of Darwin who helped bring the day to life.



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TRAINING



From classrooms to clinics and swimming pools, May saw a huge month of training right across the NT.

Teachers, healthcare workers and locals refreshed their First Aid, CPR and Bronze Medallion skills helping to keep our communities safer around water.

We loved seeing such a strong turnout and passion for water safety.



Hydrotherapy Rescue at Palmerston Regional Hospital on 8 May



Swim Teacher Rescue Award at Bakewell Primary School on 14 May



Bronze Medallion at Parap Pool on 17 May

UPCOMING COURSES



Bronze Medallion

Darwin | 9 August 8:30am-4:30pm

Bronze Medallion Update

Darwin | 9 August 8:30am-12:30pm

Resuscitation

Darwin | 26 August 2-4pm

First Aid (online learning + practical assessment)

Darwin | 26 August 2-6pm

First Aid Childcare (online learning + practical assessment)

Darwin | 26 August 2-7pm

In-house group training available on request

- Face-to-face First Aid
- Swim Teacher Rescue Award
- Hydrotherapy Rescue Award



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 <https://nt.training.royallifesaving.com.au>

 Royal Life Saving Northern Territory

 8981 5036

From 28 April to 2 May, Royal Life Saving NT delivered a Swim, Survive and Strive program for the students of Amanbidji School.

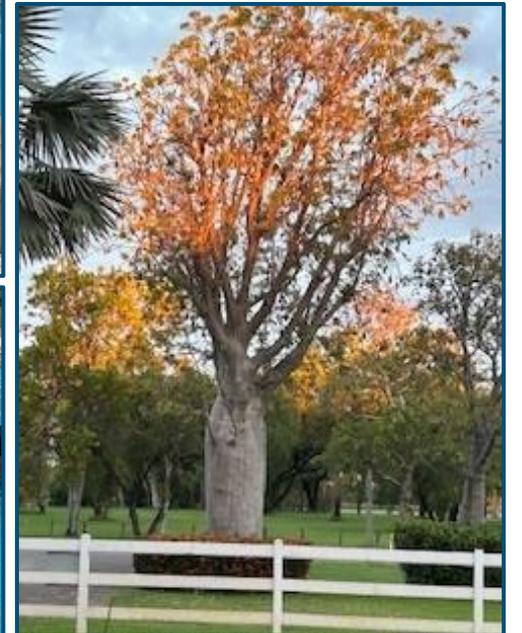
With the Kununurra Leisure Centre currently closed for refurbishment, students took part in their lessons at the Kimberley Grand Resort Pool.

A big thank you to the resort for their warm hospitality!

Fourteen students in Years 2 to 5 participated in the five-day intensive program. The week kicked off with water safety assessments and continued with daily swim sessions. The focus wasn't just on freestyle, students developed skills in survival backstroke and breaststroke, with swimmers ranging from Levels 2 to 4.

The program wrapped up on a high with a 2-hour mini-Pool Lifesaving carnival, packed with rope throw challenges, relays, and plenty of laughter. Check out more photos from the program on the next page.







Goldfishbowl Swim School



Durack Primary School completed Swim and Survive lessons at the Goldfishbowl Swim School in May. A huge 119 students competed the first 8-day program, building their confidence and developing important swimming and survival skills.

A big thanks to the instructors, teachers and students involved for their energy and enthusiasm. It's great to see so many young swimmers learning skills for life!





WATER SAFETY AWARENESS PROGRAM

In-person Emergency Care Sessions – session one of the Water Safety Awareness Program – returned in May. 50 children received Water Safety Awareness Program vouchers with 62 parents attending across 4 sessions. The new magnets were a hit!

It was great to catch up with the wonderful Bridget (and some of her delightful parents and babies) from the Birth and Beyond Parent Resource Centre in Alice Springs.

Thanks for your support of the Water Safety Awareness Program, Bridget. We appreciate you sharing our important messages with your families.





SAVE THE DATE

In 2025, Royal Life Saving Northern Territory celebrates it's Diamond Jubilee 60 years of serving the Northern Territory.

The NT formed a stand-alone Branch of the Royal Life Saving Society – Australia in 1965 and since then plays a critical role in reducing drowning deaths, particularly in under five-year-olds through raising water safety awareness and teaching children water safety and swimming skills.

On 21 July, Diamond Jubilee celebrations will take place to commemorate this special occasion. Mark your calendars and stay tuned for how you can join the celebrations.



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Fred's Pass Reserve, NT