



Kicking Back

Edition 95 | March 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*

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 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

Keep Watch & Be Safe this Easter



Royal Life Saving is calling on all Territorians to Keep Watch and Be Safe around the water this Easter. Please share these messages with your family and friends:

- Children need constant supervision around water – Keep our kids safe and Keep Watch – all of your attention, all of the time.*
- Alcohol and swimming can be a deadly mix, look after your mates and family – don't drink and drown!*
- Home swimming pools and spas are a welcome relief in this warm weather so please Keep Watch of everyone in and around the water and check that your pool gate is self latching & in good working order*
- Water Safety @Home is more important in these times*



COMMUNITY – OUR PEOPLE

The Executive Board and Staff of Royal Life Saving NT wish all Territorians a safe and happy Easter.

The challenges and changes that we have all experienced over the last month have tested us all.

We are very grateful for the kind words and support that many of you have shared with us.

Stay safe, be kind, we've got this!





COMMUNITY – OUR PEOPLE

Our Royal Life Saving website has a comprehensive page of resources for Schools and Families to access to assist with learning from home during COVID-19 and beyond.

For Schools:

Royal Life Saving's resources for schools are suitable for teachers to include in the online and work-from-home learning packages they create for their students each week.

<https://www.royallifesaving.com.au/schools/in-the-classroom/home-learning-covid-19>



Colour by Letters

Use the colour code to reveal our aquatic friends. What can you see?

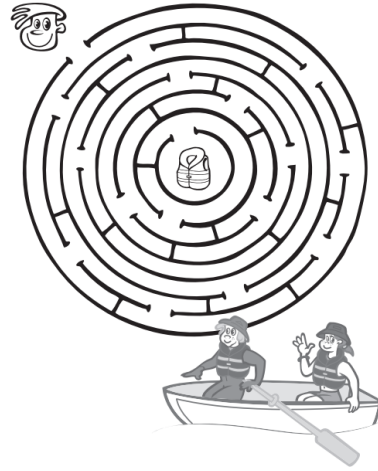


D = dark blue G = green R = red C = coral
L = light blue Y = yellow P = pink O = orange



Lifejacket Maze

Help Josh find his Lifejacket in the maze, so he can join Jack and Jen in the boat.



COMMUNITY – OUR PEOPLE

For Parents and Families:

Additional Royal Life Saving activities, which can be downloaded and printed off, are suitable for parents that might need more educational exercises to keep children busy at weekends and after school hours.

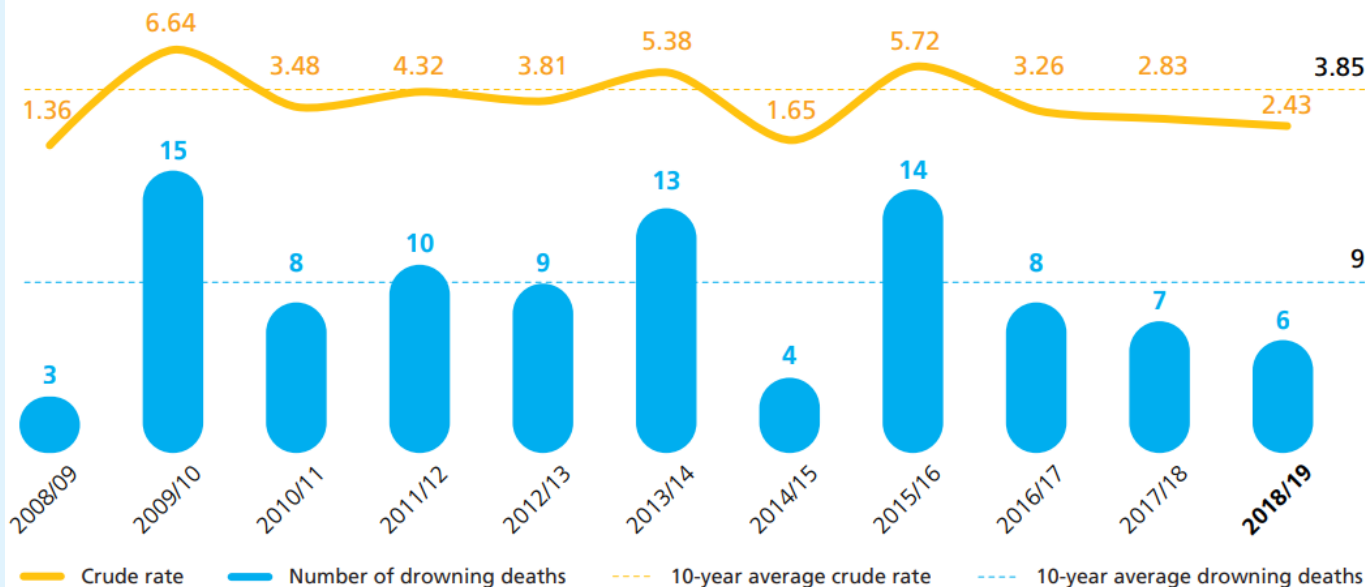
<https://www.royallifesaving.com.au/families/at-home/kids-zone>



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

KEEP WATCH



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA



Remember the key messages:

👍 Supervision 👍 Restrict Access 👍 Water Familiarisation 👍 Learn CPR



MEET THE BOARD

Name: Penny Hart

Background: Editor, NT Parliament

Territory Connection: Born and raised, lived here almost all of my life.

Contribution to Royal Life Saving NT and drowning prevention:

My first office job was with RLSSA NT, working at Sports House in Fannie Bay. From there I helped with the Arafura Games, became an AUSTSWIM Teacher and participated in and coached Pool Lifesaving - I made the Silver Barras Australian team one year. I have been a board member from 2015 - 2017, and 2018 to the present. I am proud to be the current President and able to contribute to RLSSA NT to further our organisation's important work in education and drowning prevention.



MEET OUR SWIM TEACHERS

Name: Didier

How long have you been a swim teacher: 22 years

Tell us about your connection to Royal Life Saving NT and drowning prevention:

I have worked for RLSSA NT for over 22 years and have seen enormous progress toward drowning prevention for our Territory, even if the drowning rates are still too high.



MEET OUR TRAINERS

Name: 'Dillon' Pam Dillon

How long have you been a trainer: Trainer for 3 years

Tell us about your connection to Royal Life Saving NT and drowning prevention:

My first course that I attended as a participant in the NT was a Pool Lifeguard course in Tennant Creek. After completing this course, I could see there was a need for a locally based Royal Life Saving Trainer in Tennant Creek. I have since become a Bronze Medallion and First Aid trainer. Being a trainer has given me the opportunity to spread the drowning prevention messages to a lot of remote schools and communities that would not normally have access to these services and opportunities. Not all the communities I have visited in my roles as a Teacher and a Royal Life Saving Trainer have access to swimming pools, so the vital message of water safety is around being safe in Dams, rivers and other water sources. When I teach my students in canoeing I also see this as an opportunity to teach water safety messages.



MEET OUR MEMBERS:

Water Safety Awareness Program Providers

Name: Hollie Goodall – NT Swim School

How long have you been a Provider of the Water Safety Program:

Since 2004

Tell us about your connection to Royal Life Saving NT and drowning prevention:

Our relationship with Royal Life Saving Northern Territory has always been very strong, with their assistance at Open Days to educate parents - through to assisting with marketing materials, Royal Life's staff are always very professional and happy to help in any way.

As a Provider I am excited that parents have access to the Water Safety Awareness Program, as it gives them a starting point- an introduction to our Swim School and the programs it offers.

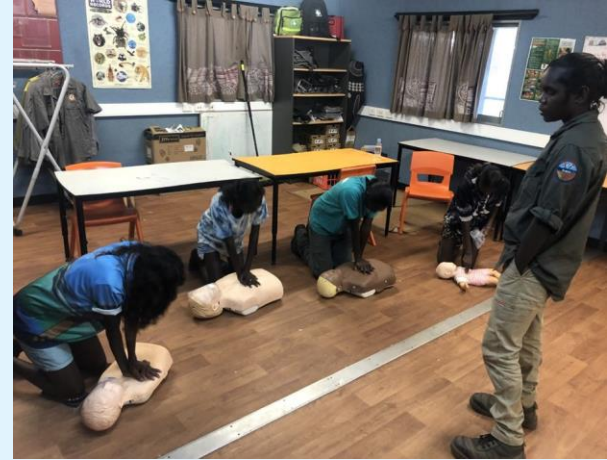


INDIGENOUS ADVANCEMENT STRATEGY

Maningrida Swim School kicked off its first ever program run by local people for local people on the 19th of February and celebrated with a certificate presentation on the 6th of March. It is great to have such passionate swim teachers to make this an excellent program. Thanks to Maningrida Lifeguards and Maningrida School for all the massive effort you have put towards getting this off the ground.

INDIGENOUS ADVANCEMENT STRATEGY

The Maningrida Working on Country Rangers completed their First Aid course on the 5th of March. Learning these new skills may come in handy when working in remote locations.



INDIGENOUS ADVANCEMENT STRATEGY

What a week out at Tennant Creek for the Swim My Way Grant Program on the 2nd – 6th March. A big thank you to Neutral Junction & Ali Curung Schools for making this a great learning experience and having heaps of fun along the way and thank you to Royal Life Saving Society – Australia for helping make this program possible.





INDIGENOUS ADVANCEMENT STRATEGY

The team were in Nhulunbuy from the 9th – 13th of March. A great time in the water with the Yirrkala School and Baniyala school students. The Baniyala mob were able to complete a Level 4 in the Swim & Survive Program which was a massive achievement!



PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY

It was a wonderful first day with the Department of Education - Water Safety & Life Skills program on the 13th of March.

A fun day full of swimming lessons, CPR awareness, tennis and yoga. A big thank you to the students of Karama Primary School, who participated in their first session at Parap Pool.



PROGRAMS



Sunday Lifesaving was a blast, certificates were presented on the last day on the 15th of March followed by a Pool Lifesaving Carnival. Thank you to all of the awesome families who joined us at the Nightcliff Pool each Sunday to learn, practice and have fun for their Swim & Survive Program.



PROGRAMS

What an amazing 6 weeks of Sunday lessons for the Little Royals Swim School!

Congratulations to all the children who completed the program and received their certificates on the 15th of March. A big thank you to the parents who have allowed us to share in their child's water safety journey across the NT.



PROGRAMS

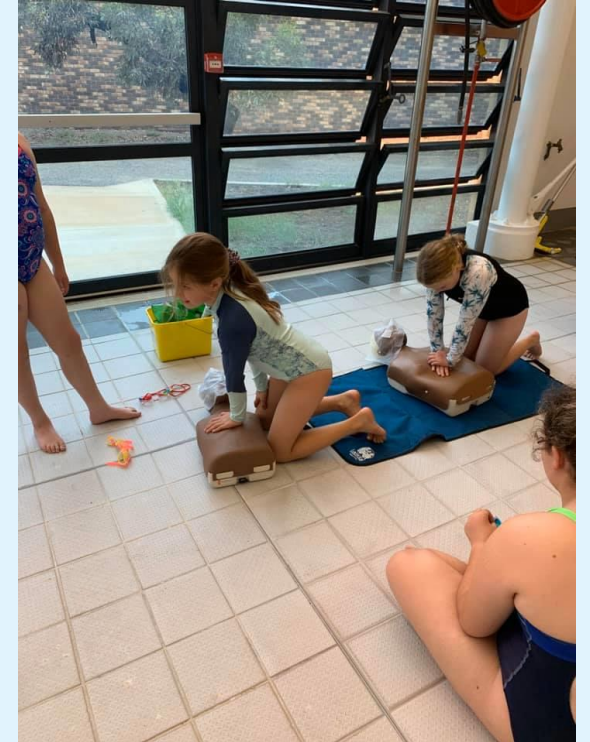
A big thank you to the parents who have allowed us to share in their child's water safety journey across the NT. We hope to see you in Term 4!



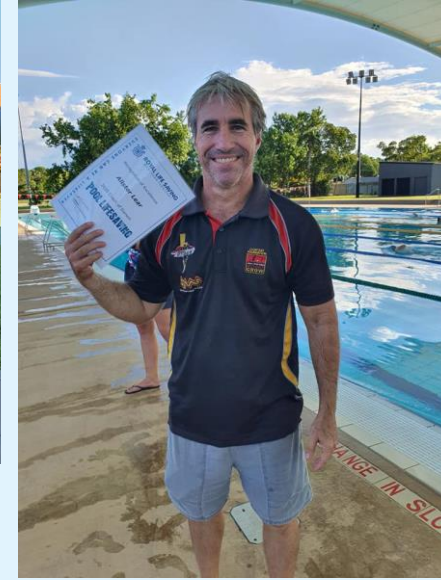
SPORT



The Alice Springs Pool Lifesaving team brushed up on their CPR skills and rope throws in their session on March 5th. It is never too early to practice life saving skills!



SPORT



A big thank you to all the
Pool Life Saving athletes for an amazing Semester 1 of training!
You all have achieved new skills, you have shown your commitment & determination in
each session and best of all, displayed what it means to be part of a team.
See you all in Semester 2!



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/>



2020 Dates for Session 1, Emergency Care



Parap Office	Palmerston Child & Family Centre
Saturday 2nd May 9-10am	Wednesday 27th May 4:30-5:30pm
Tuesday 26th May 9-10am or 5-6pm	Thursday 28th May 9-10am
Saturday 30th May 9-10am	Wednesday 24th June 4:30-5:30pm
Tuesday 23rd June 9-10am or 5-6pm	Thursday 25th June 9-10am
Saturday 27th June 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

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

WATER SAFETY UNIT



Boof the Barra and the team had a wonderful morning at Jingili Preschool on the 12th of March.

Dancing to 'Be Water Safety Wise' and teaching the students about the important Aquacode.

Thanks for having us Jingili Preschool!

WATER SAFETY UNIT

A very big thank you to the Darwin District Girl Guides for inviting the Water Safety Team to talk about Pipes & Drains on the 10th of March. The girls had a lot of knowledge on the issue and enthusiastically shared their stories about the dangers of playing in Pipes & Drains during the Wet Season.



TRAINING

Well done to the local community members of Yulara for completing their First Aid Training on the 2nd of March.



TRAINING

Great work to everyone for completing both Bronze Medallion & Pool Lifeguard Update training in Nhulunbuy on the 14th of March.

A great group of Teachers, Clontarf staff & local community members ensuring the pool is a safe place for all.



TRAINING

A very successful First aid course on the 7th of March in Tennant Creek with 18 participants completing First Aid and two completing CPR. Well done everyone!



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



TRAINING DATES 2020



Face to face training has been postponed. Online delivery and assessment options are being explored and we will have an action plan by the 30th of April.

RESPECT THE RIVER



CONNECT WITH US



RoyalLifeSavingNT



RLSSANT



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