



Kicking Back

Edition 104 | December 2020

Telephone: 08 8981 5036 | Email: 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

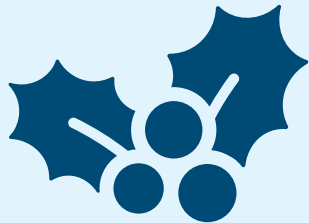
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 Northern Territory
Government



ROYAL LIFE SAVING
NORTHERN TERRITORY

OFFICE CLOSURE

*Our Office will be closed from 19th December 2020
and re-open on the 7th of January 2021.*



Royal Life Saving NT wish you all a Safe and Merry Christmas! Remember to #KeepWatch and #MakeTheRightCall to ensure your family and friends are safe this festive season

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

STAY OUT OF PIPES AND DRAINS

The Wet Season is here, Territorians are being urged to stay out of pipes and drains!



#STAYSAFETHISWET #STAYOUTOFPIPESANDDRAINS

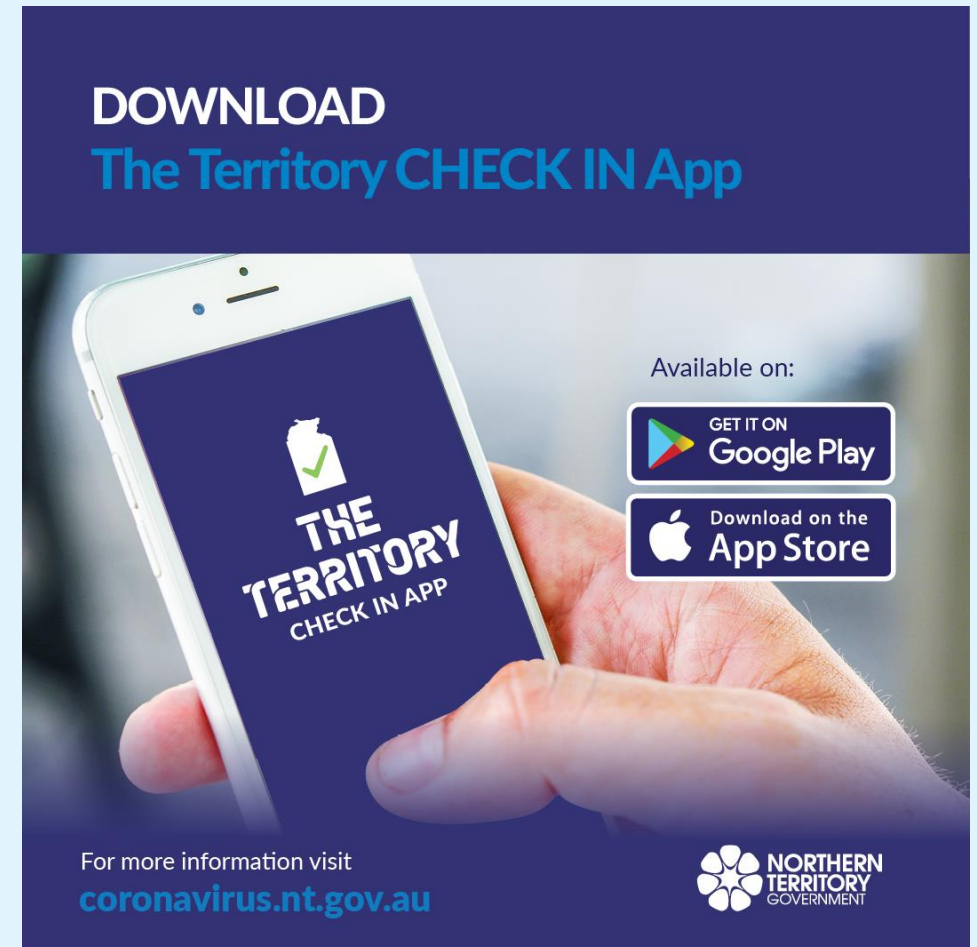
Covid-19 Safety Plan

The Territory Check In App is available to download NOW!

It is a secure and contactless way for people to sign in to participating businesses and venues. You can even sign in for your family and friends.

Information collected using The Territory Check In app goes directly to NT Health and is safely and securely stored for 28 days to assist with contact tracing if required.

Download The Territory Check In App today!



DOWNLOAD
The Territory CHECK IN App

Available on:

GET IT ON
Google Play

Download on the
App Store

THE
TERRITORY
CHECK IN APP

For more information visit
coronavirus.nt.gov.au

NORTHERN
TERRITORY
GOVERNMENT

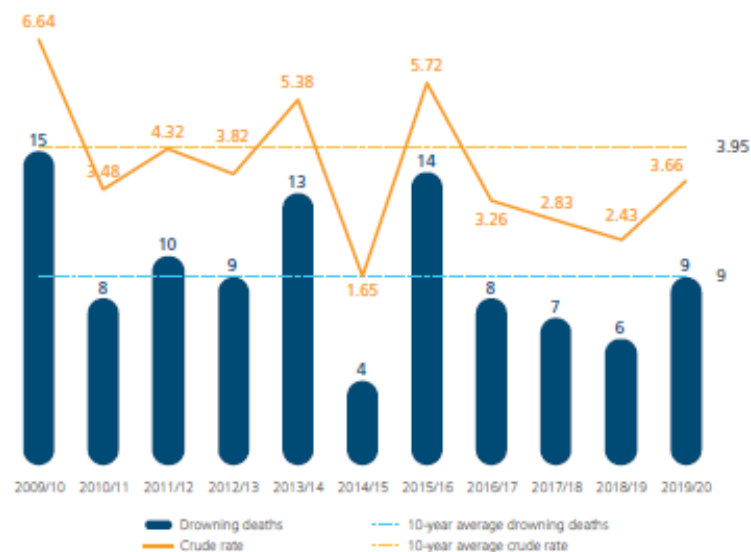
NATIONAL DROWNING REPORT 2020

NORTHERN TERRITORY



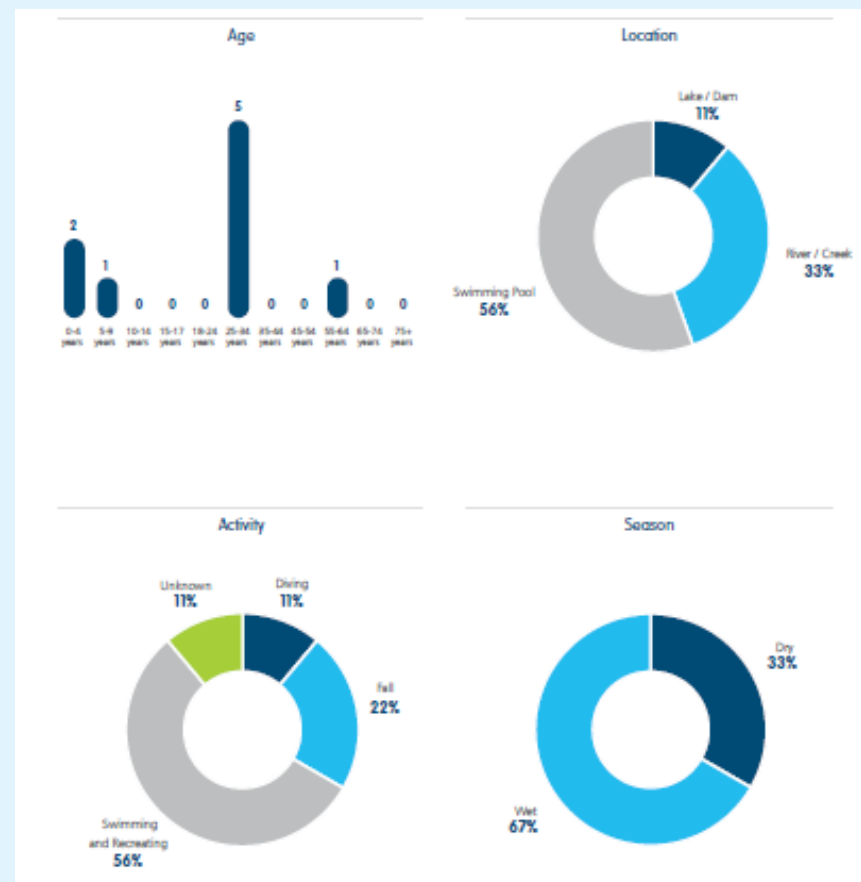
67% of those who drowned in the Northern Territory were male

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



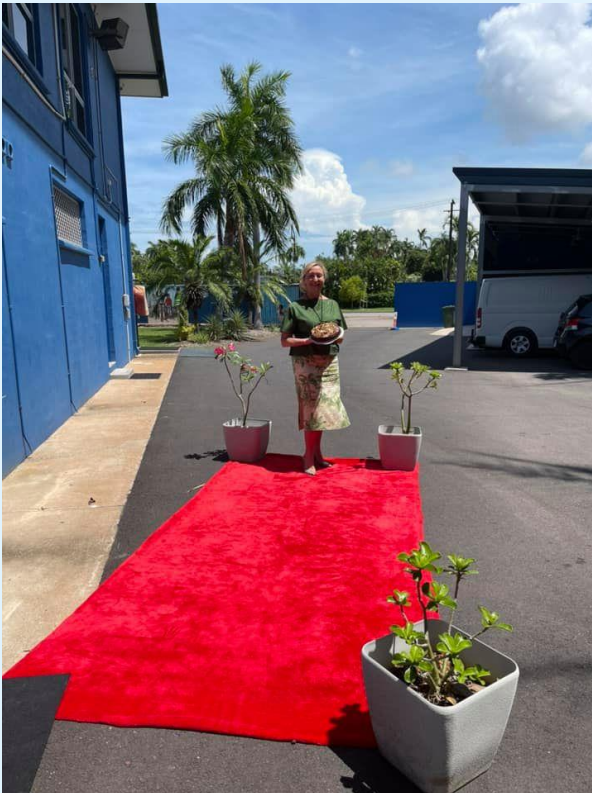
It was the Annual Royal Life Saving Northern Territory Christmas Party on the 4th December. A fantastic evening with lots of cheer from our fantastic members and families, plus a special visit from Santa himself! We wish you a Merry Christmas & a Happy New Year!



COMMUNITY – OUR PEOPLE



How lucky are we to have the best Patron in the world, We had a beautiful morning tea with Her Honour the Administrator of the Northern Territory Vicki O'Halloran. Thank you to the Team at Government House for an amazing Christmas Cake!



KEEP WATCH



Thank you to our Territory MLA's for being Keep Watch Ambassadors and helping Royal Life Saving raise awareness of the importance of water safety during the festive season! Remember supervision around water is arms reach and Keep Watch to keep children & friends Safe!



Marie-Claire Boothby MLA
Member for Brennan



Chansey Paech MLA
Member for Gwoja



Luke Gosling MP
Member for Solomon



Mark Monaghan MLA
Member for Fong Lim

COMMUNITY – OUR PEOPLE



Congratulations Aaron Dalglish who was finally presented with his Commonwealth Honours Service Medal.

Aaron is a legendary teacher at Darwin High School and is often at school camp when our presentations are held. Thank you Aaron, for all you do for lifesaving and your students.



COMMUNITY – OUR PEOPLE



Royal Life Saving NT is calling for nominations for the Northern Territory Administrators Medal Award.

This medal is for exceptional contribution to lifesaving and drowning prevention.

Nominate a friend or community member today! <https://bit.ly/2QwTbqq>

Please share across your networks
Nominations close 31 January 2021



ROYAL LIFE SAVING
NORTHERN TERRITORY

NORTHERN TERRITORY ADMINISTRATOR'S MEDAL AWARD

For exceptional contribution to Lifesaving, Water Safety and
Drowning Prevention in the Northern Territory





The National and State AUSTSWIM awards provide an opportunity to recognise and congratulate AUSTSWIM teachers, presenters and recognised swim centres for their contribution to the aquatic education industry.

The AUSTSWIM award is the premier award presented to individuals in Australia that achieve the highest standards of aquatic education excellence.

Congratulations to the Northern Territory recipients of the AUSTSWIM Awards of Excellence 2020!



AUSTSWIM Teacher of Aquatics - Access and Inclusion
Steve Whiteside



AUSTSWIM Teacher of Swimming and Water Safety
Cieran New

*Congratulations to the Northern Territory recipients of the
AUSTSWIM Awards of Excellence 2020!*



AUSTSWIM Presenter of the Year
Floss Roberts



AUSTSWIM Teacher of Infant and Preschool Aquatics
Tiarne Vella-Hunt

*Congratulations to the Northern Territory recipients of the
AUSTSWIM Awards of Excellence 2020!*



AUSTSWIM Recognised Swim School
Mirri Swim School – Accepted by Stephen Gazzola



AUSTSWIM Teacher of Adults
Laura Withers

*Congratulations to the Northern Territory recipients of the
AUSTSWIM Awards of Excellence 2020!*



AUSTSWIM Most Outstanding Contribution
Petina Franklin

PROGRAMS



Our swim teachers were getting into the Christmas Spirit on pool deck for the last Swim and Survive program for 2020 on the 9th of December. Looking forward to a great New Year, bring in 2021!



PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY

That's the wrap for Sunday Life Saving for the year of 2020 🧊

With the introduction of a mid-year 6 week block of Sunday Lesson post COVID at Parap, to seeing the Term 4 program having the most enrolments we've had for a Sunday Life program in some time - what a year it's been!

Thank you to everyone who makes the effort to come down on Sunday Mornings - we'll see you in the new year 😁



PROGRAMS

Hip Hip Hooray! Well done to all the families who joined us for Little Royals Term 4 at the Nightcliff Pool 25th October - 29th November.

Thank you for spending your Sunday mornings with us, we have had a splash of a time!



PROGRAMS



Thank you everyone for joining us in Term 4 2020 for Little Royals Katherine! A very special mention to all of the lovely parents who spend their weekends at the pool during lessons, your dedication is amazing! We hope you and the kids had a blast! Thank you to Miss Brogen for creating a fun and educational experience throughout the program and also spending your weekends delivering lessons. We wish you all a Safe and Happy Christmas!



INDIGENOUS ADVANCEMENT STRATEGY

It was a fun filled week in Maningrida from the 23rd – 27th of November, training with the MERGS staff and local community members in their community for their community! With this training the pool remains the coolest and safest place to be!



INDIGENOUS ADVANCEMENT STRATEGY



Congratulations to the students from St Francis Xavier and Woolianna Schools for completing their Swim, Survive and Strive program at Nauiyu community pool, Daly River 23rd – 27th November. Plus the grand finale to finish the week with the annual swimming carnival! We loved seeing the big smiles and skills progress in leaps and bounds.

INDIGENOUS ADVANCEMENT STRATEGY



Shoutout to these legends for successfully completing Bronze Medallion & Pool Lifeguard training at the Nauiyu Pool in Daly River, 23rd - 27th November.



It's wonderful to see community members dedicating their time to up-skill and help keep this wonderful swimming pool safe.

INDIGENOUS ADVANCEMENT STRATEGY

Congratulations to the students from Mt Leibig who completed a massive week of intensive full days of the Swim & Survive Program in Alice Springs, 25th - 27th November.

Their Swim & Survive skills were amazing, well done superstars!

Thank you everyone who made this program possible, wishing you all safe travels home.



INDIGENOUS ADVANCEMENT STRATEGY

Tennant Creek Primary School completed their Swim & Survive program from the 30th of November - 4th of December. It was great to help the teachers to create the best program ever!



INDIGENOUS ADVANCEMENT STRATEGY

Thank you to the wonderful Community of Santa Teresa for making us feel so welcome. The awesome students completed the Swim, Survive & Strive Program 7th - 11th November with great enthusiasm & staff supported us wonderfully. Also, congratulations to the community members who completed their First Aid training!



INDIGENOUS ADVANCEMENT STRATEGY



Thank you to the awesome Students of Wadeye Community for their participation in the Swim, Survive & Strive program 7th – 11th of November, you guys rock!

Also, congratulations to the Students & Staff who completed their CPR & First Aid.

KEEP WATCH



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA



Remember the key messages:

👍 Supervision 👍 Restrict Access 👍 Water Familiarisation 👍 Learn CPR

SPORT

Thank you to our wonderful Pool Lifesaving Squads in Darwin and Alice Springs for a great season of sport! We are looking forward to making 2021 bigger and better!



RESPECT THE RIVER

MAKE THE RIGHT CALL



We all have a mate who or gets his priorities wrong and can't handle his alcohol. When enjoying our rivers, make the right call...to keep your mates safe!



EMERGENCY CARE SESSIONS 2021 - Bookings are essential

PARAP

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

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

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

Saturday 20th March 9-10am
Monday 22nd March 5-6pm
Tuesday 23rd March 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

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

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

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

ALICE SPRINGS

Birth & Beyond Parent Resource Centre
10/89 Fan Arcade Alice Springs 0870
Wednesday 20th January 4:30-5:30pm
Thursday 21st January 9-10am

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

Wednesday 24th March 4:30-5:30pm
Thursday 25th March 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

TRAINING

The Local YMCA lifeguards worked together for their Professional Development on the 2nd of December. It was a power session with some great discussions and activities to strengthen their team.



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



For all Bookings

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



Website: nt.training.royallifesaving.com.au

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