

When enjoying our rivers remember...



WEAR A
LIFEJACKET



AVOID ALCOHOL
AROUND WATER



NEVER SWIM
ALONE



LEARN HOW TO
SAVE A LIFE

Kicking Back

Edition 96 | April 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*

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



Royal Life Saving are calling on Territorians to be **Extra Extra water safety wise** this long weekend. It's easy to become accidentally complacent at home or when you are camping and relaxing.

Please remember to:

- Keep Watch of children and supervision is arms reach around water
- Alcohol and water do not mix
- Look after your mates and make the right call when you are Boating, Camping & Fishing
- Have fun this May Day long weekend and enjoy our pools and waterways while social distancing



See you at the Pool

Boof the Barra was first in line at the Parap Pool on Friday and was very happy to see Calum from the YMCA and the rest of the staff ready to have a wonderful swim. Remember social distancing applies in the water as well.



Keep Watch @ Home

Royal Life Saving is calling on all Territorians to Keep Watch and Be Safe around the water.

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.
- 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



KEEP WATCH



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA



Remember the key messages:

👍 Supervision 👍 Restrict Access 👍 Water Familiarisation 👍 Learn CPR

Water Safety @ Home



Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. To support families with information and tips to help introduce Water Safety at home.

Visit our on our Facebook Page: @royallifesavingnt
Or website: www.royallifesaving.com.au
to discover these great resources.



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?

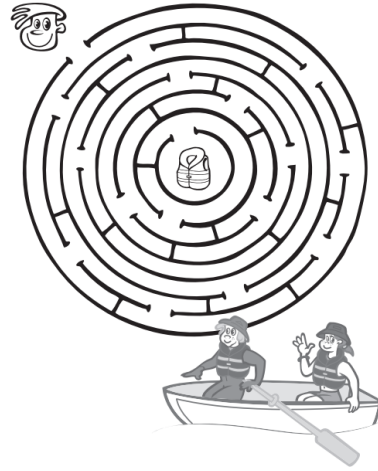


D = dark blue G = green R = red C = coral
L = light blue Y = yellow P = pink O = orange



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>



Respect The River



As the Dry Season becomes near, long weekends and recreational activities become more popular.

Territorians must remember to Be River Safe

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ROYAL LIFE SAVING
NORTHERN TERRITORY

Wondering what the
team have been up to?



Let's find out!

TEAM CHECK IN

The Royal Life Saving NT team have been adapting and adjusting from working at home.

The first point of call? ZOOM!

Every morning the team check in to share daily tasks and goals to kick off the day and check out every afternoon to reflect on achievements and positive actions.

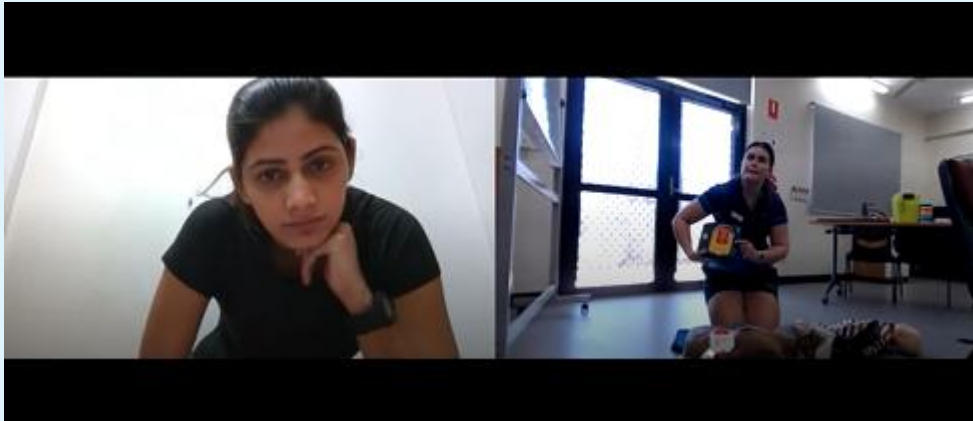
Each check in has a brain buster challenge, learning and sharing moment plus a workout. It has been great to stay connected as a team mind, body & soul



AQUATIC SERVICES

In April, the training team at Royal Life Saving NT explored digital delivery and assessment options for First Aid and CPR. Two First Aid assessments were trialed online via Zoom for grateful participants working in essential services in a remote NT community.

Trainers have also been working hard to revamp resources for Pool Lifeguard and First Aid courses with new and exciting developments set to be introduced when training returns

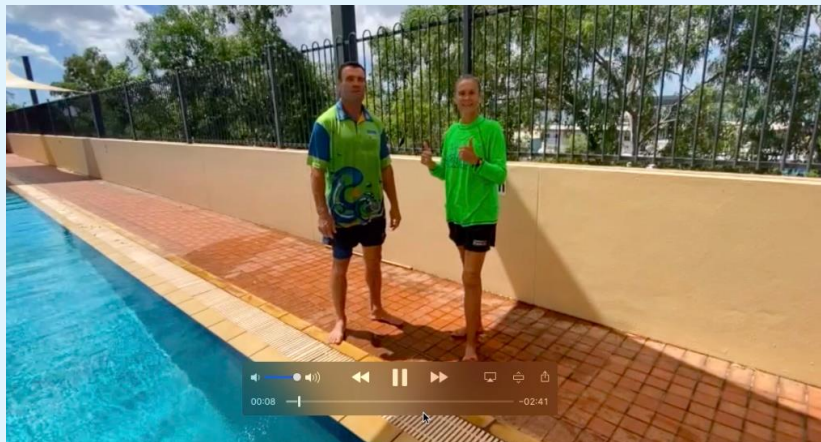


PROGRAMS

While our Programs team have been out of the water and off pool deck, we have been getting stuck into updating our resources for the future.

Our WATER SMART education tool, where the team delivers key water safety education, in the classroom, is getting a massive facelift. We will be rolling it out both locally and remotely to students across the Territory very soon.

We have also been developing video content for young and older Territorians. Aiming to keep them moving and thinking water safety during these times.





Emergency Care Sessions via ZOOM!

The Water Safety Unit have been working hard to deliver the Water Safety Awareness Program - Emergency Care Session to families in the comfort of their own homes via the online communication platform Zoom!

Many trials were made with Royal Life Saving NT staff members to ensure the quality of this program continues to be presented at the level of the face-to-face sessions, if not better!

Two successful sessions were conducted on the 27th & 28th of April with parents as participants.

Stay tuned for future dates to gain your Water Safety Awareness Program vouchers!





Have you registered for the Water Safety Awareness Program?

The Water Safety Awareness Program provides free water safety lessons for parents/guardians and their children under 5 years of age.

The Program consists of:

- 1 Information Session – Emergency Care
- 4 in water lessons at a provider of your choice!

To apply visit our website:

www.royallifesaving.com.au/nt

For more information contact:

infantsnt@rlssa.org.au



MEET THE BOARD

Name: Randall Cook

Position: Board Member & Life Member

Background: I am a teacher by trade and have worked in schools across the top end more recently as a Principal and now as a senior officer in the Department of Education. I also spent a number of years as the General Manager of a Non-Government Organisation.

Territory Connection:

I came to Katherine in 1985 as a teacher and since then have lived and worked in a range of communities both urban and remote across the top end.

Contribution to Royal Life Saving NT and drowning prevention:

I have been a volunteer for RLSSA for 30 years both in Victoria and the Northern Territory and have coordinated and delivered school swimming and water safety programs throughout my career. I have been an RLSSA Instructor and Austswim Lecturer. I can't remember how long I have been on the NT Board but it is more than 20 years and I was a National Board Member for many of those years.



MEET OUR SWIM TEACHERS

Name: Steve Whiteside

How long have you been a swim teacher:

2 & 1/2 years after 22 years in the Police Force

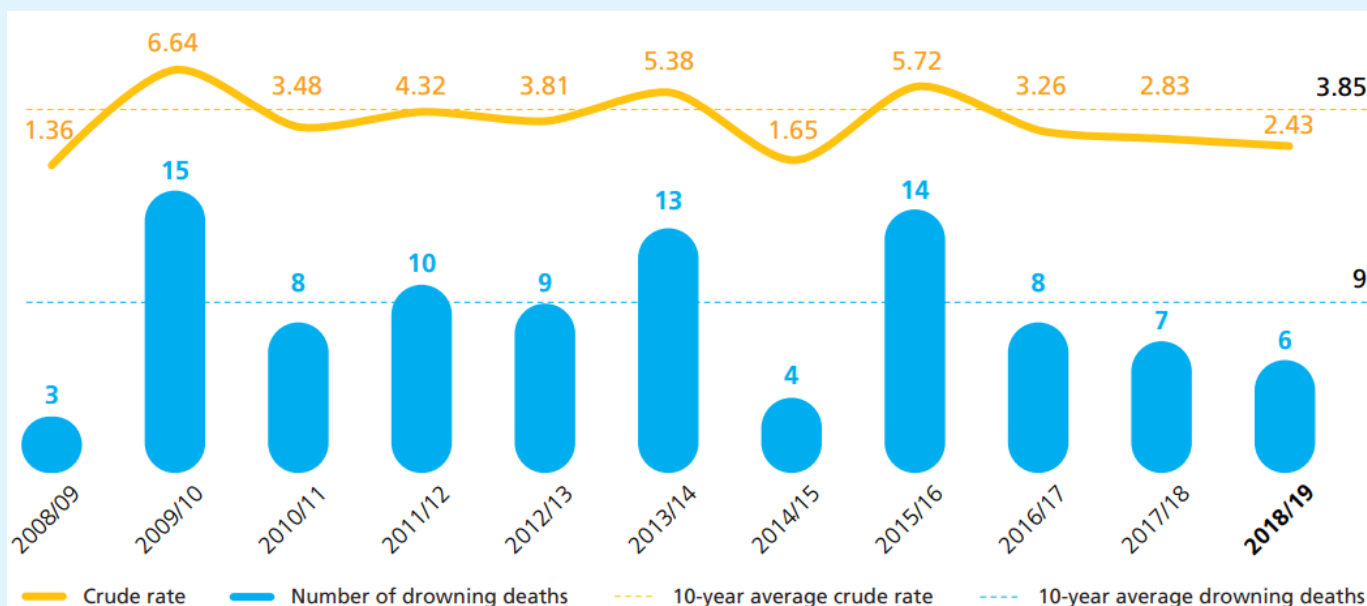
Tell us about your connection to Royal Life Saving NT and drowning prevention:

My partner is employed with RLSSA NT and together we travel to remote indigenous communities delivering the Swim, Survive and Strive Program along with training to the local community.

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

Professional development is never far away, AUSTSWIM are sharing Tips every Tuesday!
Visit their Facebook page to stay up to date with lesson tips and tricks
@AUSTSWIMLtd





2020 AWARD NOMINATIONS EXTENDED

**IT'S THE PERFECT TIME TO BRING YOUR
TEAM TOGETHER**

AUSTSWIM 2020 Award Nominations have been extended until 31st May!

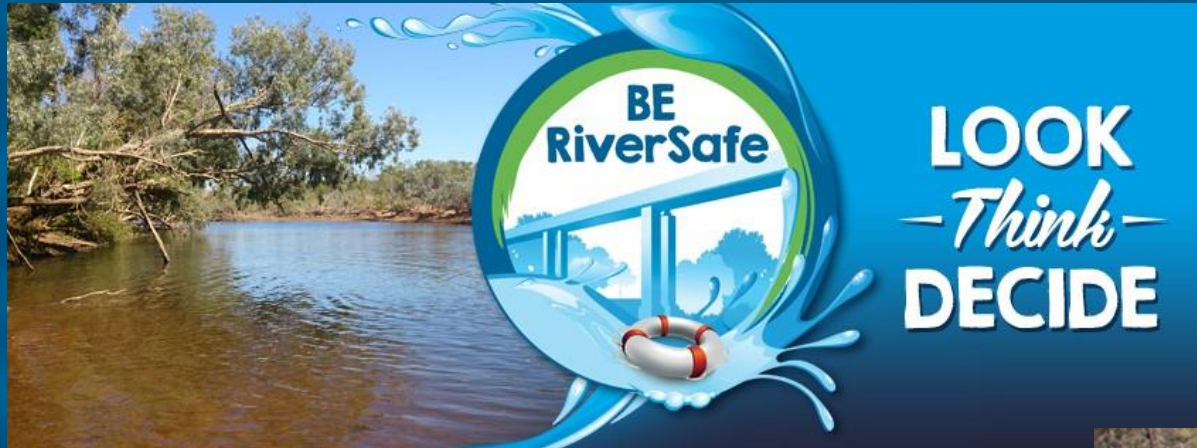
Do you know of an amazing swim teacher that makes a difference in your community?

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

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



RESPECT THE RIVER



CONNECT WITH US

-  RoyallLifeSavingNT
-  RLSSANT
-  RoyallLifeSavingAust
-  royallifesaving.com.au



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