



Kicking Back

Edition 97 | New Normal - May 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

THE TERRITORY'S ROADMAP TO OUR NEW NORMAL

1 PERSON EVERY 1.5 METRES & STRICT HYGIENE PROTOCOLS APPLY



Covid-19 Safety Plan

Royal Life Saving NT have completed the Covid -19 Safety Plan Checklist for Stage 3 of our New Normal and will be publishing a separate newsletter to inform members. This will be available on our website from Friday 5th June 2020 and adheres to the 3 Principles:

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.

PROGRAMS

Little Royals Swim School – Mid Year Program!



Parap Pool – Tuesday Lessons
Lessons in the heated 25m Pool!

9th June – 14th July

11:30am-1:30pm

Children under 5 - Enrol now!

For more information please email
infantsnt@rlssa.org.au



MAKE THE RIGHT CALL

Berry Springs is open for swimming !

The Royal Life Saving Team will be promoting River Safety, Water rescues and Pool Lifesaving Skills from 12-2pm

- Friday 15th May
- Friday 22nd May
- Friday 29th May



Water Wellbeing Program



Royal Life Saving NT is offering a FREE online Water Wellbeing Program starting on 15th May 2020 with dry and water-based activities for all ages and abilities.

The program comprises 10 weekly sessions, which will teach key swimming and water safety skills, while getting everyone active and having fun.

Join us online from the comfort of your own home by simply visiting:

- Royal Life Saving NT Facebook Page
 - Water Wellbeing Group on Facebook
 - NT YouTube channel
- each week.

To find out more, email Laura at watersafety@rlssa.org.au



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
TO PREVENT DROWNING

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

PROGRAMS



ADULT SESSIONS

The team is planning SWIMMING & FUN for adults at the Parap in the Month of June.

Held on every Monday, Wednesday and Thursday of May.



All age groups and abilities are welcome.

Tentative times are as follows:

7am – 8am

12pm – 1pm

6pm – 7pm

To enquire and book your place please email Jaz at programsnt@rlssa.org.au

PROGRAMS



VACSWIM PROGRAM

A NEW & IMPROVED VACSWIM program is scheduled for the first week of the school holidays.

To be held at Parap's heated pool we are looking for any kids, of all ages and abilities, who are looking to improve their swimming and lifesaving skills.

To enquire and book your place please email Jaz at programsnt@rlssa.org.au



PROGRAMS



SUNDAY LIFESAVING PROGRAM

A 6 week SUNDAY LIFESAVING program is scheduled for the 9th of August to the 13th of September.

To be held at Parap's heated pool we are looking for any kids, of all ages and abilities, who are looking to improve their swimming and lifesaving skills.

To enquire and book your place please email Jaz at programsnt@rlssa.org.au



PROGRAMS

Little Royals Swim School

Sunday Lessons

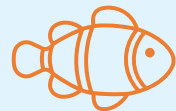
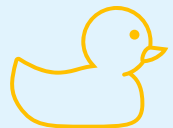
Parap Pool

9th August – 13th September

8:30-10am

Children under 5

For more information please email
infantsnt@rlssa.org.au



SPORT

Pool Lifesaving is Back! Dry Season Training Are you up for the challenge?



DARWIN
Wednesday's
10th, 17th & 24th of June
5-6pm
Dry Training at Royal Life Saving Office

ALICE SPRINGS
Wednesday's
10th, 17th & 24th of June
4-5pm
Alice Springs Aquatic & Leisure Centre

Contact Laura – sportnt@rlssa.org.au

FIRST AID & CPR

We have made some changes to the way we deliver our first aid training!

Essential services and workplace have a range of first aid needs, and we will continue to be providing training in the safest possible manner to allow you and your business to continue.

Course we currently have available for first aid and CPR:

- HLTAID001 Provide Cardiopulmonary Resuscitation
- HLTAID003 Provide First Aid
- HLTAID004 Provide and emergency first aid response in an education and care setting.



FIRST AID & CPR



Reduced contact time

For our first aid training all required theory assessments are in our online training, to be completed prior to attending a face-to-face practical assessment. The time required for the practical assessment will be four hours or less depending on which course you are completing.

Physical distancing and hygiene

The number of participants has been reduced per assessment to ensure correct physical distancing requirements are being met during training and assessment. There will be no sharing of manikins or other equipment during the assessments. All equipment used will be cleaned and disinfected or disposed of following the Australian Resuscitation Guidelines.

For participants and organisations that meet certain requirements online assessments are available through ZOOM – this allows for a contactless assessment.

BRONZE MEDALLION



The Royal Life Saving Bronze Medallion is recognised as the minimum standard for a qualified lifesaver. This award also increases employment opportunities with many pools and aquatic centres as they require employees who conduct aquatic programs to have their Bronze Medallion.

This course will enhance your personal survival skills while providing you with the knowledge and skills to develop the level of judgement, technique and physical ability required to safely carry out water rescues. The Bronze Medallion course offers a nationally recognised certification and has flexible options to meet the needs of schools and groups.

Interested in completing your Bronze Medallion?

Why not contact us today to book in for a Stroke correction and fitness endurance session with one of our staff members in preparation for your Bronze Medallion.

Visit our website for more information: www.royallifesaving.com.au/nt

POOL LIFEGUARD

The Pool Lifeguard qualification issued by Royal Life Saving is recognised throughout Australia and in many countries around the world. It is an entry-level professional qualification that can lead to an exciting career in the aquatic and recreation industry.

The course offers expert professional training, and covers the skills and knowledge of first aid, resuscitation, swimming and water safety. You will also learn about rescue and emergency response techniques, aquatic supervision, risk management, public relations, effective communication, conflict management and basic technical pool operations.

These are valuable skills in any work context and lifeguarding is a dynamic, in-demand profession that can open up work opportunities in a wide variety of national and international locations.

There are also opportunities for career advancement such as Supervisor, Duty Manager, Facility Manager, Swim Teachers.

All enquires please contact the Training Manager
0408 857 808 or by emailing trainingmanagernt@rlssa.org.au

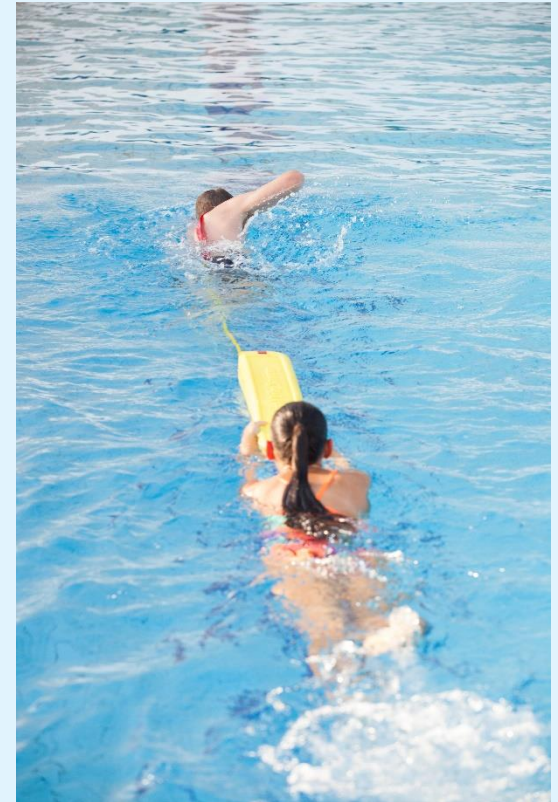


SCHOOL HOLIDAY TRAINING

Would you be interested in Bronze Medallion & Pool Lifeguard Training for your children to participate in?

Royal Life Saving NT are in the process of conducting training during the school holidays!

Keep an eye out for more information on our Facebook page!



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 via ZOOM!

19th May 10:30am

2nd June 10:30am

Bookings are essential



Face to face:

July-Dec TBC



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

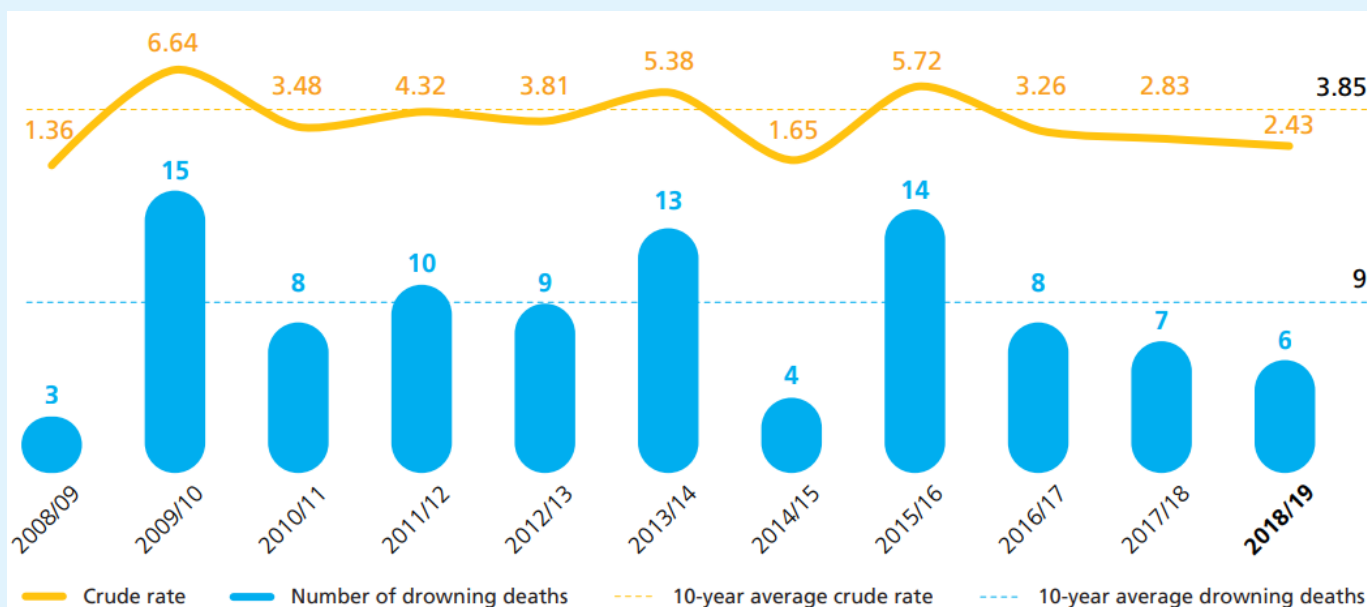
For more information contact:

infantsnt@rlssa.org.au

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



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/>



FOR SALE

TOYOTA HILUX

2013

168,000Kms

4WD Manual

Diesel

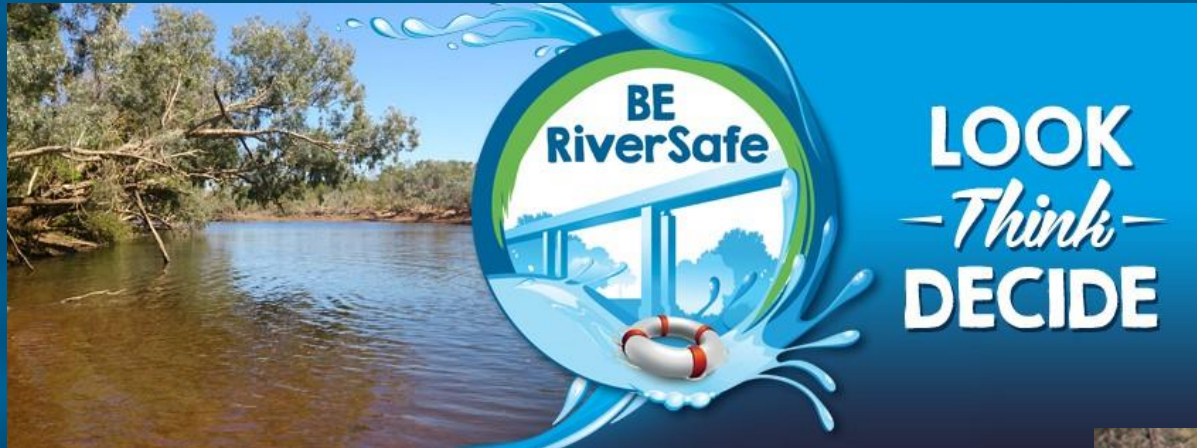
**Accepting
offers until
Friday 22nd May**



For all offers or more
information contact:
Monika
0418 857 076
finacent@rlssa.org.au



RESPECT THE RIVER



CONNECT WITH US

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



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