



Kicking Back

Edition 105 | January 2021

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

STAY OUT OF PIPES AND DRAINS

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



#STAYSAFETHISWET #STAYOUTOFPIPESANDDRAINS

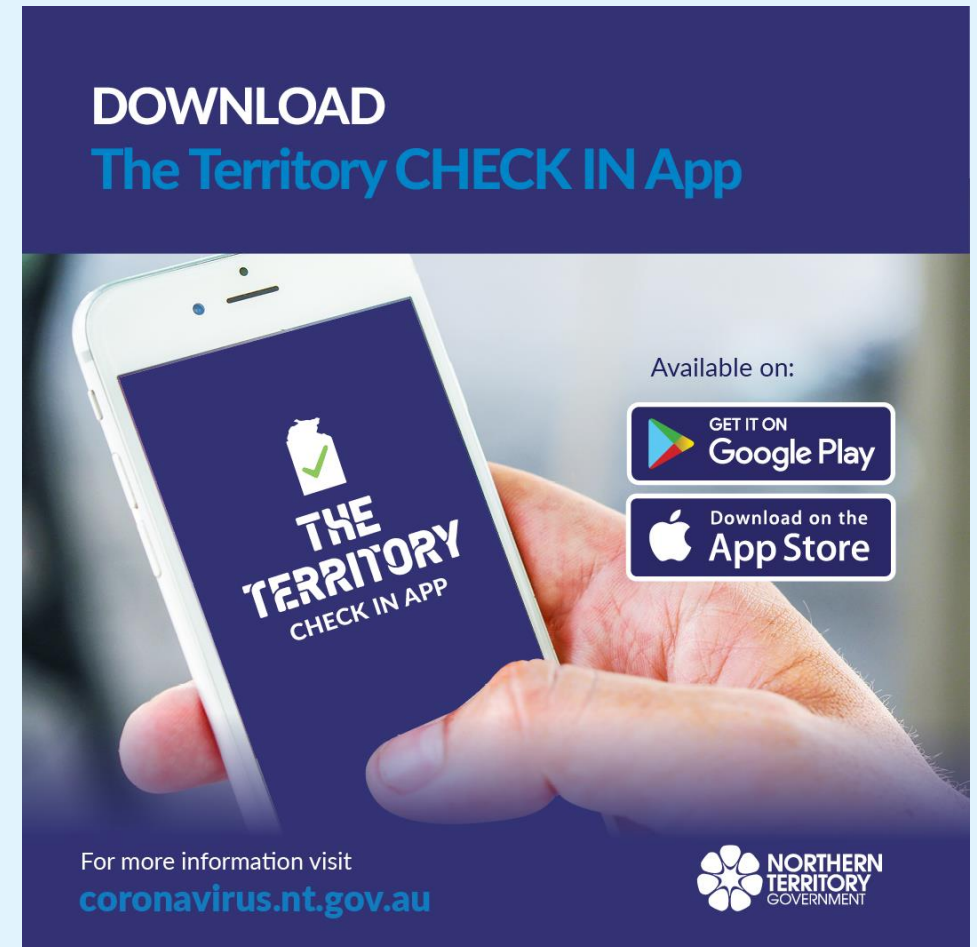
Covid-19 Safety Plan

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

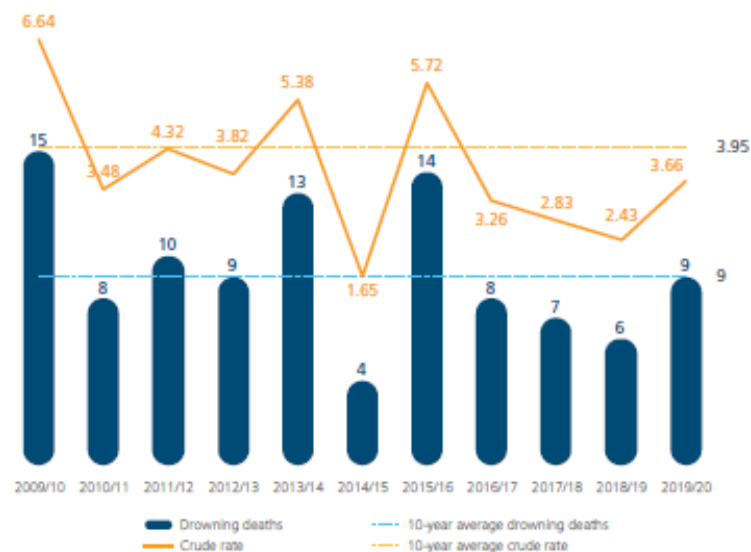
NATIONAL DROWNING REPORT 2020

NORTHERN TERRITORY



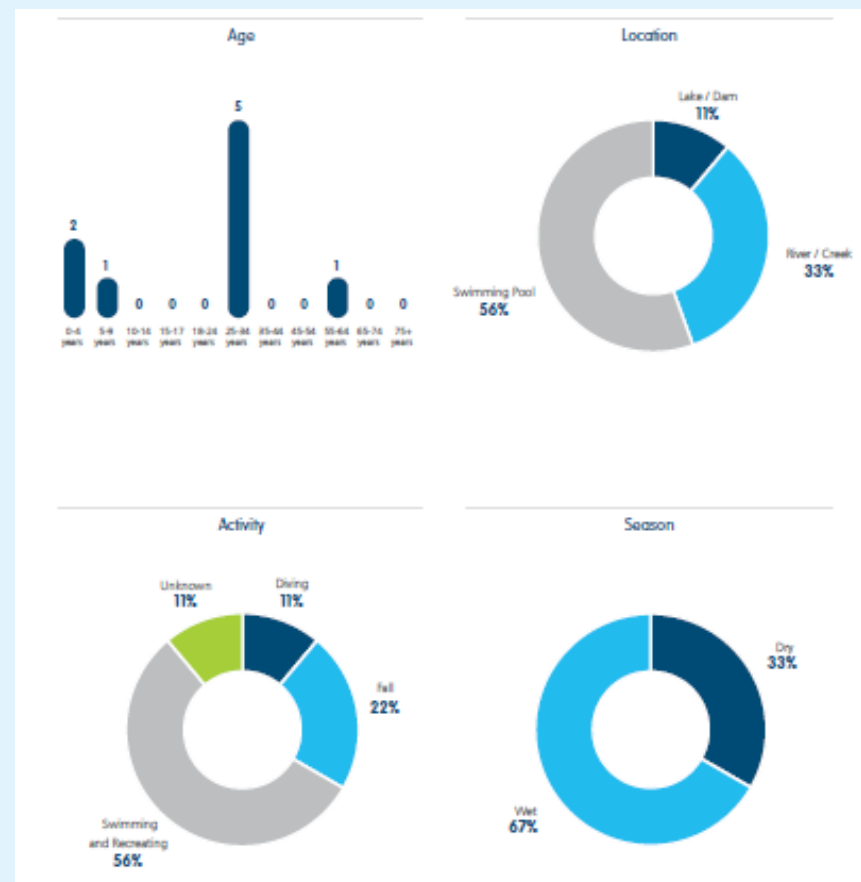
67% of those who drowned in the Northern Territory were male

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 wonderful to see so many families at the Australia Day Pool Party on the 26th of January! Thank you Alice Springs Aquatic and Leisure Centre for hosting an amazing event!

Boof loved seeing everyone being water safety wise throughout the day!

A big thank you to the Alice Springs athletes for showcasing a few events from the wonderful sport of Pool Lifesaving!





ARE YOU LOOKING TO LEARN A NEW SPORT AND GAIN SKILLS FOR LIFE IN 2021?

The sport of pool lifesaving is for YOU and the whole family!
Increase your fitness and learn technical skills in swimming & competition
lifesaving, under the guidance of our pool lifesaving coaches.

*Darwin & Alice Springs clubs will commence training
Wednesday 3rd February*

Junior Pool Lifesaving Squad

Recommended age 8+

Pool Lifesaving Competition Squad

Recommended age 13+

Adult Fitness & Fun

Adults of all ages and swimming abilities welcome!

For further Information please contact: Royal Life Saving Society NT

8981 5036

Email: sportnt@rlssa.org.au



📍AUSTSWIM COURSES 2020📍

Are you looking for a career change? Teach a skill for life!



DARWIN

Teacher of Swimming and Water Safety

27th-28th February 8.30 - 4.30pm

Teacher of Preschool and Infants

19th February 8.30 - 4.30pm

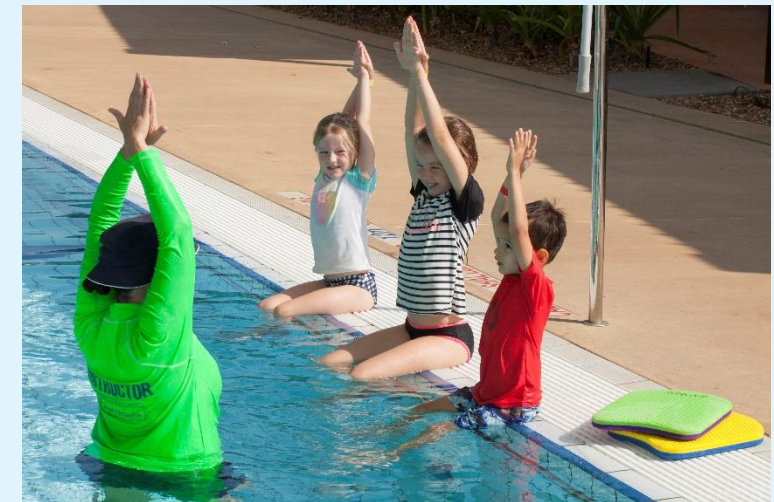
ALICE SPRINGS

Teacher of Swimming and Water Safety

13th-14th February 8.30 - 4.30pm

Teacher of Preschool and Infants

28th February 8.30 - 4.30pm



Book in today!

Website: nt.training.royallifesaving.com.au

Phone 8981 5036

PROGRAMS

The first Swim & Survive program for the year with Melaleuca Refugee Centre came to a close on the 22nd of January and what a fantastic program it was! Congratulations to all who participated and to Royal Life Saving Society – Australia for their support.



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PROGRAMS



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Congratulations to the super stars who finished the Vacswim program from the 18th – 22nd January. Swimming & survival skills learnt, lots of fun and 5 kids that competed their Bronze Rescue Awards!

PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY

Sunday Lifesaving

6 week Swim and Survive program
that focus' on swimming and survival
skills!!

Commencing Sunday 7th February
Nightcliff Pool

To enquire or enroll contact us on
8981 5036 or email
programsnt@rlssa.org.au



PROGRAMS



Little Royals Swim School
Lessons for children 6months-5years old

Commencing Sunday 7th February
Nightcliff Pool

Enroll today!
<https://www.surveymonkey.com/r/NCT12021Enrol>

For more information contact 8981 5036
or infantsnt@rlssa.org.au

INDIGENOUS ADVANCEMENT STRATEGY

Thank you Gunbalanya Community School for an awesome week 18th-22nd January. Well done to all the Students who participated in the Swim, Survive & Strive Program. Also, congratulations to the School Teachers, Clontarf staff & local Police who completed their Bronze Medallion!



KEEP WATCH

**KEEP
WATCH**
TO PREVENT DROWNING

 **ROYAL LIFE SAVING**
NORTHERN TERRITORY



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA



Remember the key messages:

 Supervision  Restrict Access  Water Familiarisation  Learn CPR

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 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 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

Thursday 11th February 4:30-5:30pm

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

What a week it was for the school holiday program for teens 14-17, the 'What's SUP on the Water Program' 18th-22nd January.

The participants worked hard to achieve their Bronze Medallion and were rewarded with bowling, water slides and of course stand up paddle boarding! The highlight was the grand finale excursion to the AquaPark at the Darwin Waterfront.



TRAINING CALENDAR FEBRUARY 2021



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NORTHERN TERRITORY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 Pool Lifeguard Update DWN	4 Pool Lifeguard Update DWN	5	6 Pool Lifeguard DWN	7 Pool Lifeguard DWN
8	9	10	11	12	13 AUSTSWIM TSW ASP	14 AUSTSWIM TSW ASP Pool Lifeguard Update DWN
15	16	17 Bronze Medallion Update DWN	18 CPR DWN First Aid DWN First Aid Education and Care DWN	19 AUSTSWIM Infants DWN	20 Bronze Medallion DWN	21 Bronze Medallion DWN
22	23 CPR JABIRU First Aid JABIRU	24 Bronze Medallion Bronze Medallion Update JABIRU	25 Pool Lifeguard JABIRU	26 Pool Lifeguard Pool Lifeguard Update JABIRU	27 AUSTSWIM TSW DWN	28 AUSTSWIM TSW DWN AUSTSWIM Infants ASP

Bookings

Royal Life Saving NT Northern Territory Branch

ABN 57 939 760 839 - RTO 0859

GPO Box 1229, Darwin NT 0801

Phone: 08 8981 5036 Website: nt.training.royallifesaving.com.au



TRAINING CALENDAR MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6 Bronze Medallion KATH	7 Bronze Medallion Update KATH CPR KATH
8	9	10	11 CPR DWN First Aid DWN First Aid Education and Care DWN	12	13 Swim Teacher Rescue Award ASP	14
15	16	17	18	19 Bronze Medallion Bronze Medallion Update Nhulunbuy	20 Pool Lifeguard Nhulunbuy	21 Pool Lifeguard Pool Lifeguard Update Nhulunbuy
22	23	24 Bronze Medallion Update DWN	25	26	27 Bronze Medallion DWN	28 Bronze Medallion DWN
29	30	31				



Bookings

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