



Kicking Back

Edition 108 | April 2021

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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

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

MAKE THE RIGHT CALL

RESPECT THE RIVER



Whether you're swimming, boating, or even just relaxing on the bank, there are many hidden dangers that you may not be aware of.

When enjoying our rivers, make the right call...to keep your mates safe!

MAKE THE RIGHT CALL

Know your limitations and don't take risks. Don't be a statistic. Boating and fishing continue to be popular recreational activities, however, latest drowning figures show that over the past ten years, 410 people have lost their lives while boating or fishing., Royal Life Saving is urging boaters and fishers to Make the Right Call when it comes to safety. Royal Life Saving's 'Make the Right Call' campaign highlights a common-sense approach and advocates simple safety tips to prevent drowning:

- Avoid alcohol around water
- Wear a lifejacket when boating, kayaking or canoeing
- Avoid swimming or recreating alone around water

For all Territorians:

- Find out if it is safe to swim – look for signs & follow the rules
- Know when you are in crocodile country & find your nearest swimming pool to visit instead
- If you are fishing – stay out of the water – otherwise you may become the bait
- Actively supervise children



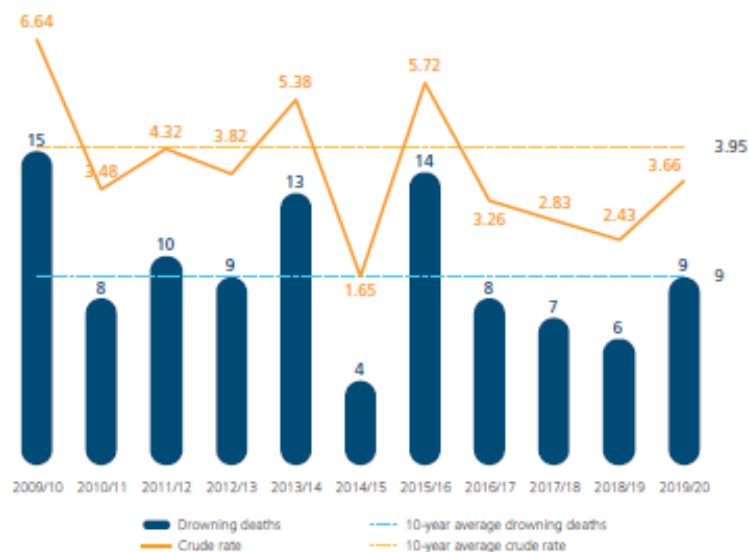
NATIONAL DROWNING REPORT 2020

NORTHERN TERRITORY



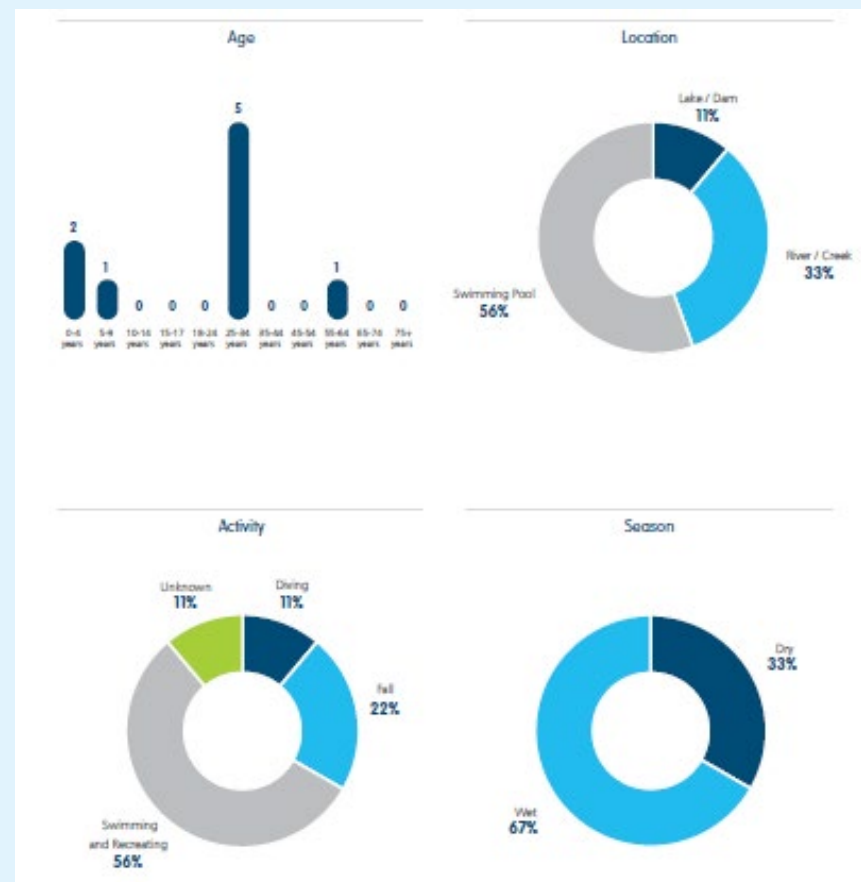
67% of those who drowned in the Northern Territory were male

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

We celebrated youth week with the Barras Swim Club in Nhulunbuy on the 10th of April. Young legends loving the water with dedicated volunteer coaches making it amazing!



COMMUNITY – Our People



Stand Up Paddle Boards were a hit at the #beriversafe Picnic at Lake Mary Ann in Tennant Creek on the 15th of April.

It was great to see everyone having a fun time on the water.

AQUATIC SERVICES

What a day with Dennis from YMCA NT at the Katherine Town Pool completing an Aquatic Facility Safety Assessment on the 21st of April. Thank you for your hospitality!



AQUATIC SERVICES

It's Aquatic Facility Safety Assessment time in Darwin & Katherine. A big shout out to Louise, Tania, the amazing Clare from the City of Darwin & YMCA NT staff from the Parap Pool and Nightcliff Pool who had everything ready for the Auditor.

Thank you RJ for sharing your knowledge & skills with us, Focusing on our commitment to water safety & best practice Risk Management.

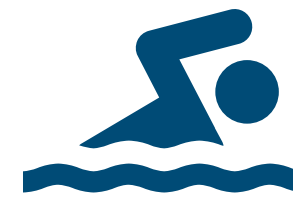


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SPORT



Thanks to all the wonderful children, parents & coaches who tried out pool lifesaving in Nhulunbuy on the 11th of April.

Fitness, fun & lifesaving skills were challenged & everyone participated. Thank you to Rio Tinto & Nhulunbuy Corporation for their contributions to make this happen!



SPORT



Congratulations to both Alice Springs and Darwin clubs for an amazing start to the year, with record numbers attending training sessions & carnivals! The season was jammed packed with fun, fitness & informative clinics from guest coaches. A special thanks to Power and Water for sponsoring our clubs and providing a much needed equipment upgrade!



KEEP WATCH

**KEEP
WATCH**
TO PREVENT DROWNING

 **ROYAL LIFE SAVING**
NORTHERN TERRITORY



**DROWNING RISK TRIPLES
WHEN CHILDREN TURN ONE**



ROYAL LIFE SAVING
AUSTRALIA

**KEEP
WATCH** ...



Remember the key messages:

 Supervision  Restrict Access  Water Familiarisation  Learn CPR

WATER SAFETY UNIT

The Water Safety Unit



Rule #1 Never Swim Alone
Rule #2 Float & Wave
Rule #3 Reach to Rescue
Thank you Kingdom Kids Early Learning Centre Palmerston for practicing the Aqua Code & joining in for Water Safety fun with Boof the Barra on the 7th of April!



INDIGENOUS ADVANCEMENT STRATEGY

Students and Teachers from Kalkarindji travelled over 400Kms to Katherine to complete their Swim, Survive & Strive Program 29th – 31st March. 3 action packed days of intensive swimming lessons, CPR awareness, First Aid skills and so much more. Thank you for a wonderful program, great work everyone!



INDIGENOUS ADVANCEMENT STRATEGY

Ready, Set, Rescue!

It was a great day for a Pool Lifesaving Carnival in Tennant Creek on the 15th of April. These super lifesavers tested their skills in the water as part of the Active Family Fun Day at the pool. Thank you to Dillon, Steve and the Sport and Recreation staff for making this event a splash!





Thank you to Leah and the families of Gunyangara FAFT in Nhulunbuy for a wonderful session for the Water Safety Awareness Program on the 9th of April.



It was a great session the morning of the 19th of April for the Water Safety Awareness Program. These Families are ready to use their vouchers for swimming lessons!

Do you need to attend an Emergency Care Session ? Contact us today for more information 8981 5036.





EMERGENCY CARE SESSIONS 2021 - Bookings are essential

PARAP

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

Monday 24th May 5-6pm
Tuesday 25th May 9-10am
Saturday 29th May 9-10am

Monday 21st June 9-10am
Tuesday 22nd June 5-6pm

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Wednesday 26th May 4:30-5:30pm
Thursday 27th May 9-10am

Wednesday 23rd June 4:30-5:30pm

ALICE SPRINGS

Birth & Beyond Parent Resource Centre
10/89 Fan Arcade Alice Springs 0870

Monday 24th May 10-11am
Thursday 27th May 4:30-5:30pm

Monday 21st June 10-11am
Tuesday 22nd June 10-11am
Thursday 24th June 4:30-5:30pm

Are you in another location? Call us today to find out how you can attend an
Emergency Care Session 8981 5036

TRAINING

Congratulations to the Junior Police Rangers who completed their CPR just in time for the Easter Long weekend on the 1st of April.



TRAINING

Great work by our Bronze medallion participants in Alice Springs on the 10th of April for completing their training. Well done!



TRAINING

What's SUP on the Water! Survival skills and scenarios were the final test for our participants for a week of training and water safety skills 12th -16th April. Putting together all of the knowledge, skills, fitness and judgment learnt over the week to achieve a bronze medallion. What a great way to spend the school holidays!



TRAINING



Congratulations to the enthusiastic participants who have just completed their Bronze Medallion & Pool Lifeguard training at the Tennant Creek Swimming Pool on the 16th & 17th of April. Well done to all & thank you.

TRAINING CALENDAR 2021



Resuscitation Courses

13th May 2.00 - 4.00pm
10th June 2.00 - 4.00pm
8th July 2.00-4.00pm
12th August 2.00-4.00pm
9th September 2.00-4.00pm
14th October 2.00-4.00pm

Pool Lifeguard

2nd & 3rd October 8.30am-4.30pm

Pool Lifeguard Update

6th October 12.00-8.00pm
7th October 8.30am-4.30pm
10th October 8.30am-4.30pm

Aquatic Technical Operators

(Online learning with one Face to face or Zoom)

19th May 8.30am 4.30pm

Bronze Medallion Courses

14th August 8.30-4.30pm
18th September 8.30-4.30pm
29th September 8.30-4.30pm
16th October 8.30-4.30

Bronze Medallion Update

11th August 3.30-7.30pm
15th September 3.30-7.30pm
13th October 3.30-7.30pm

First Aid Child Care & Education

Online learning + 5 hour practical Assessment

13th May 2.00 - 7.00pm
10th June 2.00 - 7.00pm
8th July 2.00- 7.00pm

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

AUSTSWIM COURSES

Teacher of Swimming and Water Safety

7th & 8th August 8.30-4.30

Teacher of Preschool and Infants

TBC

Teacher of Adults

On Request

Teacher of Access and Inclusion

On Request

Water Exercise—WETS

On Request

First Aid Online + Practical Assessments

Online learning +4 hour practical Assessment

13th May 2.00 - 6.00pm
10th June 2.00 - 6.00pm
8th July 2.00-6.00pm

Face to Face First Aid

Workplace training can be requested



