



# Kicking Back

Edition 114 | October 2021

Telephone: 08 8981 5036 | Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

**Patron:** Her Honour the Honourable Vicki O'Halloran AM  
Administrator of the Northern Territory and Mr Craig O'Halloran  
**President:** James Sheridan

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*

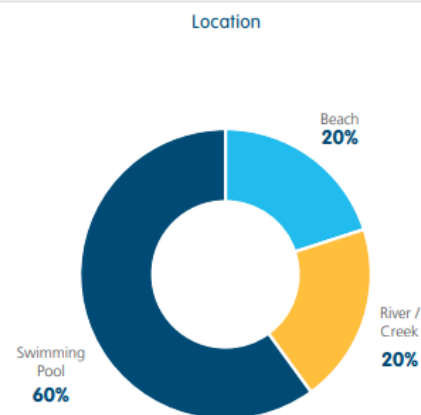
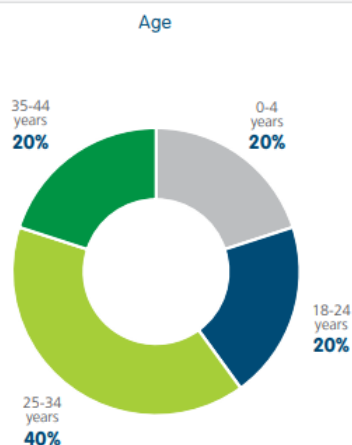
*Be Safe : In, on and around water from the RLSSANT Management Committee*

# NATIONAL DROWNING REPORT 2020/21



**5**  
↓ 44%

Northern Territory



Sadly 5 Territorians lost their lives to drowning during 2020/21.

The National Drowning Report is now available.

To explore it in more detail, follow the link below

<https://bit.ly/3BRAQtW>





**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

# **WANTED** **SWIMMING TEACHERS**



## **Are you looking for casual work?**

Royal Life Saving – NT are looking for motivated individuals to assist in delivering the Swim and Survive program in Darwin & Palmerston. You will receive excellent casual hourly rate, flexible working hours during the school term and work in a fun & enjoyable environment.

**Experience preferred but not essential.**

Training will be provided if necessary, with flexible payment plans available upon employment.

Please contact Stephen Gazzola on 8981 5036 or  
[remoteswimsurvive@rlssa.org.au](mailto:remoteswimsurvive@rlssa.org.au) for more information.

Join  
Now!



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

# 2021/2022 MEMBERSHIP

*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.*



Benefits include:

- Limited edition gift pack
- 5% discount on courses
- Monthly Newsletter
- Invitations to functions

# ANNUAL REPORT 2020/2021



Thank you to our members, volunteers and staff who helped Royal Life Saving NT provide water safety and lifesaving services across the Northern Territory this year.

Please read, relax and enjoy our 2020/2021 Annual Report now available on our website:

[www.royallifesaving.com.au/nt](http://www.royallifesaving.com.au/nt)

# COMMUNITY – Our People

We celebrated Children's Week by attending the Smile-a-Mile's Children's Week Fun Day on October 28!

A fun filled event and lots of great stall holders with loads of information for families.



# PROGRAMS



Lots of learning and laughter took place on our VACSWIM Program these holidays from October 4-8.

Stroke correction, First Aid and CPR awareness including both theory and practical elements, Aqua Aerobics and Yoga. The participants did a fantastic job following a map, solving problems and treating one another for potential snake bites. They even managed to rescue the casualties!

Thank you for a fantastic program.

Enrol now for January 2022 by emailing [programsnt@rlssa.org.au](mailto:programsnt@rlssa.org.au)



# PROGRAMS

Royal Life Saving NT  
**Little Royals**  
'Swim School'

**Swim**  
and  
**SURVIVE**

 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY



It has been an amazing start to our Sunday lessons from October 17 at Nightcliff Pool.  
A big thank you to all the swimmers & their families for participating in our super fun  
Sunday Lifesaving & Little Royals 6 week programs!

# PROGRAMS



Adult Learn to Swim has begun!  
Congratulations to the participants in the Beginner and Intermediate classes  
who started their 6 week program on October 18 at Casuarina Pool.



# INDIGENOUS ADVANCEMENT STRATEGY



Alyangula Area School completed their Swim, Survive and Strive lessons from October 12-15.

Congratulations to the students who completed high levels of Swim & Survive including Bronze Star and Bronze Medallion.



Swim  
and  
**SURVIVE**

Congratulations to everyone who completed their AUSTSWIM Teacher of Infant & Preschool Aquatics in Darwin and Katherine on October 29 & 30.  
A massive thank you to the wonderful Presenter Marcelle for her insights and knowledge.



# SPORT



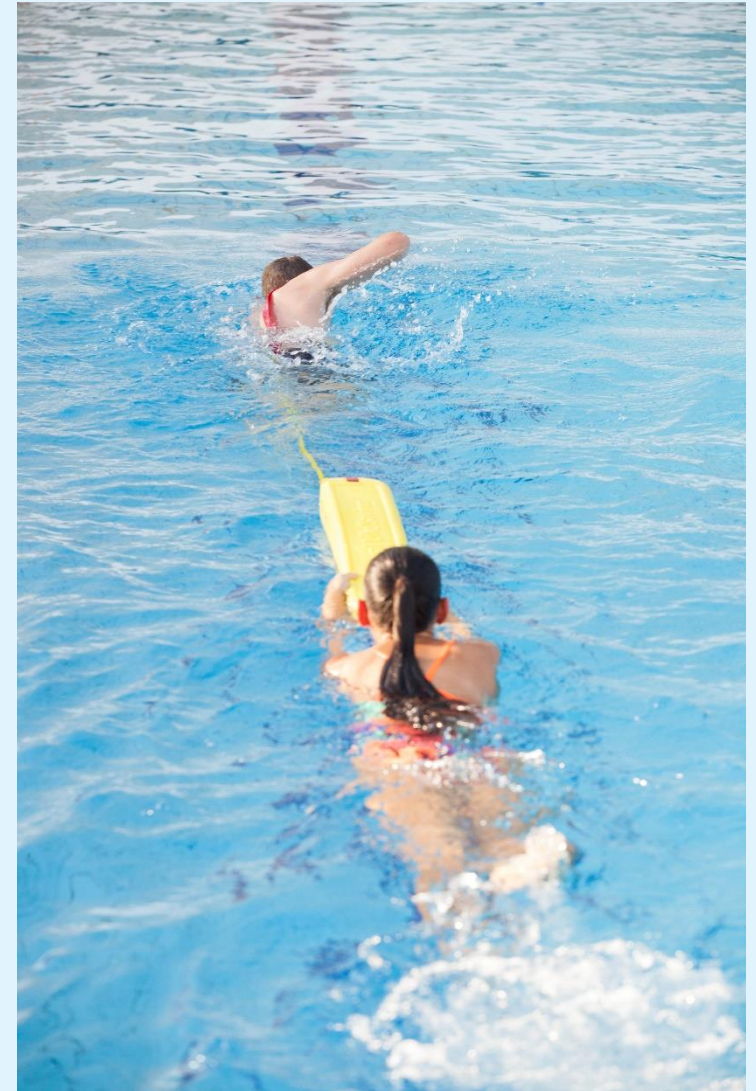
**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

More than just a sport: Pool Lifesaving tests a lifesaver's skills in rescue, accident prevention and emergency care; teaching skills that will save lives and last a lifetime. Pool Lifesaving builds confidence, teaches teamwork, and is perfect for those who want to add an extra dimension to their swimming.

**Join in on Wednesday training sessions:**

**Parap Pool 5:30-6:30pm**

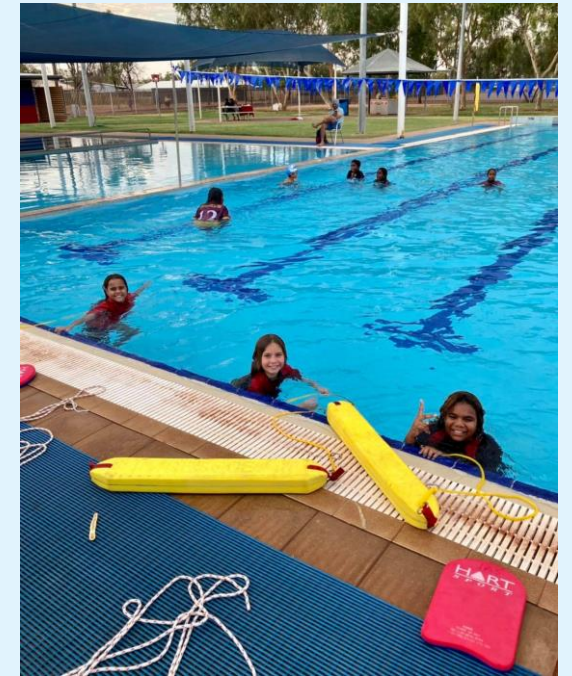
**Alice Springs Aquatic & Leisure Centre 3:45-5pm**



# SPORT



A Pool Lifesaving carnival was held at Tennant Creek pool on October 27. The participants practiced their line throw and rescue a friend skills and of course enjoyed a sausage sizzle at the end of the carnival!



# KEEP WATCH

**KEEP  
WATCH**  
TO PREVENT DROWNING

 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY



Remember the key messages:

👍 Supervision    👍 Restrict Access    👍 Water Familiarisation    👍 Learn CPR

# The Water Safety Unit

What a great first day back at school! Thank you Humpty Doo Pre School students for being super engaged and talking about water safety with Boof the Barramundi on October 12. The students also painted their water safety messages afterwards, great work everyone!



# The Water Safety Unit



Boof had the best time with all the children at Millner Preschool on October 20. There were lots of questions about water safety, enthusiastic singing and dancing to 'Be Water Safety Wise' and plenty of hi 5's for Boof the Barra!

# WATER SAFETY

## AWARENESS PROGRAM



It was a full house on October 23 for Session 1 – Emergency Care of the Water Safety Awareness Program. These parents are now ready for swimming lessons!





# WATER SAFETY

## AWARENESS PROGRAM



## EMERGENCY CARE SESSIONS 2021

Bookings are essential

### PARAP

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

Monday 15th November 5-6pm  
Tuesday 16th November 9-10am

Monday 6th December 9am  
Tuesday 7th December 5pm

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

Wednesday 17th November 4:30-5:30pm  
Thursday 18th November 9-10am

Wednesday 8th December 4:30pm  
Thursday 9th December 9am

### ALICE SPRINGS

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

Monday 8th November 10am  
Tuesday 9th November 10am

Are you in another location? Call to find out how you can attend an  
Emergency Care Session 08 8981 5036

# AQUATICS 4 LIFE PROGRAM



Well done to the Darwin High School students participating in Bronze Medallion for the Aquatics 4 Life Program.

Training on October 13 was all about the timed swim - 8 laps of 4 survival strokes in 13 minutes, Plus life jacket scenarios! Great work everyone

# TRAINING

October 2-3 TWENTY FIVE participants completed the Pool Lifeguard course at Parap Pool on October 2 and 3. Well done to the NT's newest pool lifeguards! A+ for teamwork, communication and the scenario acting was on point. A big thank you to everyone for your stellar efforts!



# TRAINING



Congratulations to the Voyages Yulara Bronze Medallion participants.  
It was a great day of training at Yulara Recreation and Aquatic Centre on October 5

# TRAINING

Congratulations to the participants who completed their Pool Lifeguard update at Parap Pool on October 6

That's your: ☒ oxygen resuscitation ☒ spinals and ☒ scenarios

Re-qualified for another year. Keep up the great work you are doing by making our aquatic facilities safe.



# TRAINING



Pool Lifeguard training week continued with another update at Parap Pool October 7. A big thank you to YMCA legend Louise for sharing her knowledge.

# TRAINING



The third Pool Lifeguard update in Darwin was held on October 9  
Congratulations to all participants,  
thanks for a fun day!

# TRAINING

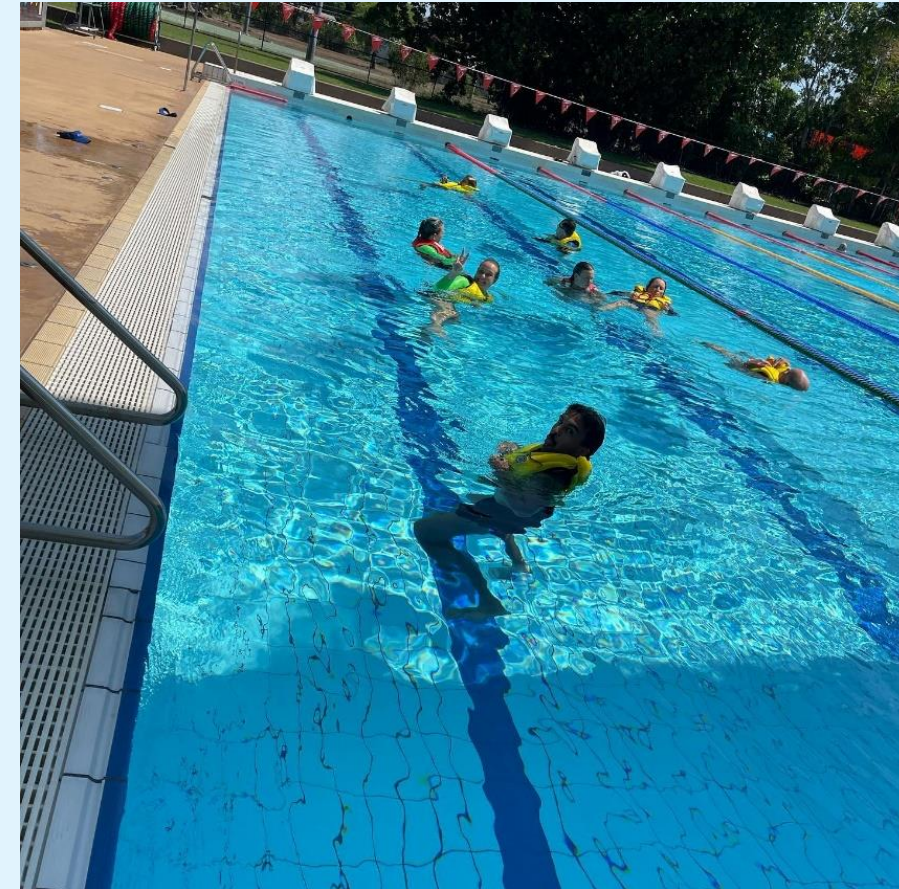


Humpty Doo Pre School Teachers completed their Swim Teacher Rescue Award on October 14. The Swim Teacher Rescue Award covers basic water rescues, scenarios and CPR. These teachers are now rescue ready for water play with their students.

# TRAINING



Congratulations to everyone who completed their Bronze Medallion on October 16 in Darwin. If the Bronze Medallion is something you might be interested in, check out our upcoming course dates at the end of this newsletter.



# TRAINING

What a fantastic afternoon spent in Batchelor on October 21.

First up was CPR training with Coomalie Council and Batchelor Area School staff. Then it was off to the swimming pool to see the after school swimming lessons. Well done to the Coomalie Council for providing water safety lessons for the community every Thursday afternoon!



# TRAINING



Amazing work from our friends from the Goldfishbowl Swim School completing their annual CPR update October 23<sup>rd</sup>  
Well done Team, we look forward to seeing you all again next year.

# TRAINING



Wow Tennant Creek you are so lucky to have this group of deadset legends lifeguarding at the pool! The pool lifeguard update held on October 23 was full of team work, communication and fun! Excellent work Team!

# TRAINING CALENDAR DARWIN



## Resuscitation Courses

November 11, 2pm – 4pm  
February 10, 2pm – 4pm  
March 10, 2pm – 4pm  
April 7, 2pm – 4pm  
May 12, 2pm – 4pm  
June 9, 2pm – 4pm

## Pool Lifeguard

February 26 & 27, 8.30am – 4.30pm

## Pool Lifeguard Update

February 2, 8.30am – 4.30pm  
February 3, 12pm – 8pm  
February 5, 8.30am – 4.30pm

## Bronze Medallion Courses

January 19, 8.30am – 4.30pm  
February 19, 8.30am – 4.30pm  
March 26, 8.30am – 4.30pm  
May 7, 8.30am – 4.30pm

## Bronze Medallion Update

January 18, 3.30pm – 7.30pm  
February 23, 3.30pm – 7.30pm  
March 23, 3.30pm – 7.30pm  
April 28, 3.30pm – 7.30pm

## First Aid Online + Practical Assessments

### *Online learning + 4 hour practical Assessment*

November 11, 2pm – 6pm  
February 10, 2pm – 6pm  
March 10, 2pm – 6pm  
April 7, 2pm – 6pm  
May 12, 2pm – 6pm  
June 9, 2pm – 6pm

## First Aid Child Care & Education

### *Online learning + 5 hour practical Assessment*

November 11, 2pm – 7pm  
February 10, 2pm – 7pm  
March 10, 2pm – 7pm  
April 7, 2pm – 7pm  
May 12, 2pm – 7pm  
June 9, 2pm – 7pm

## Face to Face First Aid

*Workplace training can be requested*



## Bookings

Royal Life Saving NT  
ABN 57 939 760 839 - RTO 0859  
GPO Box 1229, Darwin NT 0801

Phone: 08 8981 5036 Website: [nt.training.royallifesaving.com.au](http://nt.training.royallifesaving.com.au)



# TRAINING CALENDAR REGIONAL & REMOTE



## Resuscitation Courses

Katherine: 4<sup>th</sup> November 12pm – 2pm  
Batchelor: 13<sup>th</sup> November 8.30am – 10.30am  
Nhulunbuy: 25<sup>th</sup> November 8.30am – 10.30am

## Bronze Medallion Courses

Katherine: 5<sup>th</sup> November 8.30am – 4.30pm  
Batchelor: 13<sup>th</sup> November 8.30am – 4.30pm  
Nhulunbuy: 26<sup>th</sup> November 8.30am – 4.30pm

## First Aid Online + Practical Assessments

*Online learning + 4 hour practical Assessment*

Katherine: 4<sup>th</sup> November 12pm – 4pm  
Nhulunbuy: 25<sup>th</sup> November 8.30am – 12.30pm

## Pool Lifeguard

Katherine: 6<sup>th</sup> & 7<sup>th</sup> November 8.30am – 4.30pm  
Nhulunbuy: 27<sup>th</sup> & 28<sup>th</sup> November 8.30am – 4.30pm

## Bronze Medallion Update

Katherine: 5<sup>th</sup> November 8.30am – 12.30pm  
Batchelor: 13<sup>th</sup> November 8.30am – 12.30pm  
Nhulunbuy: 26<sup>th</sup> November 8.30am – 12.30pm

## First Aid Child Care & Education

*Online learning + 5 hour practical Assessment*

## Face to Face First Aid

*Workplace training can be requested*

## Pool Lifeguard Update

Alice Springs: 7<sup>th</sup> November 8.30am – 4.30pm  
Katherine: 7<sup>th</sup> November 8.30am – 4.30pm  
Nhulunbuy: 28<sup>th</sup> November 8.30am – 4.30pm

## Bookings

Royal Life Saving NT  
ABN 57 939 760 839 - RTO 0859  
GPO Box 1229, Darwin NT 0801



Phone: 08 8981 5036 Website: [nt.training.royallifesaving.com.au](https://nt.training.royallifesaving.com.au)





*"Our People, Our Lifestyle, Our Water"*

## CONNECT WITH US



RoyalLifeSavingNT



RLSSANT



RoyalLifeSavingAust



royallifesaving.com.au



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY