



Kicking Back

Edition 98 | June 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.

Membership 2020/2021

Royal Life Saving Northern Territory would like to thank our members for their ongoing commitment. We are now offering FREE membership for Individual and Sport members for 2020/2021.

Register now to collect your exclusive membership pack!

8981 5036

nt@rlssa.org.au



Water Wellbeing Program



Royal Life Saving NT Water Wellbeing Program continues to be uploaded every Friday at 9am. Keep an eye on our Facebook page, it's a free program for everyone to access. It gives you water safety information, tips, CPR awareness and much more!



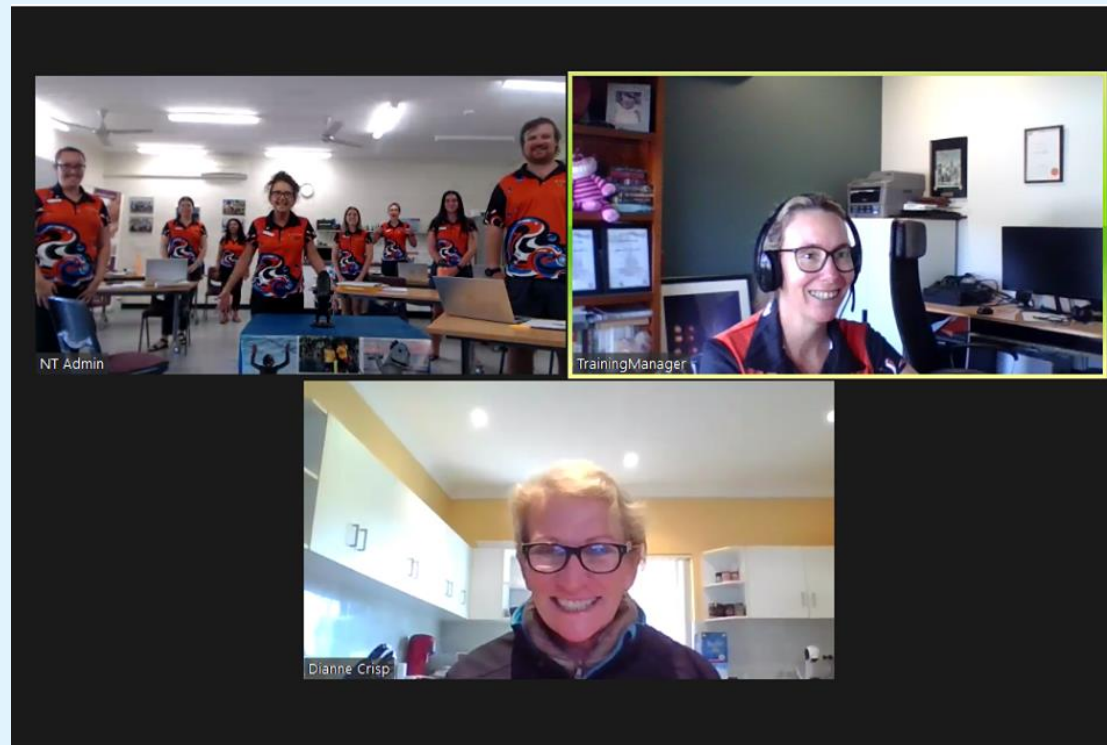
COMMUNITY - OUR PEOPLE

Thank you to our amazing Patron for hosting our Queen's birthday celebration on the 5th of June in recognition of outstanding volunteer services from Territorians during Covid-19. Royal Life Saving NT President Penny Hart & super lifesavers Cieran & Steve, are proud volunteers of our organization.



COMMUNITY - OUR PEOPLE

The Royal Life Saving NT Team participated in the annual Professional Development workshop during June. Focusing on communication, workplace bios, family stories and operations to prepare for a very productive 2020/2021.



COMMUNITY - OUR PEOPLE

The Swim and Survive Team have been out at Berry Springs each Friday during the month of June. Having a blast engaging with the community and sharing water safety messages.



Join Royal Life Saving NT and
Coomalie Community
Government Council for an
exciting Active Family Fun
Day!

A FREE family fun event
- Pool Lifesaving activities
- Swimming
- Free BBQ
plus much more

For more information please
call Royal Life Saving NT
8981 5036 or email
infantsnt@rlssa.org.au



ROYAL LIFE SAVING
NORTHERN TERRITORY



ACTIVE FAMILY FUN DAY

28th June 2020



1-4pm Batchelor Pool



Free Entry

Pool Lifesaving Activities

BBQ

Fun for the whole family!



COOMALIE COMMUNITY
GOVERNMENT COUNCIL



PROGRAMS



ADULT LEARN TO SWIM



Monday 22nd June – Monday 27th July 2020
Casuarina Swimming Pool, Corner of Angelo Street Casuarina.

AND/OR

Wednesday 24th June – Wednesday 29th July 2020
Parap Swimming Pool, 77 Ross Smith Av, Parap.

Lesson times 5-6 or 6-7pm on either Mondays at Casuarina or
Wednesdays at Parap!

The best part? The lesson is FREE!

That's right – only pay pool entry!

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

PROGRAMS



SCHOOLS OUT SWIM AND SURVIVE BOOTCAMP!

29th June—3rd July 2020

Parap Pool, 77 Ross Smith Avenue, Parap

THIS VACSWIM PROGRAM IS FOR CHILDREN AGED 6 – 15 YEAR OLDS AND WILL INCLUDE:

- Daily swimming lessons
- Intensive stroke correction sessions
- Basic First Aid training
- Resuscitation Awareness training
- Amazing Race Challenge
- Pool Lifesaving Sport Carnival
- Survival skills & Water Safety Awareness!

For bookings & enquiries please call the office on 8981 5036

Email: programsnt@rlssa.org.au



PROGRAMS



SUNDAY LIFESAVING PROGRAM

Sunday Lifesaving is a Swim and Survive program that runs every Sunday for 6 weeks from 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

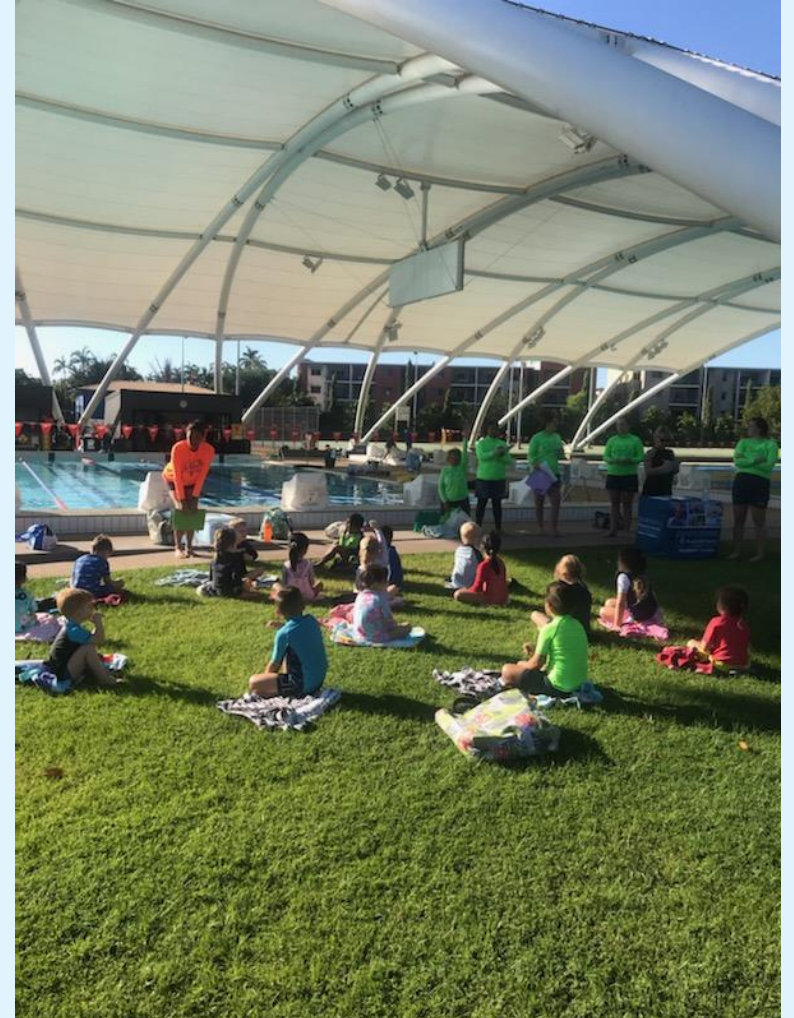


Jingili Pre School

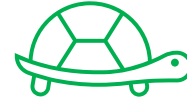
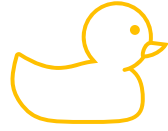
It was great to have our first Program back after Covid-19 with Jingili Pre School at Parap Pool!

Although the pool is heated the kids were braving the cold and had a great time with our swim teachers.

We got the opportunity to trial our post Covid way of conducting programs with a smaller school. All new actions implemented worked well!



PROGRAMS



This month the Little Royals Swim School completed their first program at the Parap Pool.

It was great to meet new and returning families for a splash in the Learn to Swim heated pool.

Thank you to the wonderful parents and children for joining us this month!

PROGRAMS

Little Royals Swim School

Sunday Lessons

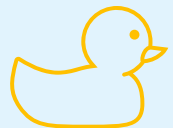
Parap Pool

9th August – 13th September

8:30-10am

Children under 5

For more information or to enrol please email
infantsnt@rlssa.org.au



INDIGENOUS ADVANCEMENT STRATEGY



With the communities opening back up the IAS teams are beginning to work on getting back out there.

They are working on locking in dates for Terms 3 & 4 programs and training, so stay tuned for updates!

SPORT



The Darwin & Alice Springs Pool Lifesaving Teams have been back with Dry Season Training. During these sessions the athletes have been practicing CPR and perfecting their line throws.

CPR is one of the competitions that make up part of the Pool Lifesaving Championships! What a great skill & fun way to learn competition style.

TRAINING

CPR physical distance style on the 4th of June. Nice work to the team from Get Physical in Alice Springs for completing their annual update.



TRAINING

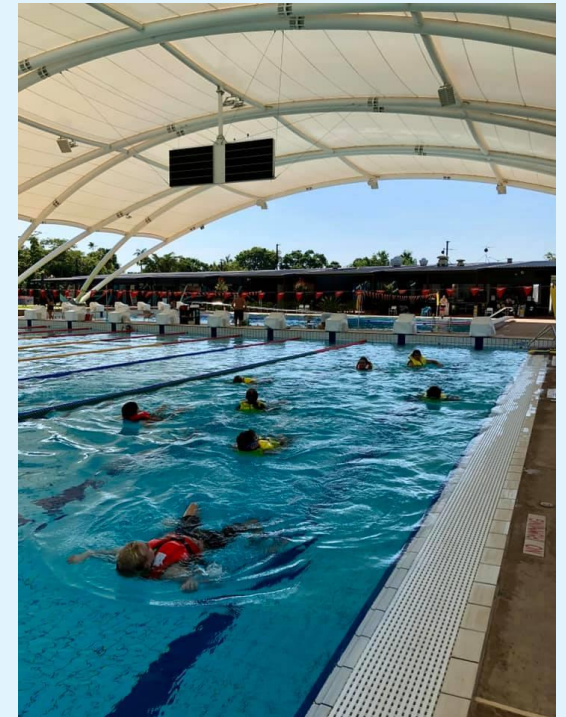
It was great to be back training the Junior Police Rangers on the 5th of June. Training began with the rangers learning about anaphylaxis. Welcome back to the seniors who are working towards completing First Aid.



TRAINING

It was so exciting to be back in the pool on the 13th of June to resume our Bronze Medallion training with:

Physical distancing , increased hygiene measures and superstar participants.



TRAINING

It was a beautiful day for a Bronze Medallion on the 16th of June. Thanks to the team at Haileybury Rendall School for a great course at their school pool.



TRAINING



Snakebites, slings and stayin' alive. On the 17th of June we visited Harry's Place to update CPR and First Aid for the some of the team from Australian Regional & Remote Community Services

Well done to all participants!



ROYAL LIFE SAVING
NORTHERN TERRITORY

Darwin Training

Pool Lifeguard

2nd & 3rd July is full, now accepting bookings for:

Thursday & Friday 16th & 17th July 8:30am-4:30pm

Pool Lifeguard Update

Saturday 4th July 8:30am-4:30pm

First Aid

Thursday 9th July 2-6pm

Royal Life Saving NT will be following physical distancing guidelines and have modified the delivery and assessment strategy to current guidelines. Increased hygiene practices will also be conducted during these courses. Please note: Participants are to be mindful of Dry Season weather conditions as water will be colder than usual.

To enrol visit: www.royallifesaving.com.au/nt or call 08 8981 5036 for more information



ROYAL LIFE SAVING
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Alice Springs Training

First Aid

Thursday 2nd July 3-6pm

First Aid Education & Care Setting

Thursday 2nd July 3-7pm

Pool Lifeguard

Saturday and Sunday 4th & 5th July 8:30am-4:30pm

Pool Lifeguard Update

Saturday 11th July 8:30am-4:30pm

Royal Life Saving NT will be following physical distancing guidelines and have modified the delivery and assessment strategy to current guidelines. Increased hygiene practices will also be conducted during these courses. Please note: Participants are to be mindful of Dry Season weather conditions as water will be colder than usual.

To enrol visit: www.royallifesaving.com.au/nt or call 08 8981 5036 for more information

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 2020 - Bookings are essential

PARAP – Royal Life Saving NT

77 Ross smith Ave, Parap

Blue building next to Parap Pool

Monday 20th July 5-6pm

Tuesday 21st July 9-10am

Monday 24th August 5-6pm

Tuesday 25th August 9-10am

Saturday 29th August 9-10am

PALMERSTON Child & Family Centre
2 Brennan Court, Farrar

Wednesday 22nd July 4:30-5:30pm

Thursday 23rd July 9-10am

Wednesday 26th August 4:30-5:30pm

Thursday 27th August 9-10am



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

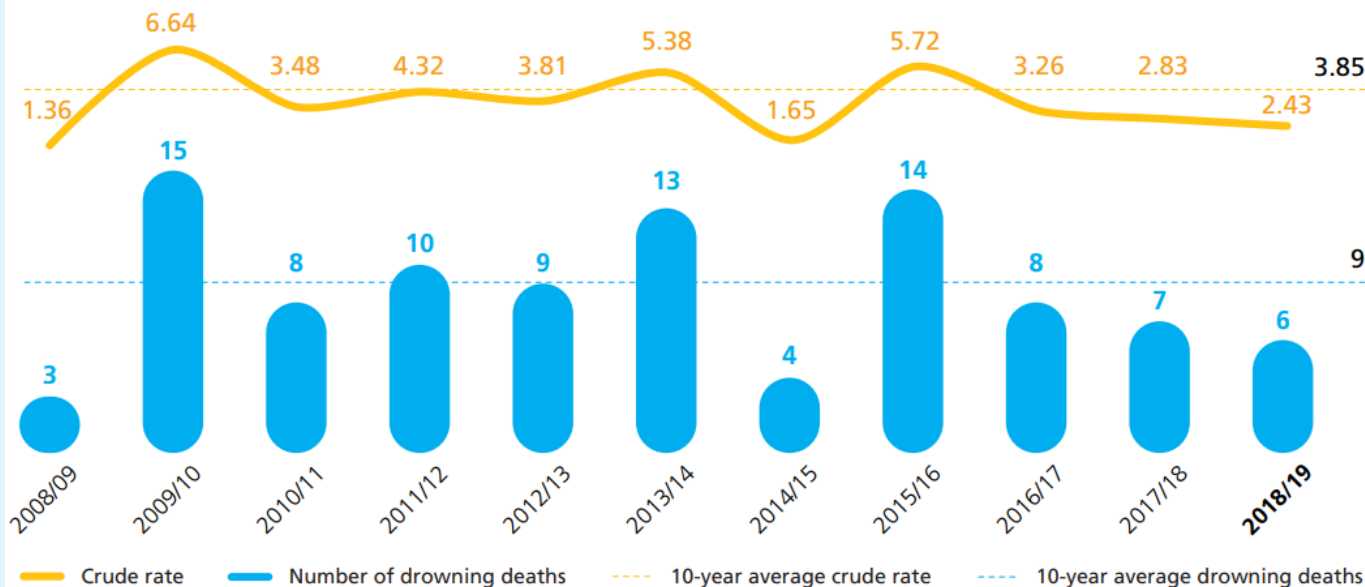
For more information contact:

infantsnt@rlssa.org.au

NATIONAL DROWNING REPORT 2019



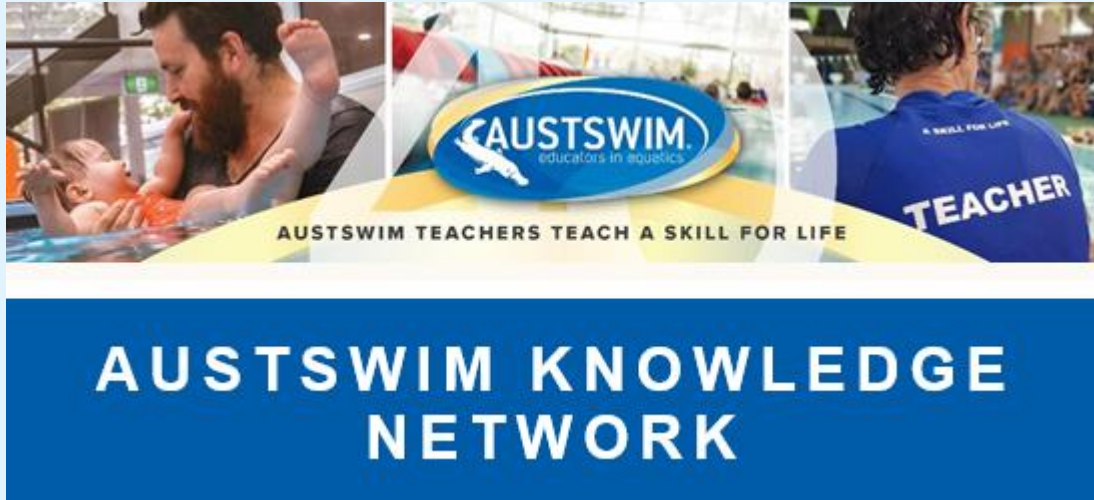
67% of those who drowned in Northern Territory were male



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



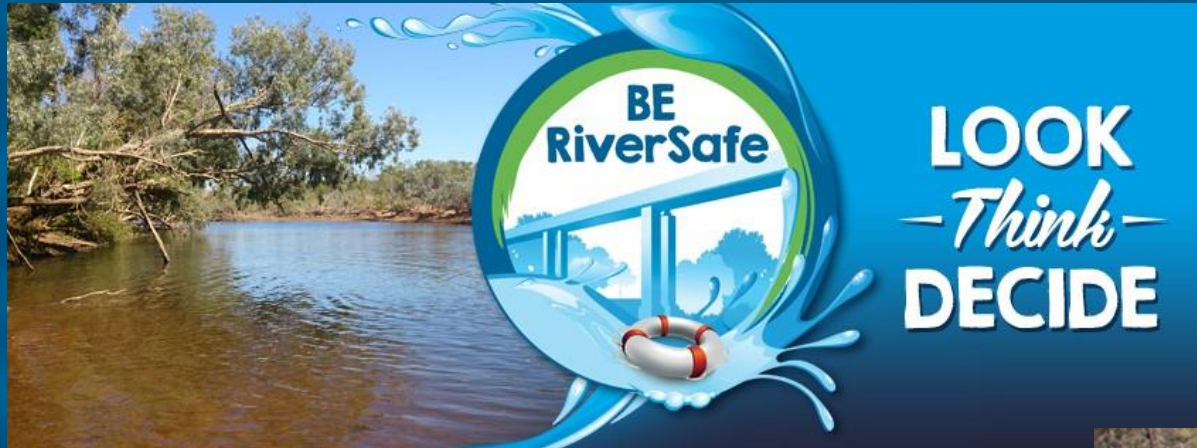
There is some light at the end of the tunnel...and to celebrate we are pleased to announce the launch of the AUSTSWIM Knowledge Network!

Space is limited so register early and avoid disappointment.

Connect, Share, Grow

www.austswim.com.au

RESPECT THE RIVER



CONNECT WITH US

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-  RLSSANT
-  RoyallLifeSavingAust
-  royallifesaving.com.au



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