



Kicking Back

Edition 99 | July 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

Covid-19 Safety Plan

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.



Royal Life Saving Society (Australia) NT Branch Inc

Notice of Annual General Meeting

Annual General Meeting and Special Resolution to propose an updated Constitution

Venue: 77 Ross Smith Ave Parap

Date: Friday 4th September 2020, 6-7pm

Details: Agenda, Previous Minutes, Board Nominations and Audited Financial Statements and proposed Special Resolution are available from the Public Officer

The Special Resolution proposes to update the constitution of Royal Life Saving Society (Australia) NT Branch Inc.

Current financial members will be emailed the current constitution and the proposed constitution and they will also be available on the website

www.royallifesaving.com.au/nt

Email: froberts@rlssa.org.au

Phone: 8981 5036



Career Opportunities



We are currently looking for Casual Swimming Teachers.

If you are a fun, energetic and reliable person who likes working with children then this might be the job for you!

For more information contact
Steve Gazzola on 8981 5036 or
remoteswimsurvive@rlssa.org.au

Water Wellbeing Program



Thank you to everyone who has joined us on this 10 week journey of the Water Wellbeing Program.

Our last session on the 17th of July finished with a bang! A WETS Session from the Superstars Floss and Laura.

We hope you have enjoyed these sessions and got something out of them!



COMMUNITY - OUR PEOPLE

Lake Alexander was the place to be for school holidays on the 3rd of July! Thank you to all the families who joined in on the S.U.P.s and signed up to become members! We hope to see you again soon.

The Royal Life Saving team have been popping up at different locations through the school holidays, to engage and share water safety with the community.



COMMUNITY - OUR PEOPLE

Thank you to the wonderful families who joined us for a water safety show day picnic in Alice Springs on the 3rd of July. It was such a beautiful day at Ellery Creek Big Hole, the water temperature was 11 degrees. The wind made SUP a challenge, so it changed to Sit Down Paddling. It was so much fun!



COMMUNITY - OUR PEOPLE



A massive shout out to the Tennant Creekites who made the River Safety Picnic a wonderful day at Lake Mary Ann on the 11th of July. So much joy and laughter from the water and a paddle with great company.



COMMUNITY - OUR PEOPLE

Thank you to our amazing Swim Teachers and staff who workshopped Royal Life Saving NT's Membership Plan on the 15th of July.

Followed by a well deserved Team Lunch, it was great to have the team all together!



COMMUNITY - OUR PEOPLE

It was a Water Safety POP Up at the Pop Rocket Cafe on the 17th of July in Katherine.

Boof and the gang were promoting water safety for the Show Weekend.

Congratulations Jo, winner of our membership prize, we hope you enjoy spending the \$100 Rod and Rifle Voucher 😊



COMMUNITY - OUR PEOPLE

Wow! How lucky to share Water Safety messaging at Edith Falls on the 18th of July for the Katherine Show long weekend. Thank you to all the wonderful families who became members and joined in for our new favourite activity, Stand Up Paddle Boarding! Special thank you to Northern Territory Parks and Wildlife for allowing us to spend the day at this beautiful location.



COMMUNITY - OUR PEOPLE

It was a change of scenery for our staff who headed out to Howard Springs Nature Park for the Great Grows Here Party on Friday 17th July.

A great day spent with lots of activities and prizes – thank you to all the families that came down and joined us!



COMMUNITY - OUR PEOPLE

The Royal Life Saving NT Member Q was on the 23rd July. The best way to start a long weekend with great company, lucky door prizes and lawn games galore.
A big thanks to our wonderful Members who came along!



COMMUNITY - OUR PEOPLE

The Darwin Show Weekend was so exciting to be a different location this year. Fun in the sun at the Darwin Waterfront on the 25th July! Stand Up Paddle Boarding, Boof the Barra and meeting new members! Thank you to all who joined us and congratulations to Kaitlyn, winner of our Member prize draw!



PROGRAMS



Our most successful Adult Learn to Swim program finished up this month.

Running across Casuarina and Parap Pool we saw over 130 people come through to participate in the 6 week free program.

It was great to have such a large reach and to see how the participants improved!

PROGRAMS



The 3rd of July was a wrap for our VACSWIM program! It was good to be back in the water teaching water safety skills and swimming for the school holidays. Looking forward to the next one starting in October holidays.



PROGRAMS

SUNDAY SWIMMING LESSONS

For all children 6months old and up!



Sunday Lifesaving

Children 5yo and up
45min lessons

- 8.30 – 9.15am
- 9.15 – 10am

Higher levels

- 8.30 – 10.00am

Enrolment forms to:

programsnt@rlssa.org.au

SUNDAY LESSONS
Parap Pool
9th of August -
13th September



Little Royals Swim School

Children under 5yo (Starting at 6months old)
30min lessons

- 8:30-9am
- 9-9:30am
- 9:30-10am

Enrolment forms to:

infantsnt@rlssa.org.au

Learn to Swim, Sport and Water Safety Awareness Program vouchers accepted!

For more information please call 08 8981 5036

PROGRAMS



It was a great session with Tennis NT on the 22nd of July for our swim teachers to prepare for some exciting upcoming programs.
Thank you so much to Patrick for facilitating - what a great morning!



PROGRAMS



The Swim Teachers were all together in the water for their In-service on the 23rd of July, a great catch up and to focus on the wonderful Swim & Survive Programs ahead. We are all looking forward to being back in the pool for lessons in August!



INDIGENOUS ADVANCEMENT STRATEGY



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

Stay tuned for Terms 3 & 4 programs and training!

WATER SAFETY UNIT

Boof had a lovely afternoon at the Alice Springs Aquatic Centre during the Get Out Youth Festival on the 2nd of July. Boof made sure all the kids knew how to be water safe and follow the rules at the Aquatic Centre.



WATER SAFETY UNIT

Boof was out and about in Alice Springs on the 6th of July visiting Lil Antz Childcare and Vacation Care, talking about water safety. Boof loved the dancing and singing best and was happy to hear the kids knew heaps about keeping safe around water.



WATER SAFETY UNIT

The Water Safety Unit



On the 7th of July Boof visited the YMCA in Sadadeen. The littlies loved the story and dancing and the kids in Vacation Care were keen to learn about being safe around water. Thankyou for letting us visit!!



SPORT

POOL LIFESAVING

Commencing 26th August 2020

Wednesday's

Parap Pool & Alice Springs Aquatic & Leisure Centre

Junior Pool Lifesaving Squad

Pool Lifesaving Competition Squad

Develop fitness and learn technical skills in swimming & lifesaving under the guidance of our Pool Lifesaving coaches

For further Information please contact:

T: 8981 5036

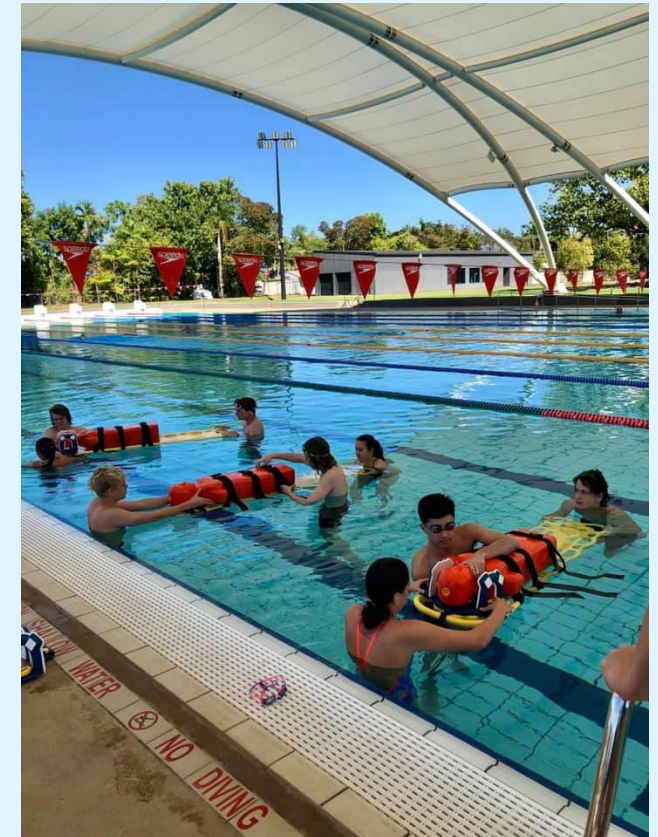
Email: sportnt@rlssa.org.au

SPORT VOUCHERS ACCEPTED



TRAINING

Congratulations to our newest batch of Pool Lifeguards. These legends spent their school holidays learning oxygen resuscitation, aquatic supervision, spinal management and so much more on the 2nd & 3rd! Thank you for all your hard work!



TRAINING

Annual Pool Lifeguard Update? DONE . A day well spent for the Lifeguards from Parap, Palmerston and Casuarina Pools on the 4th of July. Thanks for being troopers when the wind made things a little chill and for your excellent displays of teamwork and communication.



TRAINING

A massive shout out to this wonderful crew who completed their Lifeguard training on the 4th & 5th of July in Alice Springs!

The oxygen, spinals & scenarios got everyone working together as a great team.



TRAINING



What a great way to start a long weekend of Training in Katherine from the 16th of July.
Congrats to this awesome crew who travelled from Ngukurr, Lajamanu & Darwin plus Katherine locals who completed the Bronze Medallion, First Aid and Pool Lifeguard Courses.
Well done in the cold water, you guys rock!!

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

Saturday 1st August 9-10am
Monday 17th August 5-6pm
Tuesday 18th August 9-10am

PALMERSTON Child & Family Centre
2 Brennan Court, Farrar

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

Are you in another location? Alice
Springs, Katherine, Nhulunbuy etc?
Call us today to find out how you can
attend an Emergency Care Session
898 15036



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 x Information Session – Emergency Care

4 x In the water lessons at a provider of your choice

To apply visit our website:

www.royallifesaving.com.au/nt

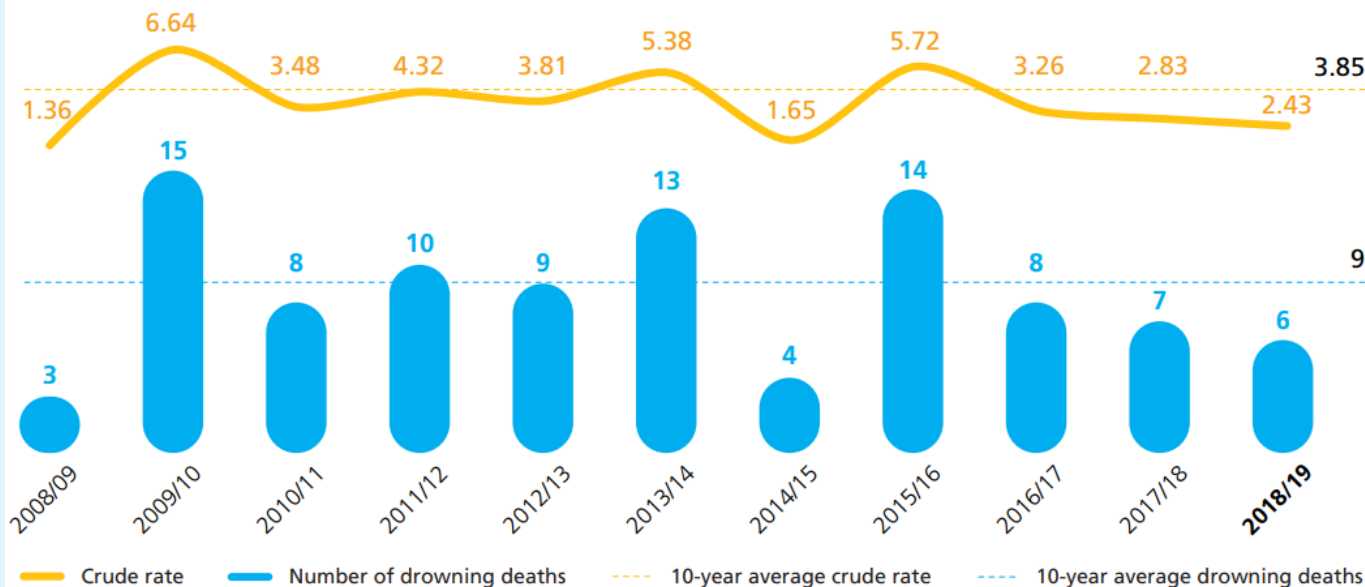
For more information contact:

infantsnt@rlssa.org.au

NATIONAL DROWNING REPORT 2019



67% of those who drowned in Northern Territory were male

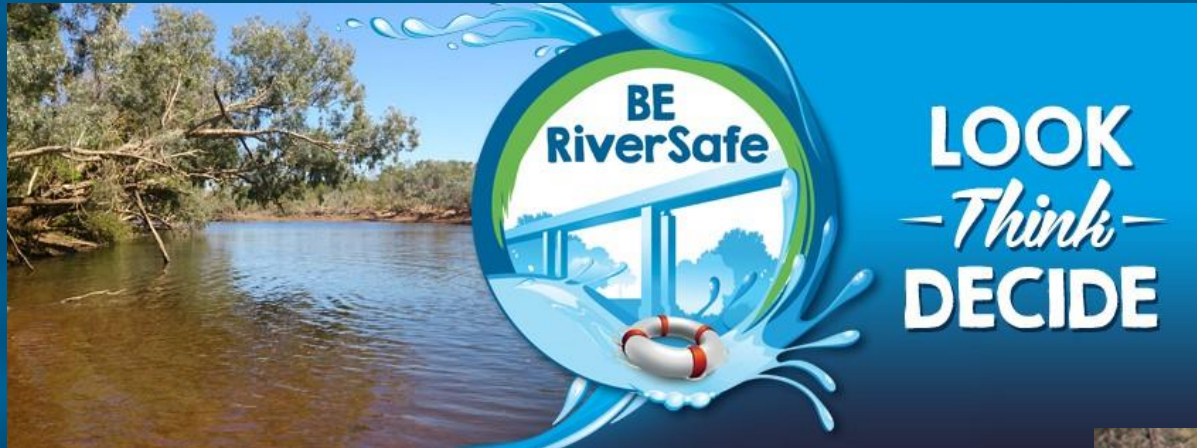


Drowning deaths and death rates in Northern Territory from 2008/09 to 2018/19 and the 10-year average

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

RESPECT THE RIVER



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