



STAY OUT OF PIPES AND DRAINS

STAY SAFE THIS WET



www.watersafety.nt.gov.au



Kicking Back

Edition 106 | February 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



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

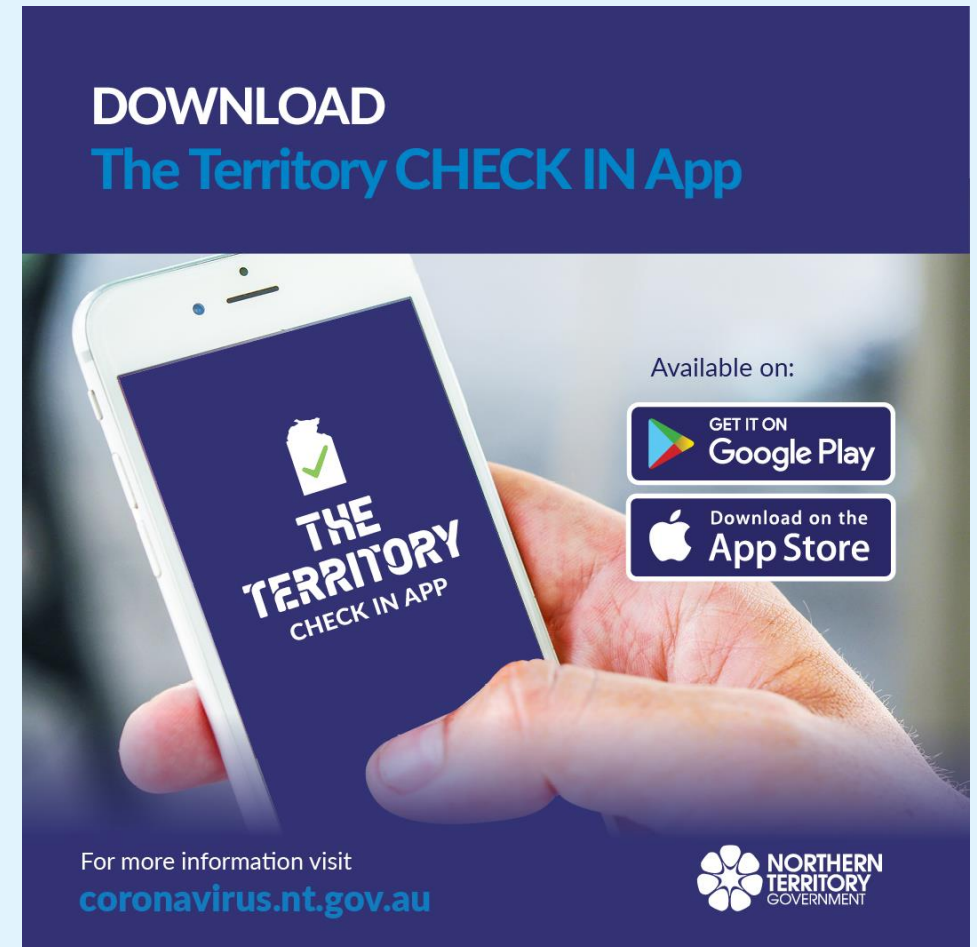
Covid-19 Safety Plan

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

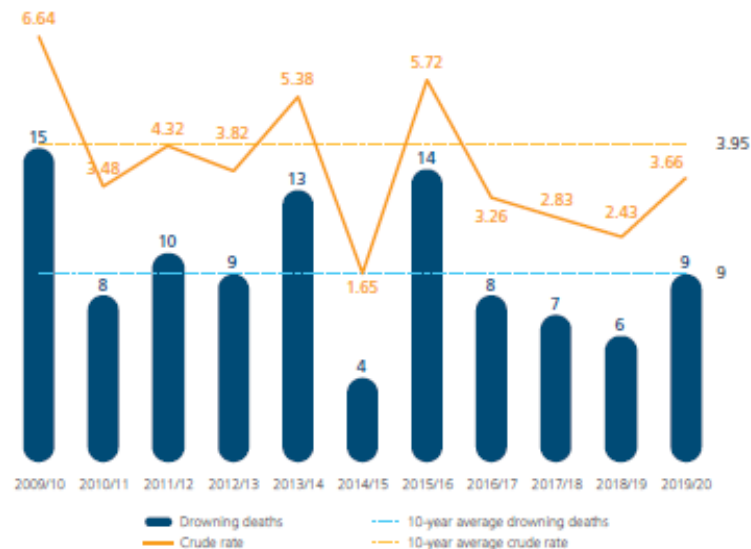
NATIONAL DROWNING REPORT 2020

NORTHERN TERRITORY



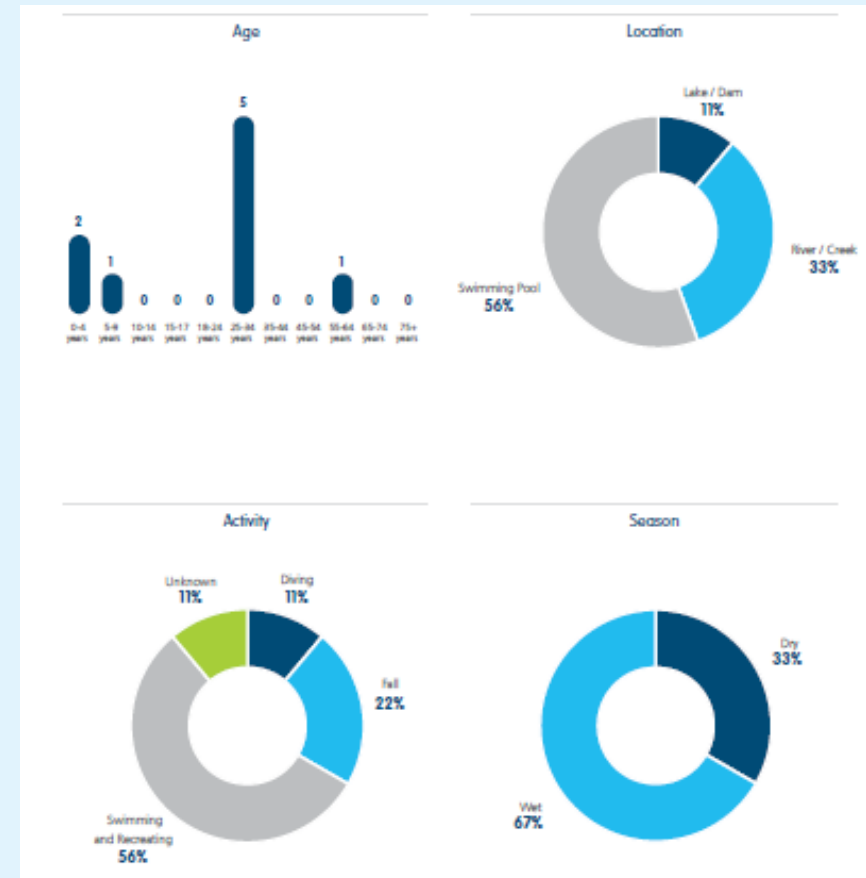
67% of those who drowned in the Northern Territory were male

Drowning deaths and death rates in the Northern Territory from 2009/10 to 2019/20 and the 10-year average



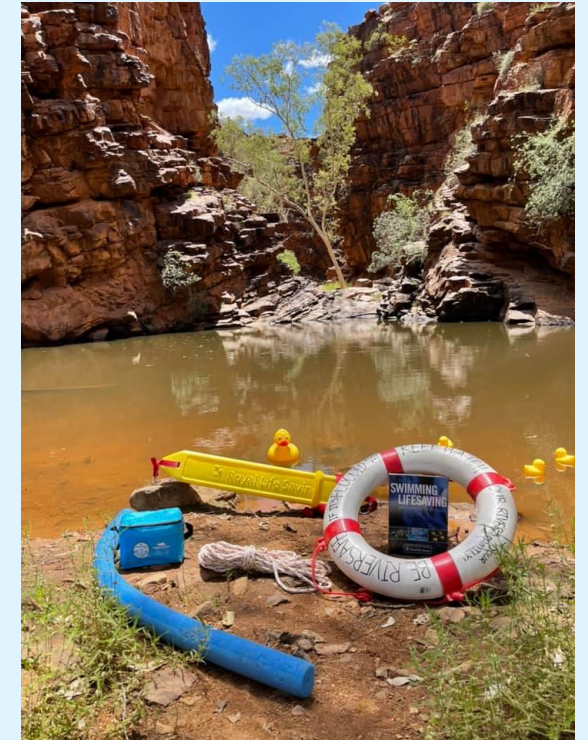
Sadly, the Northern Territory maintains the highest drowning rate per capita in Australia with 9 drowning deaths recorded in the 2019-2020 period.

For the full National Drowning Report please visit: <https://bit.ly/34dFYZQ>



COMMUNITY – OUR PEOPLE

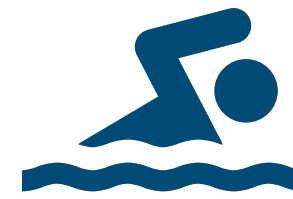
John Hayes Rockhole was the best place to be for a swim and picnic on the 21st of February. The water levels were up and everyone was having fun and being safe!



AQUATIC SERVICES

A massive shout out to Petina and the Team at the Alice Springs Aquatic & Leisure Centre for completing their annual Aquatic Facility Safety Assessment on the 24th of February.





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.



WEDNESDAY TRAINING

Darwin – Parap Pool

5:30-6:30pm

Alice Springs – Alice Springs Aquatic & Leisure Centre

3:45-5pm

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:
Call: 8981 5036 Email: sportnt@rlssa.org.au

📌 AUSTSWIM COURSES 2021 📌

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



DARWIN

Teacher of Preschool and Infants

19th March 8.30 - 4.30pm

ALICE SPRINGS

Teacher of Preschool and Infants

20th March 8.30 - 4.30pm

KATHERINE

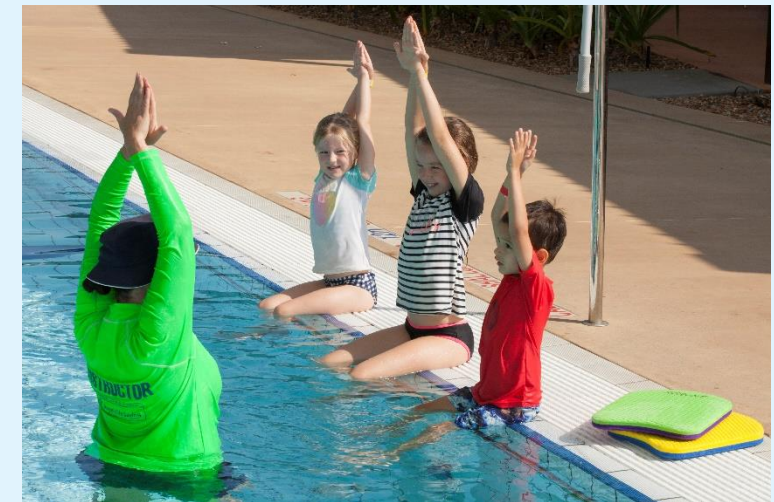
Teacher of Swimming and Water Safety

16th & 17th March 2021

Book in today!

Website: nt.training.royallifesaving.com.au

Phone 8981 5036



PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY



Swim Teacher In Services!

The 11th & 12th of February saw our Swim & Survive Teachers attend our biannual in services!

Our theme: Keep Calm & Communicate.

Team discussions, professional development , CPR & Swim Teacher Rescue Award training.

All getting ready for Swim & Survive for 2021

PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY

ADULT LEARN TO SWIM

Our FREE Adult Lessons are back Term 1 2021 at Casuarina Pool!
Lessons have kicked off on the 15th of February for Monday & Wednesday lessons.
It's never too late to learn or improve swimming skills!



PROGRAMS



It was an amazing start at Nightcliff Pool on the 7th of February to our Term 1 Little Royals Swim School and Sunday Lifesaving Program. Well done to the families who joined for their first lesson. It was wonderful to see the many happy faces and laughter throughout the morning. A special mention goes out to our swim teachers - Floss, Tiarne, Tyla, Tahlia, Samantha, Dono and Sam. Thank you for providing a safe and fun lesson for Territory parents and their children.

PROGRAMS



ROYAL LIFE SAVING
NORTHERN TERRITORY



LITTLE ROYAL SWIM SCHOOL BATCHELOR
Now enrolling for Sunday Lessons
Batchelor Pool
7th - 28th March 2021

Lessons for children 6 months old and up !

For all enquiries please
email infantsnt@rlssa.org.au or call 8981 5036

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!



Thank you to all the parents who attended the Emergency Care sessions in February.

We hope that you have a wonderful start to your water safety journey with your little one!



EMERGENCY CARE SESSIONS 2021 - Bookings are essential

PARAP

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

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 March 4:30-5:30pm
Thursday 25th March 9-10am

ALICE SPRINGS

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

Wednesday 24th March 4:30-5:30pm
Thursday 25th March 9-10am

KATHERINE

Katherine Library

Friday 12th March 4-5pm

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

TRAINING

Congratulations to this dedicated and enthusiastic group of legends from the Pool Lifeguard course in Alice Springs on the 30th & 31st of January . You all displayed excellent team work, communication and A+ scenario acting. Good luck with your future careers in the aquatic industry!



TRAINING

Well done and thank you to all the Darwin Lifeguards for their enthusiasm during there Pool Lifeguard Update courses. There were 2 groups that participated on the 3rd and 4th of February.



TRAINING

The weekend of the 6th and 7th of February was Darwin's turn to train up some future Pool Lifeguards. It was a jam-packed weekend of spinal, scenarios and oxygen resuscitation. The participants experienced lifeguarding at both Parap and Nightcliff pools and were even lucky enough to witness a lightning evacuation. Welcome to lifeguarding in the wet season!



TRAINING



It was a pleasure spending Friday afternoon on the 12th of February with the team from Wagait Shire Council updating CPR. Great job we'll see you next year!

TRAINING

Congratulations to the staff from Palmerston Regional Hospital who completed their Hydrotherapy Rescue Award on the 16th of February. Great work!

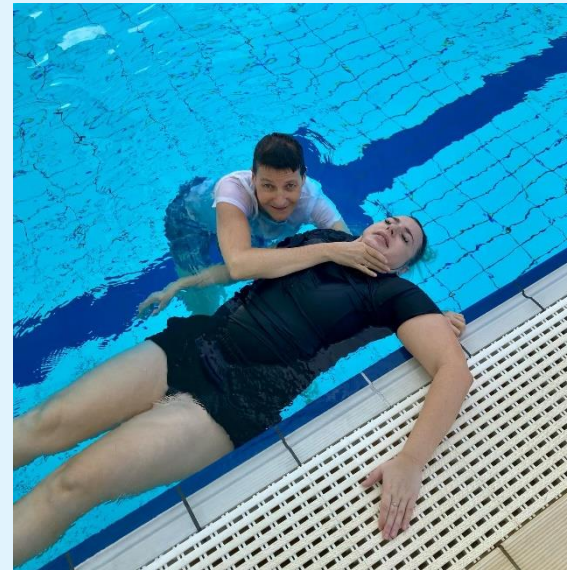


TRAINING

The Hydrotherapy Rescue course on the 17th of February was with the team from @mjdfoundation at Parap pool.

Does your organisation need aquatic rescue training? We can come to your pool, or schedule a course at a public pool near you!

For more information call ☎ 89815036



TRAINING

Swim Teacher Rescue Award

Congratulations to the teachers from Leanyer School for successfully updating CPR and STRA qualifications on the 17th of February. Rescue Timmy was in safe hands with you!



TRAINING

Junior Police Rangers

So great to be back with our friends the JPR's on the 18th of February. Kicking off a busy term of training including:

- Bronze Star
 - Bronze Medallion
 - Bronze Medallion update
 - First Aid
 - Pool lifesaving carnival
- And so much fun!



TRAINING

Thank you Power and Water Corporation Alice Springs for a fabulous two days of First Aid training on the 22nd and 23rd of February. Great conversation and insights into First aid and personal experiences shared. Family, work colleagues and friends you're in safe hands!



TRAINING

Thank You to Alekarenge School for a great day of CPR and First Aid training on the 24th of February. Your valued skills will be an asset to you and your community!



TRAINING

Thank you for having us Jabiru on the 23rd and 24th of February. Congratulations to the teachers from Jabiru Area School who updated their Bronze Medallion and it was a pleasure hanging out with the guys from Clontarf, the lads showed some impressive pool lifesaving skills! You're all super lifesavers to us!



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

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



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