



Royal Life Saving Society - ACT

ANNUAL REPORT 2013/14

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EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

OFFICERS OF THE SOCIETY

THE ROYAL LIFE SAVING SOCIETY (Incorporated By Royal Charter)

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Commonwealth President
H.R.H Prince Michael of Kent

THE ROYAL LIFE SAVING SOCIETY- AUSTRALIA

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Ms Dianne Montalto ESM
National Deputy President
The Hon. Terence John Higgins AO QC

Branch Director
The Hon. Terence John Higgins AO QC

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The Hon. Terence John Higgins AO QC

Deputy President
Mr Harold Hird

Honorary Treasurer
Mr Anthon Bandle

Public Officer
Mr. Peter Granleese

Elected Member to the Board of Directors
Mr Lyal Holley
Mr Peter Castle
Mr Peter Macaulay
Mr Peter Granleese

Committees

Executive Committee - The Hon. Terence John Higgins
AO QC, Harold Hird, Anthony Bandle

Finance - Anthony Bandle, Lyal Holley

Honours and Awards -
Harold Hird with the Executive Director

Sports - Peter Macaulay, Peter Castle

Governance - (Executive Committee)

Training and Compliance -
Peter Castle with Executive Director

Remuneration and Human Resources -
(Finance Committee)

Events and Fundraising - Peter Macaulay, Peter Castle

Media - Harold Hird with Executive Director

Appointments

Auditor
RSM Bird Cameron

Solicitor
Michael Higgins

Medical Advisor
Ben Lynch

Chief Examiner
Ben Cuttriss

Chief Instructor
Rachael Hogan

Executive Director
Cherry O'Connor

Life Members

The Hon. Terence John Higgins AO QC

Geoff McGibbon

Christine McGibbon

Harold Hird

Lyal Holley

Peter Castle

Peter Macaulay

Michael Higgins

Anthony Bandle

"To prevent loss of life and injury in
the community with an emphasis
on the aquatic environment."

Royal Life Saving Society – Australia

HONOURS

COMMONWEALTH COUNCIL HONOURS

Service Cross

The Hon. Terence John Higgins AO QC
Mr Geoff McGibbon
Mr Harold Hird
Mr Lyal Holley
Mr Peter Granleese
Mr Anthony Bandle
Mr Ian Cocks

Service Medal

The Hon. Terence John Higgins AO QC
Mr Kenneth Aplin
Mr Peter Granleese
Mr Kevin Graham
Mr Lyal Holley
Mr Tony Bandle
Mr Greg Bowler
Mr Harold Hird

Bar to Service Cross

Mr Harold Hird

AUSTRALIAN HONOURS

Fellow of the Royal Life Saving Society

The Hon. Terence John Higgins AO QC
Mr Geoff McGibbon
Mr Kevin Graham
Mr Ian Cocks
Mr Anthony Bandle
Mr Peter Granleese

Service Order of the Royal Life Saving Society –

Australia Mrs Christine McGibbon
Mrs Diane Cocks

Meritorious Service Award

The Hon. Terence John Higgins AO QC
Mr Harold Hird

ACT BRAVERY AWARDS

Royal Life Saving Society Commendation for Bravery

Mr P. Zori
Mr D. McCaskill
Mr G. O'Neill
Mr M. Gilet
Ms N. Ballenden
Mr N. Hansford
Constable R. Quilty, Australian Federal Police

Royal Life Saving Society - Australia Bravery Cross

Mr Neil Maher
Miss Emily de Gier

Royal Life Saving Society Australia Rescue Medal

Miss Elise Waser
Mr Barton Waser
Mr Jon Waser

Royal Life Saving Society -

Australia Resuscitation Club Medal
Mr Neil Maher
Mr Paul Reynolds

Royal Life Saving Society - ACT

ANNUAL REPORT 2013/14

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PRESIDENT'S REPORT

This year has been another successful one for Royal Life in the ACT. It has been eventful, with the Royal Life Saving ACT team admirably continuing to uphold the Society's community values. Our primary purpose and mission is to prevent death and injury from drowning and near drowning.

As the Executive Director's report indicates, we have been active and successful in promoting skills and knowledge concerning water safety. For this, the credit must go to Executive Director, Cherry O'Connor and her staff. Their dedication and hard work has led to all the achievements of the Society in the ACT this year.

We are particularly proud of the achievements gained through the Royal Life Saving ACT Primary Schools' Swim and Survive Program. Over 6800 children received Swim and Survive lessons and water safety education through the program this year which is the highest number of participants yet. We congratulate ACT schools for continuing to support and promote this vital program to students and their families.

Canberra's unique Aboriginal and Torres Strait Islander aquatics program, 'Ngadyung', developed and implemented by Royal Life Saving ACT in 2008, continues to expand the range of aquatic education and training options available for Indigenous people in Canberra.

I must thank the ACT Government and the Canberra Labor Club, the major contributors to the Society. We are grateful to all our donors and contributors large and small, whether in cash or time. We could not survive without your ongoing support.

Finally I must pay tribute to my fellow Board members for their dedication and support. I also acknowledge with gratitude the assistance of our colleagues in the Royal Life Saving Society – Australia National Branch and the other State and Territory organisations of RLSSA.

The Hon. Terence John Higgins AO QC
President



EXECUTIVE DIRECTOR'S REPORT

The 2013-14 year at Royal Life Saving ACT has been strongly focussed on community and education. Our programs, activities and networks across Canberra have allowed us to continue to maintain our strong partnerships with local business and government, as well as develop new relationships with other non-profit and like-minded organisations. Our connections with industry are as strong as ever. The exploration of new developments, designs and ideas have proven fruitful. Our advocacy and messaging is in its prime and people all across Canberra have spent the year talking about the effectiveness, professionalism and dedication of Royal Life Saving ACT.

A total of 3217 Royal Life Saving awards and vocational competencies have been issued over the year as the Royal Life Saving ACT training department continued strongly. Our team of 35 trainers is scattered throughout the ACT delivering quality Vocational Educational and Training in schools, pools and businesses. With significant increases to participation in both Pool Lifeguard and First Aid courses during 2013-14, we have witnessed a stronger industry workforce, higher employment retention, and increased conversion from training to job placement than in previous years.

The Royal Life Saving Society – Australia's 'Aquatic Facility Safety Assessment' has now been embedded into the standard annual routine of the majority of public pools in the ACT. In 2014 Royal Life Saving ACT conducted the very first of these assessments at the brand new Gungahlin Leisure Centre facility. Royal Life Saving ACT also played a critical role in training the centre staff in preparation for opening and liaised with both centre management and the ACT Government about the installation of Australian Standard water safety signage around the pool.

The ACT Aquatic Industry Awards presentation night was a highlight of the summer season yet again with commendable achievements from both individuals and organisations. Minister for Education and Training, Joy Burch, attended and presented at the event which wouldn't have been possible without the continued support from our long-time local sponsors: The Canberra Labor Club group. I'd like to take this opportunity to sincerely thank the Board and Staff at The Canberra Labor Club for their ongoing sponsorship and commitment to water safety and drowning prevention in the ACT.

In addition to accredited training programs, Royal Life Saving ACT issued 13,696 Swim and Survive certificates to ACT children through our own Royal Life Saving ACT Primary Schools' program, and our local partner swim schools during the 2013-14 financial year. Over 50 primary schools participated in the 2013 territory-wide ACT Primary Schools' Swim and Survive program and approximately 6860 primary school students participated and achieved in levels right through from Water Discovery to Senior Swim and Survive. This program would not be operational without the financial contributions and support from the ACT Education and Training Directorate, or the cooperation of ACT primary school teachers and principals. Special thanks are owed to all who have helped us to improve access to this wonderful program for all ACT primary school students.

ACT Sport and Recreation Services continued to support Royal Life Saving ACT with operational assistance funding this year and provided opportunities for staff and coaches to participate in various Professional Development workshops throughout the year. Royal Life Saving ACT retained the position of co-chair on the ACT Safe Waters Committee (ACTSW) during 2013-14 and has been instrumental in the development of a new ACT Safe Waters Action Plan. The ACTSW Action Plan will set a target of Zero Drownings for the ACT. With the lowest drowning rate in the country recorded for our Territory, the committee is pleased with the progress so far.

Other directorates that provided funding and/or sponsorship over the year include ACT Education and Training; ACT Community Services; and the Australian Government's Department of the Prime Minister and Cabinet for the Royal Life Saving ACT Ngadyung unit for Aboriginal and Torres Strait Islander initiatives.

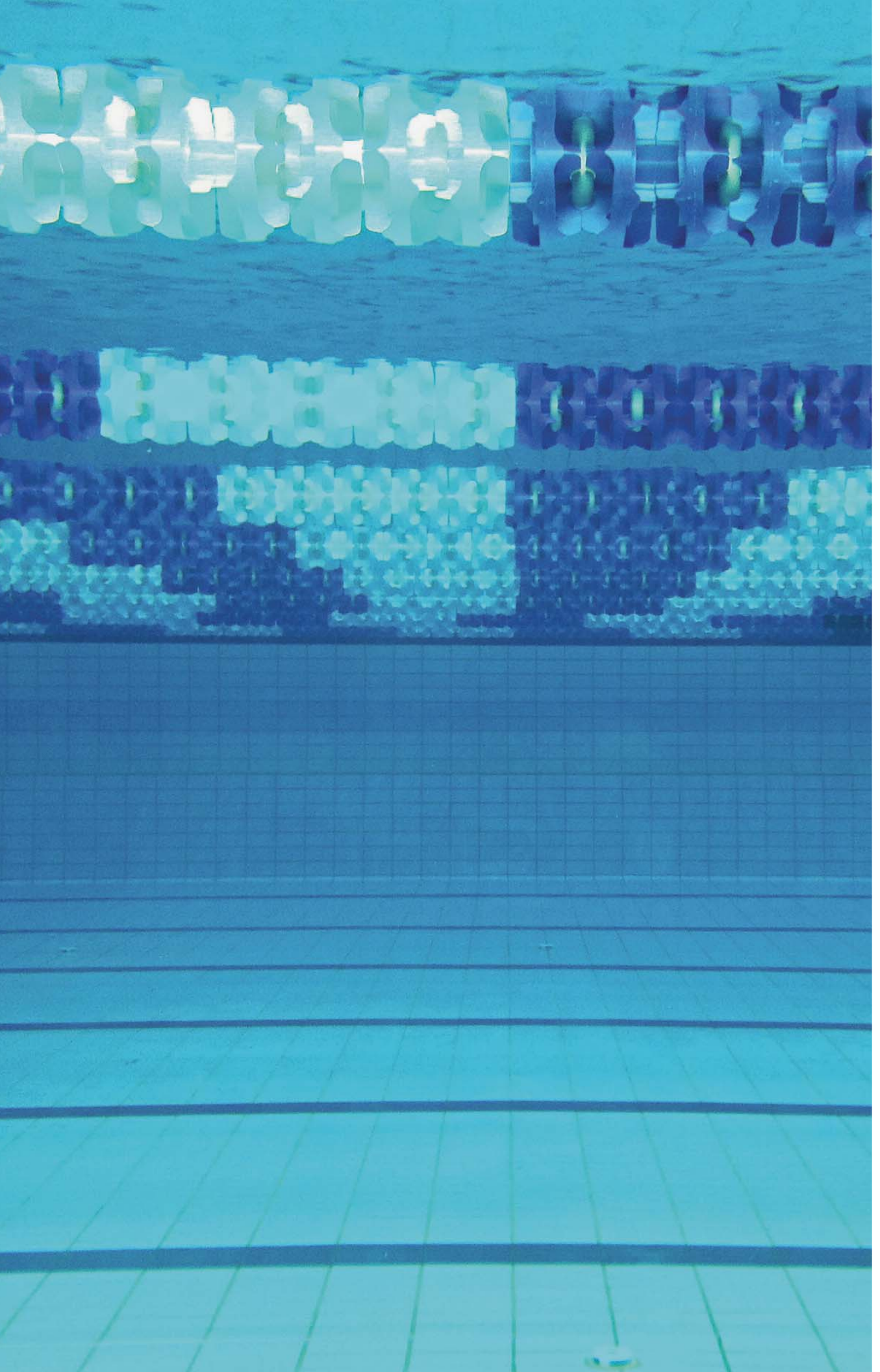
Ngadyung has hosted a broad range of successful aquatic ATSI programs and activities since 2008. From Swim and Survive to vocational training and job placement programs Royal Life Saving ACT continues to strive for improved access to aquatic programs for all Indigenous people in Canberra. Ngadyung has become a fixed unit within Royal Life Saving ACT's general operations and we have a strong commitment to providing quality outcomes that are relevant to the community and that meet Government objectives.

Moving forward into 2014/15, the second phase of the 2013-16 Royal Life Saving ACT Strategic Plan, the focus for our staff and volunteers will be on: creating safer urban waterways; encouraging a skilled community; and maintaining a zero drowning rate.

I am proud and humbled to have had the opportunity to contribute to the outcomes detailed in this year's Annual Report. I would like to thank Royal Life Saving Society – Australia CEO, Justin Scarr, and the entire staff at the National Branch for their continuing dedication and support; Royal Life Saving ACT President, The Hon. Terence John Higgins AO QC, and the ACT Board of Directors; the staff and volunteers of Royal Life Saving ACT; and all of our Community Partners that have contributed to our successes over this past year.

Cherry O'Connor
Executive Director





AQUATIC INDUSTRY DEVELOPMENT

AQUATIC INDUSTRY DEVELOPMENT

The ACT Aquatics Industry consists of stakeholders including Royal Life Saving ACT, Safe Waters ACT member organisations, the ACT Government, ACT Public Pools and Swim Schools, and other associated parties. Together, these stakeholders ensure that consistent Water Safety messages and Drowning Prevention campaigns are made available to the Canberra Community.

Royal Life Saving ACT works continuously to establish and maintain open communication between stakeholders within the local industry with a view to encourage collaborative efforts and whole-community outcomes.

ACT Aquatic Industry Awards

The ACT Aquatic Industry Awards recognises exceptional achievement and effort in all areas of water safety and drowning prevention. Hosted by Royal Life Saving ACT and supported by our major sponsors, The Canberra Labor Club, the presentation evening saw the Canberra-wide audience applaud many worthy award recipients.

WATER SAFETY AWARD RECIPIENTS

The Ministers Award for the Most Significant Contribution to Water Safety by an Individual	Camilla Sedgwick
Community Service Award	The Canberra Labor Club Group
Community Service Award	Tim Sedgwick
Lifesaving Educator of the year	Ben Lynch
Keep Watch @ Public Pools – Pool of the Year	Dickson Aquatic Centre
Gold Star Aquatic Facility Safety Award	Australian Institute of Sport
Outstanding Commitment to Water Safety by an ACT School	Isabella Plains Early Childhood School
Lifeguard of the Year	Kevin Dick – Dickson Aquatic Centre
Ngadyung Award	Ngadyung Community
Ken (Chuck) Evans Award	Heidi Nairne
Royal Life Saving ACT Commendation	Glenn Scott – Canberra International Sports and Aquatic Centre
Swim and Survive Instructor of the Year	Lucas Alcazar-Stevens

Left: Tony Luchetti receiving Award from Lyal Holly

Right: Julie Dixon receiving award from Minister Joy Burch



Lifeguard Challenge

The ACT Lifeguard Challenge provides an opportunity for local aquatic centres to enter mixed teams of 4 lifeguards to compete against each other in lifesaving through speed and initiative events. The Lifeguard Challenge was developed as a National initiative through the Australian Lifeguard Network and the concept has been received well in the ACT.

Having won the previous Lifeguard Challenge, the AIS proudly hosted 32 competitors from three of Canberra's largest aquatic venues on February 7th 2014. Lifeguards competed against each other in their efforts to secure ownership of the "Lifeguard Cup" trophy for their pool. But despite all their training, the team from the AIS could not hold on to their prized possession as 'The Ben and Jerry's' from Dickson Aquatic Centre brought in secret weapon, 6 foot 2 inch long-time-lifeguard: Ben Lynch. The Ben and Jerry's won the competition and in doing so won the trophy back, and the right to host the Challenge next year at their venue – Dickson Aquatic Centre.

Big thanks go to all who competed, officiated, volunteered and observed on the day!

RESULTS

TEAM	AQUATIC CENTRE	OVERALL PTS	PLACING
The Ben and Jerrys	Dickson Aquatic Centre	178	1st
The Journey	Dickson Aquatic Centre	126	2nd
CISAC-2	CISAC	125	3rd
Eagle Boys	Dickson Aquatic Centre	121	4th
Pedro de la Rainzy	Australian Institute of Sport	104	5th
CISAC-1	CISAC	96	6th
Sunshine on a Windy Day	Dickson Aquatic Centre	78	7th
The Amazons	Dickson Aquatic Centre	64	8th

Ben and Jerrys



Aquatic Facility Safety Assessments

Royal Life Saving Society – Australia’s Aquatic Facility Safety Assessment process was designed to provide Public Pools and other aquatic venues with a customized safety benchmark to strive for and improve upon. The assessment criteria align with the ‘Guidelines for Safe Pool Operation’ and were developed in consideration of both federal and local legislation requirements.

Royal Life Saving ACT undertook 9 individual Aquatic Facility Safety Assessments for various public pools in Canberra throughout the 2013/14 financial year and the results were pleasing. Canberra’s public bathing venues compared very well with the 2013 National State of the Industry Report.

ACT 5-STAR AQUATIC FACILITIES 2013-14

Active Leisure Centre
Australian Institute of Sport
Canberra International Sports and Aquatic Centre
Canberra Olympic Pool
Dickson Aquatic Centre
Gungahlin Leisure Centre
Club Googong
Lakeside Leisure Centre
Manuka Swimming Pool
Phillip Swimming Pool

All 5-star facilities are listed on the Royal Life Saving Society – Australia website and proudly display the Royal Life Saving ACT Water Safety Partner logo on-site at their venue:



5-Star Facility



Swim and Survive Partners

Swim and Survive Partner Swim Schools are endorsed deliverers of the Royal Life Saving Society - Australia’s Swim and Survive program. Swim and Survive Partner Swim Schools uphold the values of the Society and use our Swim and Survive Wonder, Courage and Active programs to provide essential water safety education.

Swim and Survive can be tailored to suit general weekly lessons, intensive holiday programs, lessons for school groups and more. This, combined with the research-based skill-progression approach makes Swim and Survive a well-sought-after product. Royal Life Saving ACT Swim and Survive Partner Swim Schools provided lessons in swimming and survival skills for approximately 5000 Canberra children this year.

Current ACT Swim and Survive Partners include

ACT SWIM AND SURVIVE PARTNERS 2013-14

Canberra Olympic Pool
Dickson Aquatic Centre
Lakeside Leisure Centre



Proudly supported by



Dickson pool





TRAINING AND SKILLS

TRAINING AND SKILLS

Royal Life Saving ACT provides quality vocational education and training in Canberra for basic and advanced water rescue, resuscitation and emergency care, first aid, plus specialty areas such as child care, asthma and anaphylaxis. Throughout the 2013/14 year, we have continued to reinforce our established training relationships through both the aquatic industry and the wider community.

This year saw some significant changes within the VET sector, in particular to First Aid and the Certificate IV in Training and Assessment. The First Aid suite of units underwent a major overhaul with changes to assessment criteria and trainer requirements. Royal Life Saving ACT provided opportunities for trainers to upskill to gain the Advanced First Aid qualification. Fourteen participants took part in the training. Holding an Advanced First Aid qualification provides trainers with a higher level of knowledge and skill to pass on to the participants of First Aid training.

Changes to the Certificate IV in Training and Assessment meant that trainers need to upskill in the area of adult language, literacy and numeracy skills. While this unit does not need to be completed until June 2015, many trainers have already completed the training and all trainers are expected to be completed by the end of 2014, well ahead of the required deadline.

The level of commitment displayed by the Royal Life Saving ACT trainers is clearly reflected in the course feedback with consistently positive feedback received from participants. We thank the trainers for their professionalism and the high quality of delivery and assessment services they continue to offer.

School based courses have steadily continued, with three new Bronze trainers, and two new First Aid trainers. These new recruits, along with our existing team, are assisting to provide accredited training to school students as well as life skills in water safety and awareness. Royal Life Saving ACT is committed to continuing these relationships so that as many school students as possible can gain these life skills.

In December 2013, Royal Life Saving ACT went through its ASQA re-registration audit as part of its requirements as a Registered Training Organisation. It was very pleasing to see that the audit results produced a fully compliant report from the VET regulatory body: Australian Skills Quality Authority (ASQA). Many thanks to the staff involved, it is a great result.

RLSSA Courses

Over 3,200 lifesavers were created through Royal Life Saving ACT training courses throughout 2013-14. The summary below details the distribution of participation across areas of core training.

Royal Life Saving Act Core Participation Summary 2013-14

Course Type	2013-14
First Aid	1488
Resuscitation	807
Bronze Medallion	473
Pool Lifeguard	262
Austswim Teacher of Swimming & Water Safety	143
Austswim Extension Course	9

Trainers and Staff

The Royal Life Saving ACT training team currently consists of over 40 qualified and experienced trainers and assessors. Our training staff is based diversely throughout the community in ACT schools, pools, local businesses and other non-profit organisations. The skills and knowledge from each of our individual trainers contributes to the collective expertise of Royal Life Saving ACT.

Each year Royal Life Saving ACT recognises the commitment, effort and achievements of an outstanding individual by awarding the Royal Life Saving ACT Trainer of the Year Award. This year the award was presented to Camilla Sedgwick for her 'above and beyond' attitude and admirable attention to detail. Camilla is also a highly valued member of the Gungahlin College community where she teaches P.E. and associated nationally accredited vocational programs. Congratulations Camilla and thank you for your commitment and ongoing advocacy.

In September 2013 Royal Life Saving ACT welcomed Ben Cuttriss to the position of RTO Compliance Officer. Ben has worked in the aquatics industry for over 15 years and quickly caught on to the requirements of his new role. Royal Life Saving ACT underwent a 5-year re-registration audit with the Australian Skills Quality Authority within 3 months of Ben starting but he was able to successfully lead the team through to a positive, and fully compliant, outcome.

Ben has also taken on the role of chairing the ACT AUSTRALIAN State Advisory Committee and is looking forward to exploring expansions for Royal Life Saving ACT's scope of training.

Camilla Sedgwick



Ben Cuttriss



Austswim

State Advisory Committee

Royal Life Saving ACT collaborated with AUSTSWIM this year on a complete review and revamp of the ACT AUSTSWIM State Advisory Committee. A number of new committee members were welcomed and have offered their fresh perspectives and vast experience from within the aquatics industry as well as from other areas. The newly formed committee will continue to focus on the key areas of growth in the industry, quality programs, and excellence in standards whilst exploring opportunities to better connect the ACT swim teaching network and provide more opportunities for professional and personal development for local AUSTSIWM teachers.

2013/14 Committee Members

Ben Cuttriss	Royal Life Saving ACT
Joy Terry	Independent representative
Rebecca Kelley	ACT Government, Sport & Recreation Services
Alison Green	ACT AUSTSWIM member representative
Margaret Roberts	Swimming ACT

Awards

AUSTSWIM was well represented at the ACT Aquatic Industry Awards held in February 2014. Over 30 qualified AUSTSWIM swimming teachers were in attendance as award nominees themselves or in support of their colleagues. Congratulations to the following AUSTSWIM ACT award recipients who will now go on to become nominees at the national level in their respective categories:

AUSTSWIM STATE AWARD RECIPIENTS

AUSTSWIM Swim School of the Year

Canberra International Sports and Aquatic Centre

AUSTSWIM Teacher of Swimming and Water Safety

Chris Young

AUSTSWIM Teacher of Infant & Preschool Aquatics

Julie Ramalho

Julie Ramalho, Active Leisure Centre



Sam Firth, CISAC



AUSTSWIM/ Water Safety New Zealand Conference – Queenstown 2013

In October 2013 AUSTSWIM and Water Safety New Zealand co-hosted the first International Swimming and Water Safety Education Conference in Queenstown, New Zealand. Executive Director Cherry O'Connor and Royal Life Saving ACT Assessor and consultant Camilla Sedgwick were invited to attend and present at the conference. The presentation topic was Aquam8.

Aquam8 is an ACT specific high school swimming, survival and lifesaving program designed in 2012 and implemented in pilot from across 5 schools during Term 4, 2013. At the Aquam8 seminar conference delegates were interested to hear about the mapping process to the new national Australian Curriculum, the 10-session targeted program for year 7 and 8 students, and the flexibility for Aquam8 to be delivered over a term or as a more concentrated intensive unit. The information was very well received and several New Zealand Water Safety representatives were interested in learning more after the conference.

The conference was a fantastic event that took place over 3 days and provided excellent networking and partnership opportunities for Royal Life Saving ACT. Our gratitude and congratulations go to AUSTSWIM and Water Safety New Zealand for offering such a valuable and well-constructed event.



AUSTSWIM Conference, NZ





EDUCATION

ACT Primary Schools' Swim and Survive Program

The Royal Life Saving ACT Primary Schools' Swim and Survive Program provides increased access to and affordability for quality learn-to-swim opportunities and basic water safety education for ACT primary school students. The 2013 program involved 6,859 participants from across 52 ACT schools.

Schools that participated in the 2013 ACT Primary Schools' Swimming and Water Safety program are:

Ainslie Primary	Latham Primary
Aranda Primary	Lyneham Primary
Bonython Primary	Lyons Early Childhood School
Canberra Christian School	Macgregor Primary
Canberra Montessori School	Macquarie Primary
Caroline Chisholm Primary	Majura Primary
Chapman Primary	Mawson
Charnwood-Dunlop Primary	Miles Franklin
Covenant College	Monash
Curtin Primary	Narrabundah Early Childhood School
Duffy Primary	Neville Bonner Primary
Evatt Primary	Palmerston District Primary
Fadden Primary	Red Hill Primary
Farrer Primary	St Joseph's Primary
Florey Primary	St Jude's Primary
Forrest Primary	St Thomas Aquinas
Fraser Primary	St Tomas More's Primary
Garran Primary	St Thomas the Apostle
Gilmore Primary	Sutton Primary (NSW)
Gordon Primary	Telopea Park Primary
Gowrie Primary	Theodore Primary
Hawker Primary	Torrens Primary
Holy Trinity	Trinity Christian School
Hughes Primary	Wanniassa Primary
Isabella Plains Early Childhood School	Yarralumla Primary
Kingsford Smith High	
Kingsford Smith Primary	

Total Participation	Number Of Participants	Percent
Public School Total	5,146	73.3
Private School Total	1,713	26.7
Total	6,859	100.0

Narrabundah school mascot



The ACT Education and Training Directorate continues to demonstrate the ACT Government's commitment to swimming and water safety education through the provision of subsidiary funding for the Royal Life Saving ACT Primary Schools' Swim and Survive program. The combination of Royal Life Saving ACT's cost-recovery pricing structure and the funding provided from ACT Education and Training Directorate allows ACT primary schools to offer a low, subsidised rate for all students. Many of whom would otherwise not be afforded the opportunity to participate at all.

Once again special thanks are offered to Royal Life Saving ACT Education Manager, Nicole Lloyd, for her devotion to the Swim and Survive program and to all ACT primary-age children. Nicole and her team of over 60 dedicated swim teachers and support staff worked tirelessly in their endeavours to provide this much needed schools program.

One team member in particular performed exceptionally throughout the year and was truly deserving of the 2013 Royal Life Saving ACT Swim and Survive Instructor of the Year Award that was presented to him at the ACT Aquatic Industry Awards. Lucas Alcazar-Stevens showed an exceptional level of devotion and enthusiasm throughout the program during 2013. All feedback received from schools and Royal Life Saving ACT staff regarding Lucas' work was consistently positive. He was a clear choice for this year's award. Congratulations Lucas!

Water Smart

Since the release of the newly developed national Water Smart program in 2012 ACT primary schools have been exploring the option of delivering water safety education in the classroom.

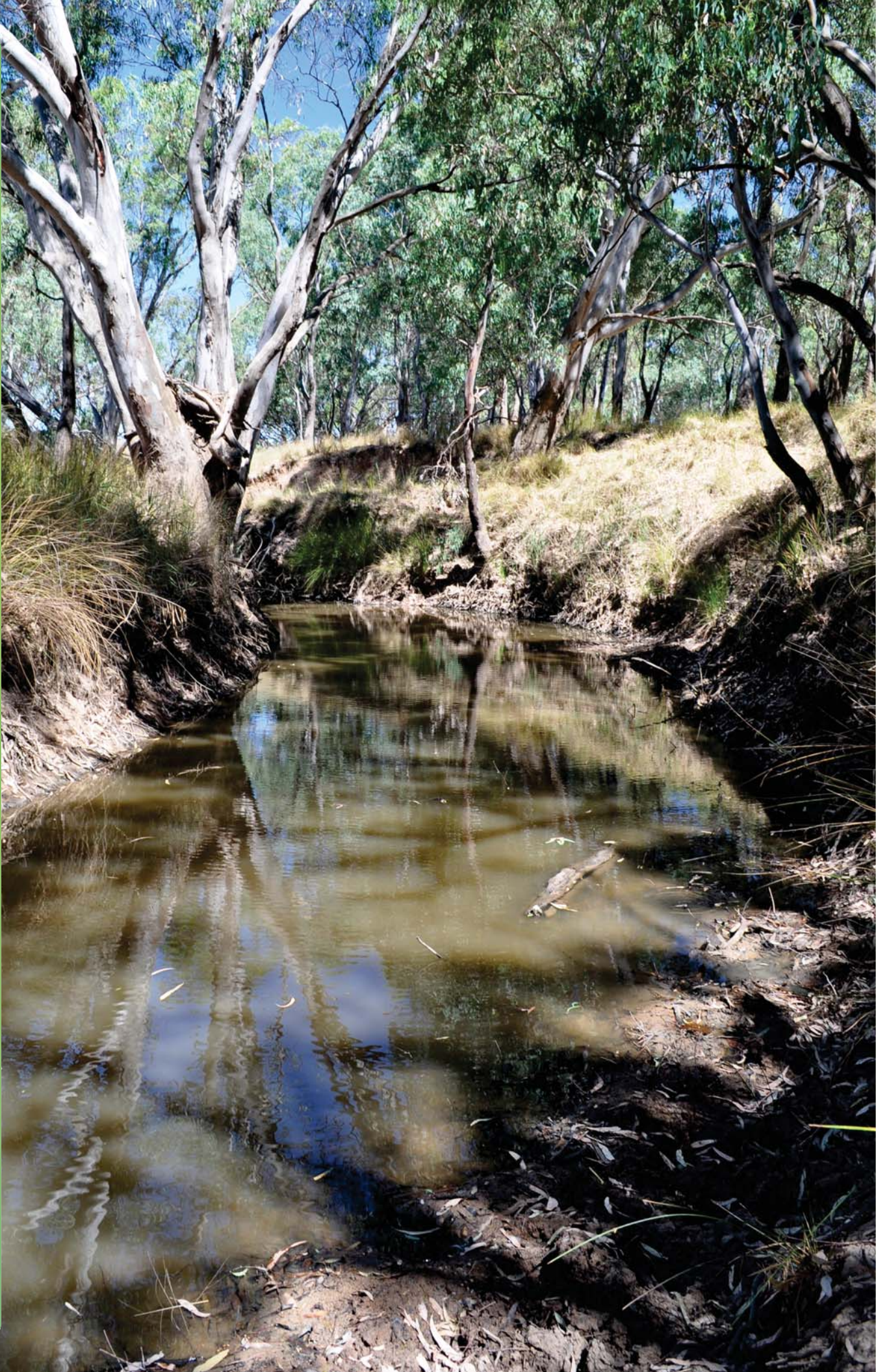
The new program is completely accessible to all schools online and consists of a new resource, the Water Smart Education Toolkit. The Water Smart Education Toolkit provides appropriate learning outcomes for all years from Foundation to Year 10. The key components of the resource include:

- Units of work
- Teachers' notes
- Activity sheets
- Safety tips
- Supplementary resources

These resources are available in PDF or Interactive Whiteboard format for teachers to download from the Swim and Survive website and teach a comprehensive unit of water safety at school.



ADVOCACY



ADVOCACY

At Royal Life Saving ACT we have invested significantly in strengthening and expanding relationships with government, industry, and community over the past 12 months. Through our Community Partner program we are able to recognise the energies that others are contributing towards our local goals of:

- Safer urban waterways;
- At least one skilled lifesaver in every workplace and home;
- Zero drowning rate for the ACT.

Our Community Partners are recruited based on their effort toward these goals. Some are able to achieve larger more tangible outcomes than others, but all are committed to the same over all mission:

“To prevent loss of life and injury in the community with an emphasis on the aquatic environment”

Royal Life Saving ACT would like to take this opportunity to recognise and thank the following advocates and Community Partners:

- ACT Education and Training Directorate
- ACT Sports and Recreation Services
- ACT Health Directorate
- ACT Schools
- The Canberra Labor Club Group
- The Club Group
- Canberra International Sports and Aquatic Centre
- Canberra Olympic Pool
- Dickson Aquatic Centre
- Lakeside Leisure Centre
- Active Leisure Centre
- Swim and Fitness at the AIS
- Barnardos Canberra
- Marymead
- ACT Kidsafe
- YWCA Canberra
- Asthma ACT
- Arthritis ACT
- Migrant and Refugee Settlement Services
- Islamic Society of ACT
- Australian Muslim Women’s Association
- ACT Rape Crisis Centre
- CODA
- Spanish Club Canberra
- Snowy Hydro South Care
- Canberra Cavalry
- TrophyLink

COMMUNITY DEVELOPMENT



Ngadyung

Ngadyung continues as the ACT's only dedicated aquatics program for Aboriginal and Torres Strait Islander (ATSI) participants. Consisting originally of a once-a-week Swim and Survive session, Ngadyung has now expanded into a multi-faceted component of the Royal Life Saving ACT core program suite.

Ngadyung offers:

- Weekend Swim and Survive lessons for infants to adults
- Holiday Intensive Swim and Survive sessions
- Accredited training options with a variety of learning options and mentoring in:
 - Resuscitation
 - First Aid
 - Bronze Medallion
 - Pool Lifeguard
 - AUSTSWIM Teacher of Swimming and Water Safety
 - AUSTSWIM Extension Courses
- Active Family Fun Days
- Work experience placements

Ngadyung is generously supported by the Federal Government who provides funding assistance for development and participation.



The Canberra Labor Club - Swim 4 Life

The Canberra Labor Club Swim 4 Life project experienced its fourth year of operation this year offering participation scholarships to ACT children in need. Our Swim 4 Life programs continue to be sponsored by The Canberra Labor Club Group who share the Royal Life Saving Swim and Survive philosophy that "no child should miss out".

Through Swim 4 Life, Royal Life Saving ACT schedules intensive Swim and Survive holiday programs for children identified as being at high drowning risk. This includes children who may not have had any other opportunities to previously participate in structured aquatic activities such as learn-to-swim lessons or basic lifesaving instruction. This year Swim 4 Life was expanded from just one annual occurrence in January, to one program in each of the school holiday periods.

Our Community Partners including Barnardos, YWCA, Marymead, and ACT Migrant and Refugee Settlement Services assist Royal Life Saving ACT with identifying families whose children may benefit most from participating. These children go on to experience not only growth in their swimming abilities, but also in their confidence, self-awareness, and social skills. Royal Life Saving ACT is proud and grateful to partner with so many dedicated Community partners on this project and we offer our sincere thanks to The Canberra Labor Club for their ongoing support.





Set 4 Adventure

Set 4 Adventure was a funded initiative through the ACT Community Services Directorate's Inclusive Participation program. The initiative was developed for older Australians living in the ACT and targeted grandparent carers, in particular, grandparents from culturally diverse backgrounds. Royal Life Saving ACT used existing connections with cultural social clubs around Canberra and approached the established social networks within the clubs to gauge initial interest for the program.

The concept of joining a new activity with a group of friends seemed less daunting than the alternative of going solo! The first 6-week Set 4 Adventure course filled up immediately and participants felt more comfortable with the obvious peer support.

The 6-session courses aimed to prepare grandparents for their travel adventures and caring for active grandchildren who want to play in aquatic spaces. It also provided the perfect opportunity to upskill or 'reskill' for retirement travels and activities. Practical skills and knowledge were included to improve fitness, get re-acquainted with the aquatic environment, and learn some basic lifesaving. Content included:

- Therapeutic Stretching(preparing the body for activity)
- Gentle aquatic exercise
- Aquatic falls prevention knowledge (vital for the targeted age group)
- Supervision and play in the water
- Basic aquatic rescue
- Personal safety and aquatic survival,
- Basic first aid skills

Royal Life Saving ACT hosted three Set 4 Adventure courses with some participants returning for a second time as they enjoyed it so much. The Club Group was a terrific partner in the program providing discounted entry and pool hire and agreeing to promote the opportunity throughout the centre and to members. It is hoped that with the interest generated, Set 4 Adventure may be able to continue in a sustainable format under the Royal Life Saving ACT Community Development Model in 2014/15.



My Time to Swim

In July 2012 the ACT Government - Sport and Recreation Services' Inclusive Participation funding round awarded funds (\$20,000.00) to Royal Life Saving ACT for a gender-specific swimming program to be developed and implemented in the ACT. The program was to maintain a focus on culturally and linguistically diverse communities and engage with other community partners for collaboration towards mutual objectives.

Royal Life Saving ACT worked with Sally Kalek from the Muslim Women's Network to establish a Steering Committee for the project. Members of the committee included representatives from RLSACT, the Islamic Society ACT, the Muslim Women's Network, and members of the general Muslim community.

The My Time to Swim project was organised into stages and corresponding timeframes. Stages 1 (planning and development), 2 (Introduction, Come and Try) were completed in 2012/13. Stage 3 (commence general swimming sessions and Swim and Survive lessons) continued throughout 2013/14 and concluded at the end of the financial year.

The program offered participants the opportunity to swim and learn to swim at their leisure in the comfortable and private location at Kingswim in Deakin. Swim and Survive lessons and general recreational swim sessions were of great value to the community. It is safe to say that the Muslim community enjoyed the gender-specific activities most of all. At the time, My Time to Swim was the only openly accessible gender-specific aquatic recreation program in Canberra.

It is hoped that with further efforts and commitment from both Government and Community alike, My Time to Swim will maintain a presence in the cluster of structured aquatic activities available in the ACT.





HEALTH PROMOTION

“Everyone Can Be A Lifesaver”

Health Promotion is embedded in all Royal Life Saving activities and program and in particular within the Everyone Can Be A Lifesaver campaign. Through our quality training, accessible and affordable water safety education, collaborative community initiatives, and strong network of Community Partners and drowning prevention advocates, our goals have never been more achievable.

Safe Waters ACT

Royal Life Saving ACT co-chairs the Safe Waters ACT Committee along with ACT Sport and Recreation Services and is an integral partner in the development and implementation of the Safe Waters ACT Action Plan. The framework for the SWACT Action Plan consists of three key priority areas and their underlying focus points:

Priority Area 1 – People

Focus Points – Children aged 0-14
Young People aged 14-24
People aged 55+
CALD Communities

Priority Area 2 – Places

Focus Points - Home Swimming Pools
Aquatic Recreation Venues
Open and Urban Waterways

Priority Area 3 – Challenges

Focus Points - Alcohol, Other Drugs and Water
Extreme Weather

Other members represented on the committee include Kidsafe ACT, National Capital Authority, ACT Territory and Municipal Services, Swimming ACT, and ACT Education and Training.



LIFESAIVING SPORT



LIFESAVING SPORT

The mighty ACT S.E.A.L.S. made a triumphant return to the Australian Pool Life Saving Championships in January 2014. With the event being held in our home town of Canberra the opportunity was too good to pass up. The 2014 S.E.A.L.S. team was formed from a group of enthusiastic and talented athletes who received their first taste of Lifesaving Sport through the ACT Lifeguard Challenge Series.

2014 S.E.A.L.S. members:

Katherine Bell
Rosalea Bell
Olivia Columb
Alexandra Debeljakovic
Ryan Goodall
Tegan Mason
Jack Matthews
Patrick O'Keeffe
Charlotte Packard
Kevin Dick

Charlotte Packard, ACT S.E.A.L.S.



Junior Barras

In June 2014 Royal Life Saving ACT Executive Director Cherry O'Connor was appointed as the Team Manager for the National Junior Lifesaving Team – The Junior Barras.

Cherry attended the annual intensive training camp with the Junior Barras and from the experience, brought a great deal more knowledge and insight back to the ACT Lifesaving scene.

The Junior Barras participated in a three day regime consisting of training, team-building activities, healthy eating and motivational exercises. Cherry was humbled by the opportunity to join the rising stars of the sport on this journey but was an excellent choice for the role of manager. We hope to maintain this new link between ACT Lifesaving and the National Lifesaving scene.

Cherry and the Junior Barras



Royal Life Saving ACT Award Figures 2013/2014

Award Type	Number of Participants
Swim and Survive	13696
Resuscitation	807
First Aid	1327
First Aid Update	161
Bronze Medallion	394
Bronze Medallion Update	79
Bronze Star	8
Pool Lifeguard	106
Pool Lifeguard Update	156
AUTSWIM	143
AUTSWIM Extension	9
RLS Instructor/Examiner	35
TOTAL AWARDS	16921



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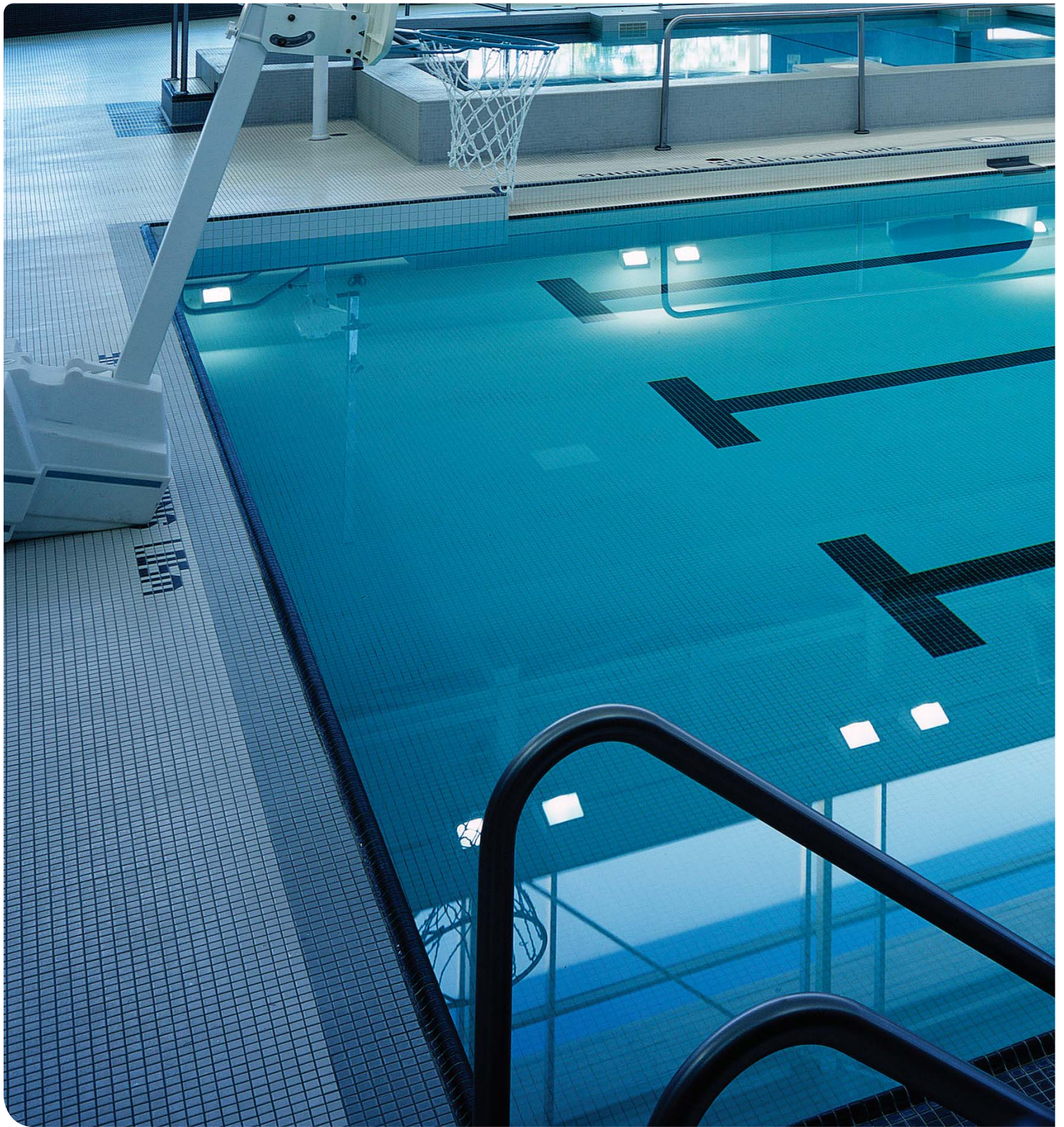
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Royal Life Saving

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