



# KICKING BACK

*April 2024*

# EDITION #131



Welcome to the April edition of Kicking Back. There's a hint of the Dry season in the air and it's time to get out and enjoy our beautiful Territory waterways safely. Keep reading for our May Day long weekend water safety message plus all the highlights from a fun-filled April. Enjoy!



Bumper Bronze Medallion training with Clontarf Foundation.



Swim and Survive lessons at Nightcliff Pool



Pool lifesaving at SWELL Palmerston

## MISSION, VISION AND STRATEGY

**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

Patron: His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones.

President: Randall Cook

Proudly sponsored by  
 Northern Territory  
Government



# AQUATIC TECHNICAL OPERATORS

From 22-24 May Royal Life Saving WA facilitated an Aquatic Technical Operators (ATO) course in Darwin held at Royal Life Saving NT HQ and Parap Pool.

Offered in the NT for the first time in several years, the course covers skills required to monitor and maintain aquatic facility equipment, pool water quality and coordinate the maintenance of aquatic facility plants and equipment.

Participants from organisations across the Territory joined Trainer Leanne Coverly-Brandis for three days jam-packed with industry focused learning contextualised to the facilities they work at. Coverly-Brandis said it was interesting to the deliver the course in the context of unique Territory factors such as Wet season humidity and algae.

“I think I’ve learnt more here from these guys doing these three days than what I would have in Perth!”

Keep scrolling for more images from the course.



**ROYAL LIFE SAVING**  
WESTERN AUSTRALIA

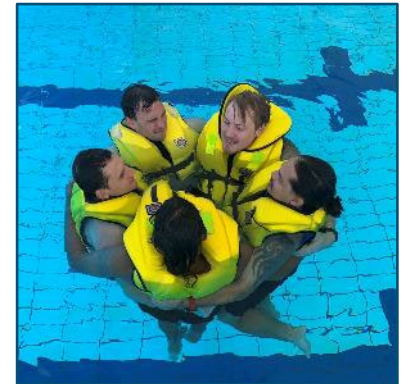
# AQUATIC TECHNICAL OPERATORS



# TRAINING



From 2-4 May Royal Life Saving NT held Bronze Medallion training with the team from Clontarf Foundation. One of our longest running clients, the organisation has completed Bronze Medallion and First Aid training annually for more than 10 years. Congratulations to all participants, keep leading the way in water safety!



# UPCOMING COURSES



## Resuscitation

Darwin | 28 May, 2-4pm

## First Aid (online learning + practical assessment)

Darwin | 28 May, 2-6pm

## First Aid Childcare (online learning + practical assessment)

Darwin | 28 May, 2-7pm

## Bronze Medallion

Darwin | 18 May, 8.30am-4.30pm

Alice Springs | 18 May, 8.30am-4.30pm

## Bronze Medallion Update


Darwin | 19 May, 10am-2.30pm

Alice Springs | 19 May, 8.30am-12.30pm

## Book Now

 [trainingmanagernt@rlssa.org.au](mailto:trainingmanagernt@rlssa.org.au)

 <https://nt.training.royallifesaving.com.au>

 Royal Life Saving Northern Territory

 8981 5036



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

*RTO Provider #0859*

# GOLDFISHBOWL & PARAP

## First Aid Courses



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

Location	Date
Royal Life Saving NT Office Parap	10 <sup>th</sup> May
Royal Life Saving NT Office Parap	17 <sup>th</sup> May
Royal Life Saving NT Office Parap	31 <sup>st</sup> May
Goldfishbowl Yarrowonga	28 <sup>th</sup> June
Royal Life Saving NT Office Parap	12 <sup>th</sup> July
Goldfishbowl Yarrowonga	2 <sup>nd</sup> August
<b>Cost</b>	<b>\$180pp</b>



Bookings are essential and can be made online at:

[nt.training.royallifesaving.com.au](http://nt.training.royallifesaving.com.au) or by calling our office on 8981 5036

*Royal Life Saving Society (Australia) NT Branch Inc*

*RTO Provider Number 0859*





**ENROL  
NOW!**  
Teach a skill for life

# Love the water?



**Join us at an AUSTSWIM Course  
in the NT during 2024**

SCAN  
HERE



## **AUSTSWIM Teacher of Infant and Preschool Aquatics™**

- Goldfishbowl Swim School, Yarrowonga - Friday Sept 27
- Alice Springs Aquatic and Leisure Ctr - Sunday Oct 6



## **AUSTSWIM Teacher of Aquatics – Access and Inclusion™**

- Goldfishbowl Swim School, Yarrowonga - Friday June 7



## **AUSTSWIM Teacher of Swimming and Water Safety™**

- Goldfishbowl Swim School, Yarrowonga – Sat 10-Sun 11 August
- Alice Springs Aquatic and Leisure Ctr - Saturday 24–Sun 25 August
- Royal Life Saving NT Training Office Parap – Sat 2–Sunday 3 Nov



## **AUSTSWIM Teacher of Towards Competitive Strokes™**

- Goldfishbowl Swim School, Yarrowonga – Friday June 21



## **AUSTSWIM Teacher of Adults™**

- Goldfishbowl Swim School, Yarrowonga – Friday May 31



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RFD No 104675



# Meet Our *New* Board Members



## **Zoe Malone**

Senior Director, Department of Corporate and Digital Development NT Government 2020-current, including member of the department's risk management and audit committee

I grew up in regional Victoria and learnt to swim through programs offered by the RLSS, all the way through to completing my Bronze Star. At university I taught swimming as one of my part-time jobs to help others learn how to enjoy the water safely. Enjoying the outdoors and aquatic environment, and being able to actively participate, safely, in all the NT has to offer are important to me.

My previous professional experience contributing to a range of governance and management committees, places me in a good position to make a meaningful contribution to the RLSS Board and help further progress the vision and values of the organisation.



## **Michael De Silva**

Solicitor – Commercial/Property and Youth Justice. Born and raised in Darwin.

My commitment to Royal Life Saving NT is entrenched by my own experience of nearly drowning as a youth, which has fostered a profound, personal interest in aquatic safety. This experience not only enhances my passion for the cause but also provides a unique perspective in advancing the vision and objectives of the Association.

My professional career extends to servicing remote communities to deliver community legal education programs and the provision of essential legal services alongside currently providing advisory and risk mitigation in a commercial context. I look forward to applying my experience and skillset to further advance the mission of the Association.



# Goldfishbowl Swim School



On 11 April, the Goldfishbowl Swim School held a school holiday staff in-service focusing on the school's emergency action plan. The content covered included refreshing on operation manuals, safety data sheets, introducing team leaders and fire wardens, and emergency scenario training. Goldfishbowl Manager Lou Salathiel said there was a good turnout from staff.

“It’s great to know all staff are aware of WHS and risk management procedures as well as being prepared for any type of emergency at the facility. The fire extinguisher familiarisation was a real highlight!”



*Why do you love being a swim teacher?*



**Julie**

“Helping and encouraging non swimmers to become swimmers with confidence and watching their little faces when they achieve something that they have been trying to do. I find this the most fulfilling part of my job.”



# Goldfishbowl Swim School

Check out the full range of classes on offer at the Goldfishbowl Swim School. From infant to adult learn to swim and fitness classes, there's something for everyone.

Scan the QR codes for more information or to secure your spot today. Happy swimming!



"Where the Water is Warm and the Teachers are Cool"  
The Only Fully Covered, Temperature Controlled Pool in Palmerston

 **Goldfishbowl Swim School**  
Call (08) 8931 1000  
"Where the Water is Warm and the Teachers are Cool"

Term 2: Now - 23rd June  
Term 3: 15th July - 15th September  
Term 4: 7th October - 8th December


We offer Morning and Afternoon sessions Monday to Friday.

Parent & Child Class Sessions  
9am-11am  
School Aged Sessions  
3pm-6pm

Saturday lessons: 8am - 1pm  
Sunday lessons: 8:30am - 1pm




 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY

 **Goldfishbowl Swim School**

**ADULT**  
**LEARN TO SWIM**


TERM 2: Now - June 23rd  
TERM 3: 15/7/24 - 15/9/24  
TERM 4: 7/10/24 - 8/12/24





**WEDNESDAYS**  
STARTS 6 - 6.45 PM

**\$19 PER LESSON**

Learning to swim is a skill for life, whether you have no experience or wanting to improve your stroke it is never too late to start!


**ENROL NOW!** 

 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY

**Goldfishbowl Swim School** 

**AQUA AEROBICS**

TERM 2: Join at any time  
TERM 3: 15.7.24 - 15.9.24  
TERM 3: 7.10.24 - 8.12.24





Exercising in the water is a great, low impact way to exercise and improve your fitness, strength, endurance, and flexibility.  
No booking required.

**Tuesdays and Thursdays**  
6:00 - 6:45 pm

Contact us with any inquiries:  
08 8931 1000  
44 Toppin Road, Yarravonga

\$12 per class  
\$108 prepaid 10 class card



 **ROYAL LIFE SAVING**  
NORTHERN TERRITORY



# EMERGENCY CARE SESSIONS

Bookings are essential

## WATER SAFETY AWARENESS PROGRAM



### PARAP

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

Monday 20 May 5-6pm  
Tuesday 21 May 9-10am  
Saturday 25 May 9-10am  
Saturday 8 June 9-10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

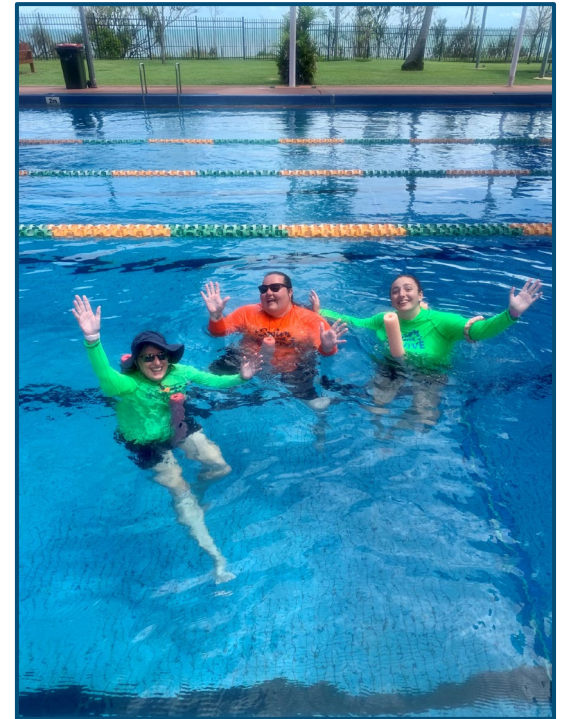
Wednesday 22 May 4.30-5.30pm  
Thursday 23 May 9-10am  
Wednesday 5 June 4.30-5.30pm

Are you in another location?

Email us at [wsap@rlssa.org.au](mailto:wsap@rlssa.org.au) and we can assist with your enquiry

## APRIL PARTICIPATING SCHOOLS

Please enjoy these bright happy snaps from the Swim and Survive team on program with Millner Primary School at Nightcliff Pool. With an office like that it's easy to see why our swim teachers love their jobs!



# POOL LIFESAVING



On 19 April pool lifesaving training made a splash at Palmerston's Swimming Wellness Events Leisure Lifestyle (SWELL) Centre. The 7-week trial program is already proving popular with new families coming along to try out the only sport with a humanitarian purpose.

Special thanks to Belgravia leisure and the team at SWELL for the warm, accommodating welcome. It's an amazing facility and it's great to be bringing the sport of pool lifesaving to Palmerston.



Pool lifesaving.  
It's more than just a sport.



**SWELL**  
SWIMMING WELLNESS EVENTS LEISURE LIFESTYLE

 **belgravialeisure**  
connecting community to leisure

# MASTERS SWIMMING AUSTRALIA



The 47<sup>th</sup> annual Masters Swimming Australia National Championships is being held in Darwin from May 3-7. Over 500 swimmers from all over Australia (and internationally) are entered in events taking place at Parap Pool and Darwin Waterfront.

Head down and check out all the action from swimmers aged from 18-80 years and beyond! It's inspiring stuff.

Royal Life Saving NT wishes good luck to everyone competing including pool lifesaving athlete, Kate Conway and our friends at the Darwin Stingers Masters Swimming Club.

Make a splash!



# SAVE THE DATE - WEBINAR



On 22 May Royal Life Saving Australia is hosting a lunchtime webinar launching two new resources for the aquatic industry:

- **Safe Places to Swim**: The State of Safety at Australian Aquatic Facilities Report 2024; and
- **The National Aquatic Workforce Framework** (Draft for consultation).

These two exciting initiatives are intended to further commitments to the Australian Water Safety Strategy 2030 which has two goals for Aquatic Facilities - to increase the availability and sustainability of aquatic facilities and reduce drowning in aquatic facilities by 50%.

Both bodies of work build on extensive research, collaboration and consultation with industry leadership and workers going back over a decade, and mark significant milestones in progress.

The workforce framework's goals are to highlight and advocate a variety of career pathways offered in aquatic facilities, identify and map workforce capabilities across various job roles and enhance the sector's safety, quality, and consistency by emphasising the importance of safety and best practice in training and professional development.



The state of industry safety report gathers data across the RLSSA Fatal Drowning Database, Aquatic Facility Safety Assessment database and incident, rescue and injury data collected from major operators.

Both bodies of work seek to strengthen the industry by lifting standards and highlighting where the industry can invest in improvements.

**Register here:**

[https://us06web.zoom.us/webinar/register/WN\\_j3hjk5wXSJKbP39UfqwLKg](https://us06web.zoom.us/webinar/register/WN_j3hjk5wXSJKbP39UfqwLKg)



# OUR WATER



It's officially the Dry season and with it, the return of popular outdoor recreational activities. This May Day long weekend make safe decisions around the water, it's easy to become accidentally complacent at home or when you are camping and relaxing.

Remember Royal Life Saving's five tips to enjoy the water safely.

- Know the conditions.
- Wear a life jacket.
- Avoid going into the water alone.
- Supervise children.
- Avoid alcohol around water.

Have fun and enjoy our beautiful Territory waterways!





# CONNECT WITH US

Connect with us



@RoyallifeSavingNorthernTerritory



@RoyallifeSavingNT



@RoyallifeSavingAUST



royallifesaving.com.au

Laniyuk (Berry Springs), NT.