



KICKING BACK

July 2024



ROYAL LIFE SAVING
NORTHERN TERRITORY

EDITION #134



Welcome to the July edition of Kicking Back.

What a month! July was jam-packed with water safety messaging including World Drowning Prevention Day and the Team travelling across the Territory for the annual Show Circuit. Not to mention the exciting grand opening of Casuarina Aquatic & Leisure Centre. Keep reading for more.



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

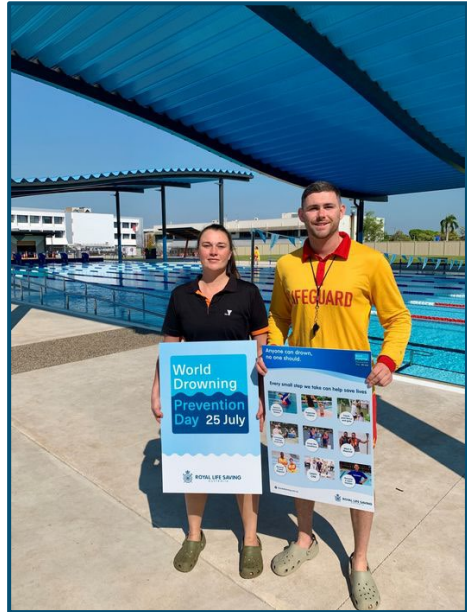
Patron: His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones.

President: Randall Cook

Proudly sponsored by
 Northern Territory
Government



WORLD DROWNING PREVENTION DAY



World Drowning Prevention Day was recognised on 25 July to raise awareness of the importance of drowning prevention and preventable deaths. **While anyone CAN drown, no one should.** Thank you to the organisations and individuals who helped us share this important message, Casuarina Aquatic and Leisure Centre lifeguards, local CPR course participants, Triple S Swim School, Kid Safe Northern Territory, The Goldfishbowl Swim School and our very own Swim and Survive swim teachers.

Keep scrolling for more highlights of how Royal Life Saving NT shone a light on this important day.

**WE'RE GOING
BLUE FOR
WORLD DROWNING
PREVENTION DAY**

THURSDAY 25TH JULY

Anyone can drown,
no one should.

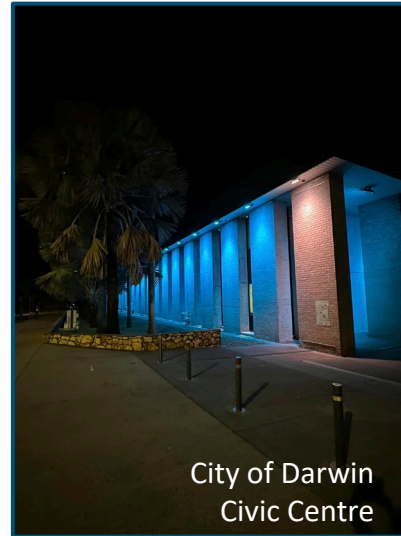
World
Drowning
Prevention
Day 25 July



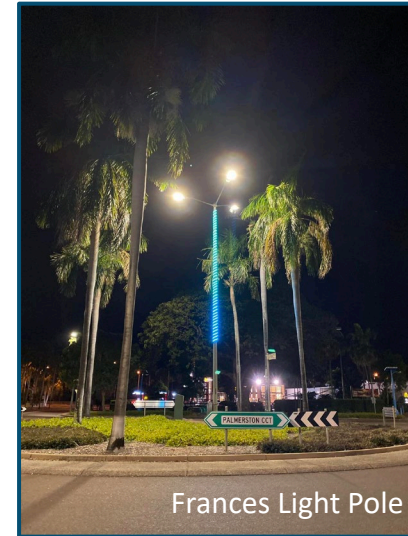
WORLD DROWNING PREVENTION DAY

In honour of World Drowning Prevention Day landmarks across Darwin and Palmerston were lit up blue on 25 July. Special acknowledgement goes to the following for recognising this important day:

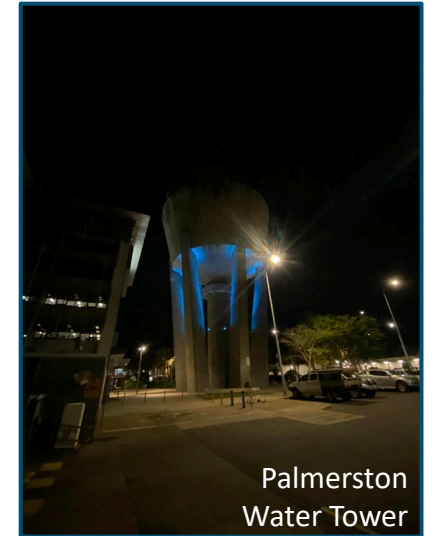
Darwin Convention Centre, City of Darwin Civic Centre, City of Palmerston Water Tower, City of Palmerston Recreation Centre, Water Tower and Frances Light Pole.



City of Darwin
Civic Centre



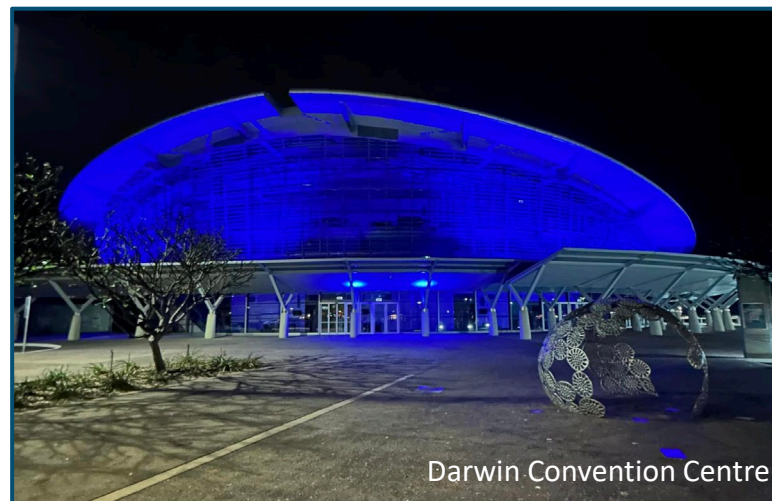
Frances Light Pole



Palmerston
Water Tower



Royal Life Saving Northern Territory



Darwin Convention Centre



City of Palmerston Recreation Centre



Goldfishbowl Swim School



The Goldfishbowl Swim School acknowledged World Drowning Prevention Day on 25 July with a Best Dressed in Blue special event Aqua class.

Congratulations to winners the Bathing Blue Babes and thanks to Parap Bakery for the delicious, on theme cupcakes.

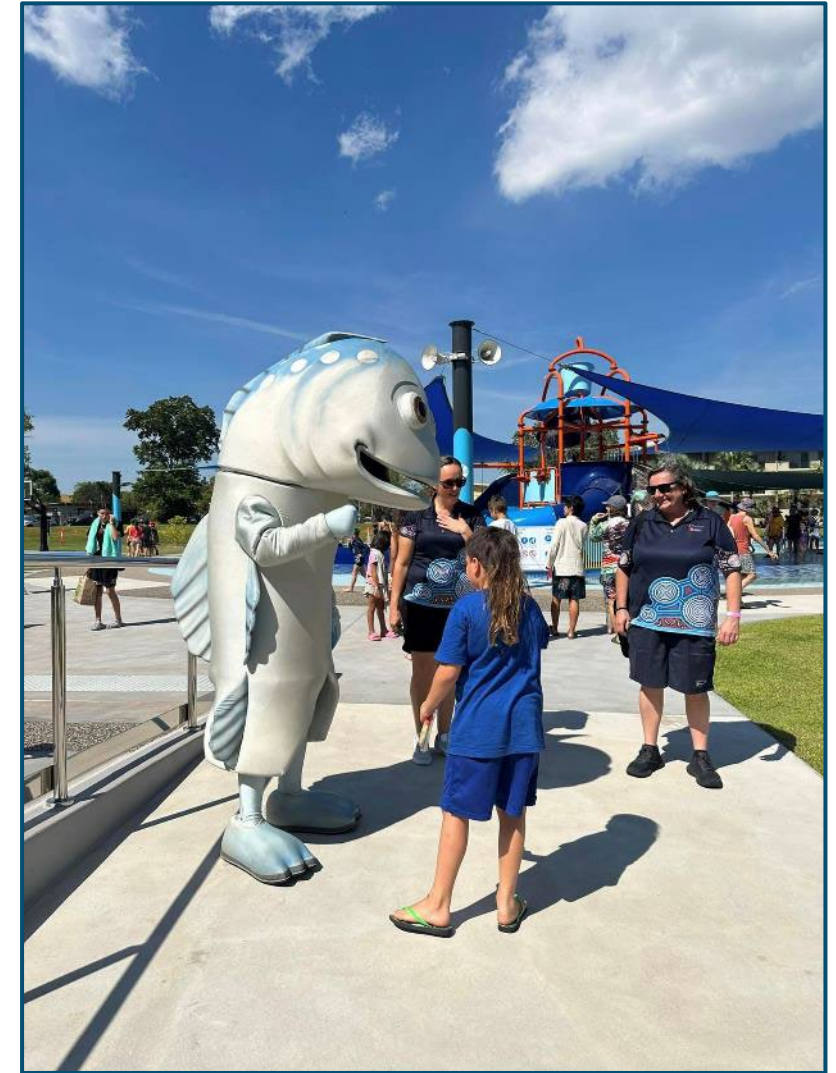




OUR LIFESTYLE



On 13 July Royal Life Saving NT was excited to attend the hotly anticipated grand opening of Casuarina Aquatic & Leisure Centre (CAALC). It was great to join over 2,500 people to check out the impressive 26.8-million-dollar facility.





OUR PEOPLE

Royal Life Saving NT's annual Team Week was held from 1-7 July in Mparntwe/Alice Springs.

The Team gathered to share knowledge, experiences and feedback in preparation for the second half of the year.

The week of collaboration and connection included presentations from each member of the Team, dinners and a visit to the spectacular Earth Sanctuary.

Thank you to our amazing Team for everything you do to prevent drowning and promote water safety.



THE Alice Springs SHOW

Team Week in the Red Centre culminated with the Alice Springs Show on 7 and 8 July. Boof the Barra and the Team had a great time chatting and promoting swimming and water safety to the community. Thanks to everyone who stopped by, it was a wonderful, to catch up with old friends and make new ones.



Royal Life Saving NT had buckets of fun at the Tennant Creek Show on 12 July chatting to families about swimming and water safety.

Congratulations to Anne who won the IGA Water Safety Survey.



The Show circuit continued at the Katherine District Show and Rodeo on July 19 and 20 where the Team was ecstatic to be awarded 'Best Community Stall.'



The Royal Darwin Show was held from 25 – 27 July with our wonderful crew of Boof the Barra, volunteer members and staff sharing water safety messages with over 1500 visitors to our stall. Thank you to everyone who stopped by.

Check out our Facebook page for more photos from the wonderful weekend.





The Water Safety Unit

The Water Safety Team visited Happy Trails Early Learning Centre in Muirhead on 12 July.

The children enjoyed a water safety story reading and boogie with Boof the Barra.





EMERGENCY CARE SESSIONS

Bookings are essential

WATER SAFETY AWARENESS PROGRAM



PARAP

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

Monday 26th August 5-6pm
Tuesday 27th August 9-10am
Saturday 31st August 9-10am
Monday 2nd September 5-6pm

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

Thursday 29th August 9-10am
Wednesday 4th September 4.30-5.30pm
Thursday 5th September 9-10am

ALICE SPRINGS

Birth & Beyond – Parent Resource
Centre Fan Arcade, 10/89 Todd St

Wednesday 13 August 9am
Friday 16 August 9am
Tuesday 17 September 10am
Friday 20 September 10am

Are you in another location? Email us at wsap@rlssa.org.au and we can assist with your enquiry.



Goldfishbowl Swim School and Swim and Survive instructors gathered on 12 January for an in-service preparing for Term 3. The session covered topics including 'What it means to be a Swim and Survive teacher', refreshing Swim Teacher Rescue Award (STRA) qualifications and Royal Life Saving NT values from a learn to swim perspective.



UPCOMING COURSES

Book Now



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

Resuscitation & Provide First Aid

Goldfishbowl Swim School, Yarrowonga | 2 Aug, 8.30am-4.30pm

Bronze Medallion or Update

Royal Life Saving NT Office, Parap | 10 Aug, 8.30am-4.30pm

Alice Springs Aquatic & Leisure Centre | 12 Aug, 8.30am-4.30pm

Royal Life Saving NT Office, Parap | 7 Sep, 8.30am-4.30pm

*Bronze Medallion update course times 8.30am-12.30pm



POOL LIFESAVING



SAVE THE DATE!

The 2025 Australian Pool Lifesaving Championships (APLSC) will be hosted at the Sydney Olympic Park Aquatic Centre (SOPAC) from Thursday 16th – Saturday 18th January.

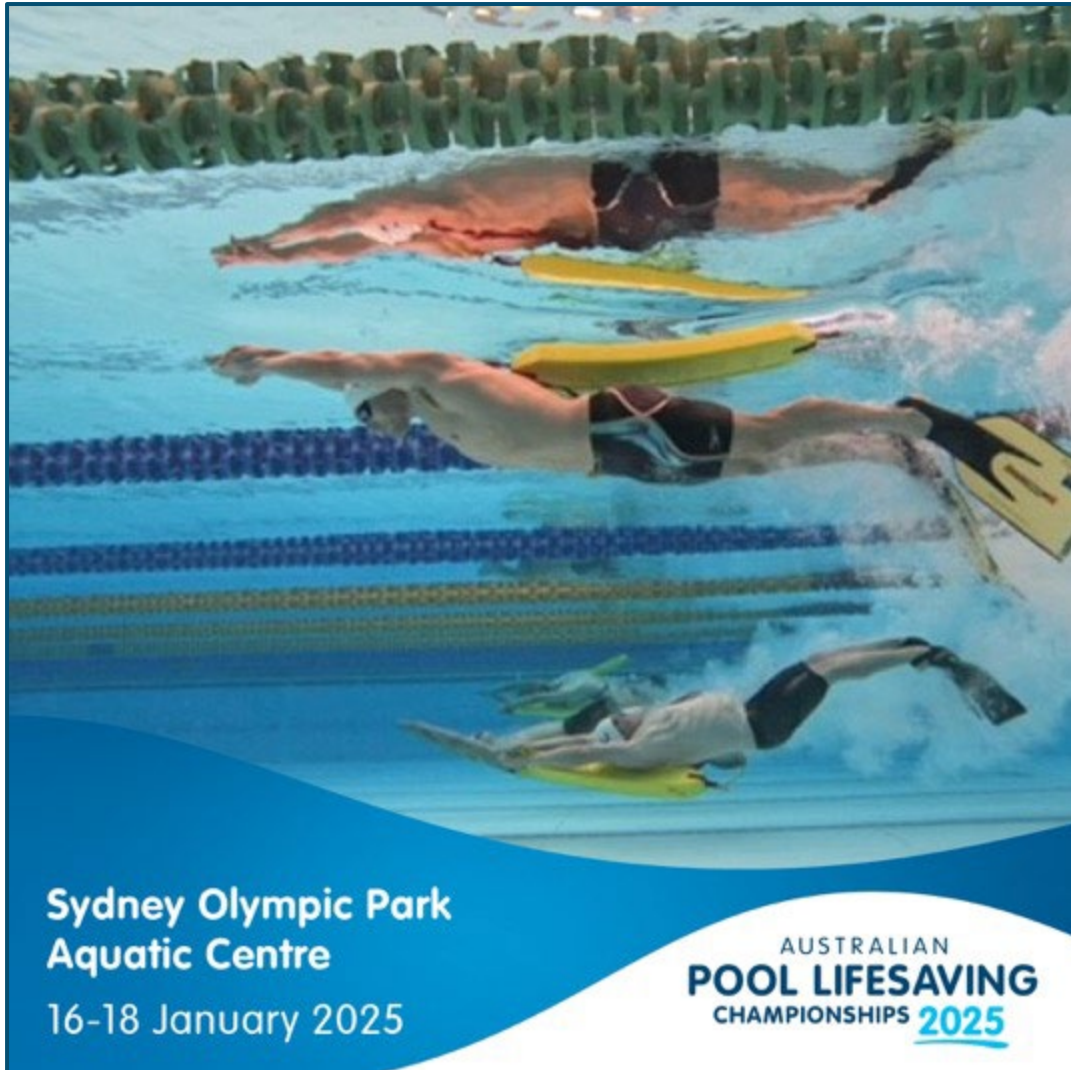
Key Officials for the event:

- Chief Referee: Joanne Teagle, LSV
- CPR Coordinator: Mary Collins, LSV
- SERC Coordinator: Brione Rundle, RLS SA
- Equipment Coordinator: Brendan Watts, RLS SA

Registrations OPEN Thursday 3 October 2025.

Whether you are looking to compete, officiate or want to get up to speed with all the latest **#APLSC2025** news and event information, visit: <https://bit.ly/3RpkJhi>

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



**GUIDELINES
FOR INLAND
WATERWAY
SAFETY**



New Safety Guidelines Now Available



**ROYAL LIFE SAVING
AUSTRALIA**

Royal Life Saving Australia, with the support of the Australian Government, has released new national guidelines for inland waterway safety.

A 20-year analysis by Royal Life Saving found that rivers and lakes are prominent locations for unintentional fatal drownings. Between 2002 and 2022, 2,021 people drowned in rivers, creeks, lakes, and dams, averaging 101 drowning deaths per year.

The guidelines provide a best practice framework for water and landowners to collaborate with community agencies and stakeholders using practical steps and strategies to reduce the risk of drowning and aquatic injury at inland waterways.

Developed in response to the Australian Water Safety Strategy 2030, which aims to halve drowning rates in inland waterways by 2030, the guidelines draw on two decades of research, coronial recommendations, legal findings, policy reviews, and extensive public consultation.

The guidelines provide resources and practical solutions for decision making about public rescue equipment, safety signage, designated swimming areas, and community education.

Royal Life Saving's General Manager - Capability & Industry, RJ Houston, emphasised the importance of these guidelines.

“Inland waterways provide substantial health, social, and economic benefits, but reducing drowning and aquatic injuries is a top priority. Adoption of these voluntary guidelines will improve community resilience and make inland swimming and recreation areas safer for all.”

Mr Houston continued, “The guidelines aim to protect Australians from the risks associated with living, working and recreating in and around inland waterways. They include detailed risk management information, community resilience strategies, and a framework for multisectoral collaboration in drowning prevention planning.”

To subscribe and access the guidelines click here:

[GUIDELINES FOR INLAND WATERWAY SAFETY](#)



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Earth Sanctuary, Mparntwe