



Royal Life Saving Society - ACT

ANNUAL REPORT 2012/2013

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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)

Patron
Her Majesty The Queen

Commonwealth President
H.R.H Prince Michael of Kent

THE ROYAL LIFE SAVING SOCIETY- AUSTRALIA

Patron
Her Excellency The Governor General of Australia

National President
Ms Dianne Montalto ESM

National Deputy President
Chief Justice Terrence Higgins AO

Branch Director
Chief Justice Terence Higgins AO

AUSTRALIAN CAPITAL TERRITORY BRANCH INCORPORATED

President
Chief Justice Terence Higgins AO

Deputy President
Mr Harold Hird

Honorary Treasurer
Mr Anthon Bandle

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

Committees

Executive Committee - Chief Justice Terence Higgins,
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 -
Anthony Bandle, Lyal Holley

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

Executive Director
Cherry O'Connor

HONOURS

COMMONWEALTH COUNCIL HONOURS

Service Cross
Chief Justice Terence Higgins AO
Mr Geoff McGibbon
Mr Harold Hird
Mr Lyal Holley
Mr Peter Granleese
Mr Anthony Bandle
Mr Ian Cocks

Service Medal
Chief Justice Terence Higgins AO
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
Chief Justice Terence Higgins
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
Chief Justice Terence Higgins
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 Russ Quilty

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

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PRESIDENT'S REPORT

I am pleased to report the 2012/2013 year was a busy, yet rewarding year for the Royal Life Saving Society Australia, ACT Branch.

The branch has continued supporting and advocating for the aquatics industry and water safety in the ACT. Working closely with the ACT Government, I am sure we can continue to build this relationship providing a stronger water safety message to the community.

I would like to thank the departing Executive Officer, Sean Hodges, for his time with the branch. Sean continues to work within the aquatics industry in the ACT, I am sure he will rise to the challenge of his new role - he has set the branch on the road to bigger and brighter successes. Cherry O'Connor takes on the role, bringing her knowledge, experience and enthusiasm which have made her an integral part of the branch for the last 8 years. I welcome her and am pleased to note the progress she is making.

The ACT Primary Schools Swim and Survive continues to flourish, reaching record numbers. It is a great testament to the branch staff, particularly Nicole Lloyd and her team; it is pleasing to see continued growth in the number of schools and participants. It is a vital program if the drowning rate for young people is to continue to decline.

The latest drowning report showed an increase in the number of drowning deaths in the ACT community. This is a stark reminder that we must continue to deliver our message of water safety and awareness, in particular eliminating toddler drowning deaths. In that context, the expansion of water safety programs is an important objective.

On behalf of the Royal Life Saving Australia, ACT Branch board, I would like to thank the following;

- The ACT Government for their ongoing support
- The Canberra Labor Club Group for their generous support and contribution to the Swim for Life program
- The Royal Life Saving Australia National office and board for their continued support
- The dedicated volunteers, instructors and trainers who continue to spread the Royal Life Saving messages

Without the support of our members, volunteers and support we could not achieve our mission of prevention of drowning and public safety, particularly around water.

Chief Justice Terence Higgins AO
President



EXECUTIVE DIRECTOR'S REPORT

Royal Life Saving ACT has, over the past year, focused its energies on building capacity for sustainable Royal Life Saving programs throughout Canberra.

With the implementation of exciting initiatives such as My Time to Swim – a gender specific swimming program, and AquaM8 – the new ACT High Schools' Lifesaving program, more and more members of the community have been able to gain access to quality aquatic activities and instruction this year.

The ACT Primary Schools Swim and Survive program, still subsidised for students by the ACT Education and Training Directorate, has grown exponentially since last year with the addition of 14 new schools and a record number of 6,428 participants. I would like to extend open gratitude on behalf of Royal Life Saving ACT to the team behind the scenes of this great program. Education Manager Nicole Lloyd and her team of qualified AUSTSWIM teachers and supervisors continuously put in 110% to ensure that these lessons run smoothly, communications are fluent and that everyone has fun in safe and happy environment.

The Canberra Labor Club is a major sponsor of Royal Life Saving ACT, providing scholarships for at-risk children in the ACT Schools Swim and Survive program, and free participation in the Canberra Labor Club Swim 4 Life program. Swim 4 Life offers Swim and Survive lessons to children who may not have previously had the chance to partake in structured aquatic activities. The feedback Royal Life Saving ACT has received from the families involved with this program is heartfelt and sincere. Canberra Labor Club's Swim 4 Life is truly one of the most rewarding programs in our portfolio.

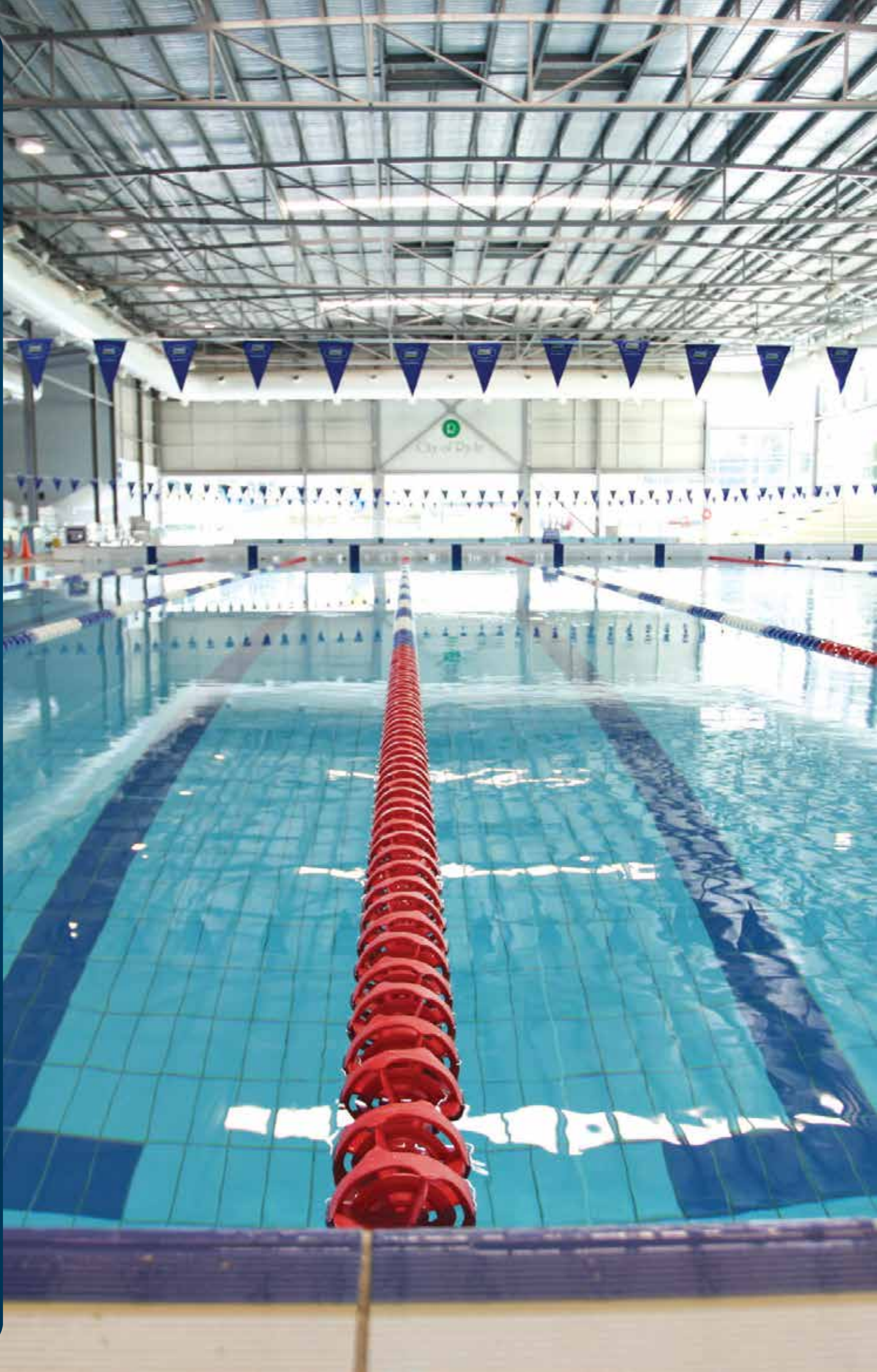
This community development theme is constant throughout Royal Life Saving ACT's achievements this year. We have created over 1,760 Everyday Lifesavers through our accredited VET First Aid and aquatic rescue short courses and 1,500 more through community programs and updates. Our suite of Aboriginal and Torres Strait Islander Aquatic Recreation programs is constantly growing as our community reach increases. The aspects of inclusion and access for all are at the forefront of our development strategies and we are continually striving for higher level community engagement and partnerships.

I would like to take this opportunity to thank the Royal Life Saving ACT President, Chief Justice Terence Higgins, and the Board of Directors for their guidance; the staff and volunteers of the Royal Life Saving ACT branch, with particular mention of Brad Bell, Hannah Blundell, Nicole Lloyd, and Heidi Nairne, for making the past year successful and enjoyable; and to the individuals, local organisations and government departments who contribute their time, funds, and advocacy to our worthy cause - I happily anticipate the next era of Lifesaving in the ACT with such healthy support coming from you all.

Cherry O'Connor
Executive Director



AQUATIC INDUSTRY DEVELOPMENT



AQUATIC INDUSTRY DEVELOPMENT

Royal Life Saving ACT shares a unique relationship with the local aquatic industry and works closely with pools and swim schools to implement quality workplace training strategies, structured programs, and performance incentives. Highlights for 2012 include the ACT Water Safety and Austswim Awards, and the ACT Lifeguard Challenge.

Water Safety Awards

This year's awards presentation evening was hosted by Royal Life Saving ACT at the ACT Legislative Assembly and was presented Deputy Chief Minister Mr. Andrew Barr and Executive Director of Royal Life Saving ACT Mr. Sean Hodges. Chief Justice Terence Higgins, President of Royal Life Saving ACT and Vice President of Royal Life Saving Society – Australia, opened the proceedings and presented the prestigious 'President's Commendation for Lifesaving' (State level) plaque to a very worthy recipient: Trinity Christian School (TCS). TCS received the President's Commendation for Lifesaving nomination for their overwhelming contribution towards Royal Life Saving ACT's goal of Zero Drownings. Over the past 5 years Royal Life Saving ACT has awarded approximately 1500 First Aid, Resuscitation, Bronze Medallion and Swim and Survive certificates to teachers, students, parents and other members of the Trinity Christian School community. Congratulations to TCS and to all the winners!

2012 Water Safety Award Recipients

The Ministers Award for the Most Significant Contribution to Water Safety by an Individual	Camilla Sedgwick
Community Service Award	Ngadyung
Lifesaving Educator of the year	Dearne Marrapodi – Radford College
Keep Watch @ Public Pools – Pool of the Year	Dickson Aquatic Centre
Gold Star Aquatic Facility Safety Award	Australian Institute of Sport
ACT Schools Water Safety Award	Chapman Primary School Holy Trinity Primary School
Lifeguard of the Year	Ryan Goodall – Dickson Aquatic Centre
Ngadyung Award	Renee Jard
Ken (Chuck) Evans Award	Patrick Chivers
Presidents Commendation For Lifesaving	Trinity Christian School
Swim and Survive Instructor of the Year	Olivia Columb – Dickson Aquatic Centre
Community Service Award	The Club Group Management
Community Service Award	Active Leisure Centre

01 Chief Justice Terence Higgins and ACT Deputy Chief Minister Andrew Barr present the Lifeguard of the Year Award to Ryan Goodall of Dickson Aquatic Centre

02 Royal Life Saving ACT Executive Director Sean Hodges presenting the Lifeguard Cup trophy to Luke Hinchcliffe - captain of the winning team "The Hinchcliffes"

Lifeguard Challenge

The ACT Lifeguard Challenge was again the highlight of the summer season. Teams from Dickson Aquatic Centre, the Australian Institute of Sport and Canberra International Sports and Aquatic Centre competed for the coveted "Lifeguard Cup" trophy. With 6 teams, 24 competitors, 30 volunteers and spectators from all over the Territory, the event concluded with the AIS team, "The Hinchcliffes" (after captain Luke Hinchcliffe) stealing the cup from last year victors, Dickson Aquatic Centre's "The Juggernauts". The AIS team proudly displays the Lifeguard Cup trophy in the foyer of the Institute's swimming complex and will host next year's event. Congratulations Hinchcliffes! Royal Life Saving ACT would like to thank everyone involved with making the event possible and offers gratitude and appreciation to major sponsor Canberra Milk; to Dickson Aquatic Centre for a fantastic venue and atmosphere; and to Royal Life Saving Society – Australia staff and all the volunteers who helped make the day such a great success!

Team	Aquatic Centre	Pts	Place
AIS "The Hinchcliffes"	Australian Institute of Sport	183.5	1st
DAC "The Guardians" *	Dickson Aquatic Centre	164	2nd
CISAC "The Pong Chollards"	CISAC Belconnen	144.5	3rd
DAC "Chalkies Benchwarmers"	Dickson Aquatic Centre	142	4th
DAC "Femme Fatales"	Dickson Aquatic Centre	122	5th
DAC "Charlies Angels"	Dickson Aquatic Centre	90	6th

*previously "The Juggernauts".

01



02

Aquatic Facility Safety Assessments

While ACT pools have been engaging Royal Life Saving to conduct safety assessments at their venues for years now, 2012 saw the enforcement of a policy from the ACT Education and Training Directorate (ETD) that added even more value to the process and brought more facilities on-board the program.

As per the policy all ACT public schools are required to utilise 5-star approved venues only for pool excursions. Royal Life Saving ACT has worked with the ETD, schools and pools to ensure access to as many aquatic venues as possible for school students across the territory. Assessments were conducted at all of Canberra's major public pools focusing on safe environments and operations.

The RLSSA Aquatic Facility Safety Assessment criteria checklist has been sourced from the Guidelines for Safe Pool Operation (GSPO), an established industry safety standard designed to maximise the safety of all aquatic facilities.

Current 5-star Aquatic Facilities in the ACT are listed on the Royal Life Saving Society – Australia website and include:

- Active Leisure Centre, Erindale
- Australian Institute of Sport, Bruce
- Big Splash
- Canberra International Sports and Aquatic Centre
- Canberra Olympic Pool
- Dickson Aquatic Centre
- Lakeside Leisure Centre
- Manuka Swimming Pool
- Phillip Swimming and Ice Skating Centre

All 5-star facilities proudly display this logo on-site at their venue:



Swim and Survive Partners

Swim and Survive Partners are preferred, quality deliverers of the Royal Life Saving Society's Swim and Survive program.

They work together with Royal Life Saving to deliver key water safety messages through core, holiday, school and other programs. ACT Swim and Survive partners instructed lessons in swimming and survival skills for approximately 3000 Canberra children this year.

Current ACT Swim and Survive Partners include:

- Canberra Olympic Pool
- Dickson Aquatic Centre
- Lakeside Leisure Centre



Proudly supported by



Photo: Swim and Survive participant Jasmine Engel receives her first swimming certificate





TRAINING AND SKILLS

Royal Life Saving ACT is proud of the excellent standard of training services provided for a broad range of Canberra workplaces and community groups.

Training and assessment for First Aid, Resuscitation, Bronze Medallion, Pool Lifeguard and AUSTSWIM courses is a core component of the organisation's operations. Increasing and developing knowledge and skills across the trainer workforce is also a continuous undertaking for management and senior staff.

RLSSA Courses

Royal Life Saving ACT provided certification for over 3,300 course participants throughout 2012-2013. A participation summary appears below and shows the increases for all areas of core training in comparison to the previous year (11-12) and to 5 years ago (07-08).

RLSSA Core Participation Summary 2012-2013

Course Type	2012-13	11-12 (1 year)	07-08 (5 years)
First Aid	1433	1286	519
Resuscitation	769	528	404
Bronze Medallion	602	302	421
Pool Lifeguard	251	228	143
Austswim Teacher of Swimming & Water Safety	168	143	104
Austswim Extension Course	54	36	9

Bruce McAslan – ACT Trainer of the Year 2012



Trainers and Staff

Royal Life Saving ACT trainers are chosen carefully based on criteria such as level of qualification, experience, communication styles and overall suitability to the role to ensure our team consists of a diverse range of knowledge and skill sets.

This year Royal Life Saving ACT recruited 13 new trainers – 11 Bronze trainers and 2 First Aid trainers. This was a rapid growth for the training team which now consists of 49 trainers, majority of whom are qualified to deliver and assess nationally recognised accredited Vocational Education and Training (VET).

The personal and professional development for all trainers is a priority and plays a big role within Royal Life Saving ACT quality assurance strategies. Trainers are asked to complete a minimum of four development opportunities per calendar year. Royal Life Saving ACT supports trainers in this endeavour by hosting regular in-house workshops, updates, validation sessions, and peer assessments. Examples of development opportunities undertaken by trainers this year include:

- Presentation from the ACT Asthma Foundation
- Presentation from the ACT Ambulance Service
- VET webinars and workshops
- Annual skills updates
- Moderation sessions
- Assessment tools review

Royal Life Saving ACT awarded the 2012 Trainer of the Year title to Bruce McAslan for his commitment to the organisation and for the experience, enthusiasm and energy he brings to each and every course he delivers. Feedback received from participants on Bruce's courses continues to impress and learners are constantly voicing their surprise at his ability to teach them something new even after years of First Aid training. Congratulations Bruce!

Bruce McAslan – ACT Trainer of the Year 2012

As well as the addition of new trainers this year, a new administrator was welcomed to the Royal Life Saving ACT office. Hannah Blundell joined the team in July 2012 with qualifications in business and a proven track record of outstanding customer service. Hannah has proved to be an incredibly valuable employee and is looking forward to furthering her skills in business and HR.

Towards the end of the 12-13 financial year the Royal Life Saving ACT team experienced another significant staffing change when Sean Hodges moved on from his role as Executive Director. Sean is a respected figure among both the local and national water safety scenes. His contributions to the organisation and the Australian Aquatics Industry during his directorship have been significant and the Royal Life Saving ACT President, Chief Justice Terence Higgins, and the Board of Directors thank Sean for his service and dedication and wish him the very best for his future endeavours.

After Sean's departure, the role of Executive Director was filled by Operations Manager Cherry O'Connor. Cherry currently occupies the position and hopes to continue to build on Sean's legacy of excellence in customer service, industry consultation, training and programs.

Austswim

Royal Life Saving ACT is a sub-agent of the national AUSTSWIM headquarters and is the sole deliverer of AUSTSWIM training in Canberra. Swim schools and local swim teachers have enjoyed increased support from Royal Life Saving ACT over the past year through improved course availability, post-course follow-up and additional re-registration assistance.

The completion of all pending national AUSTSWIM program reviews and the release of new learning materials and e-learning course components have seen positive feedback from all facets of the local swim teaching community in the ACT. The general approval for the new courses is evident in the increased extension course participation levels.

This increased participation is also a reflection of the hard work that swim school managers are contributing towards ensuring swim teachers are well-trained and appropriately qualified. Royal Life Saving ACT would like to thank the organisations and individuals who consistently ensure the high standards AUSTSWIM endorse.

ACT AUSTSWIM State Advisory Committee

There were 3 State Advisory Committee (SAC) meetings conducted in the ACT during 2012/2013. For this period the SAC comprised of members:

- Cherry O'Connor – Royal Life Saving ACT
- Nicole Lloyd – Royal Life Saving ACT
- Lyn McDermott – ACT AUSTSWIM Member Representative
- Margaret Roberts – Swimming ACT
- Tracey Menzies – Independent industry representative (joined June 2013)

The State Advisory Committee liaises with Swim Schools and teachers to improve in areas such as:

- Growth and development of knowledge and skills for staff;
- Implementation of quality programs for learners; and
- Excellent standards for the provision of swim teaching services in the community

AUSTSWIM Participation Figures 2012/2013

Teacher of Swimming and Water Safety	168
Teacher of Adults	15
Teacher of Infant and Preschool Aquatics	17
Towards Competitive Strokes	22

The 2012 ACT AUSTSWIM Awards were held in conjunction with the 2012 ACT Water Safety Awards and once again the strength and skills of Canberra's swim teaching cohort were evident with the nominations that came through. Congratulations to the following category winners:

2012 AUSTSWIM Award Recipients

ACT AUSTSWIM Swim School of the Year

Dickson Aquatic Centre

ACT AUSTSWIM Teacher of Swimming & Water Safety

Debbie Sarri – Aquatots

ACT AUSTSWIM Teacher of Infant & Preschool Aquatics

Alena Sarri - Aquatots

ACT AUSTSWIM Presenter Award

Ben Cuttriss – Royal Life Saving ACT

All AUSTSWIM State and Territory award winners are automatically nominated for a national award in the same category. Executive Director Sean Hodges, Operations Manager Cherry O'Connor and Education Manager Nicole Lloyd represented the ACT at the National AUSTSWIM Awards Presentation event, held in conjunction with the National Water Safety Education Conference on the Gold Coast in July 2012.

State winners from 2011 were nominated for in their respective categories but were not fortunate enough to bring home the top prize this time.

The presentation for the 2012/2013 National AUSTSWIM awards will be held in Queenstown, New Zealand in October 2013 as part of the first International Swimming and Water Safety Education Conference hosted jointly by Water Safety New Zealand and AUSTSWIM.

Photo: Chief Justice Terence Higgins and ACT Deputy Chief Minister Andrew Barr present the 2012 AUSTSWIM Presenter of the Year Award to Ben Cuttriss





EDUCATION

ACT Primary Schools' Swim and Survive Program

The overall aim of the Royal Life Saving ACT Primary Schools' Swim and Survive Program is to ensure access for all ACT primary students to quality learn-to-swim opportunities and water safety education at an affordable rate. The 2012 program involved 6,428 primary school students from across 50 ACT schools. This is an 89% increase from last year.

Schools that participated in the 2012 ACT Primary Schools Swimming and Water Safety program are:

Ainslie Primary	Macgregor Primary
Aranda Primary	Macquarie Primary
Caroline Chisholm Primary	Majura Primary
Chapman Primary	Mawson Primary
Charles Conder Primary	Miles Franklin Primary
Charnwood-Dunlop Primary	Monash Primary
Curtin Primary	Narrabundah Early Childhood Centre
Duffy Primary	Palmerston District Primary
Evatt Primary	Red Hill Primary
Fadden Primary	Taylor Primary
Farrer Primary	Telopea Park Primary
Florey Primary	Torrens Primary
Forrest Primary	Wanniassa Primary
Fraser Primary	Yarralumla Primary
Gilmore Primary	Canberra Christian School
Gordon Primary	Covenant College
Gowrie Primary	Holy Trinity
Hawker Primary	Sacred Heart PS
Hughes Primary	St Joseph's Primary
Isabella Plains Early Childhood Centre	St Jude's Primary
Kingsford Smith Primary	St Thomas Aquinas
Kingsford Smith High	St Thomas More Primary
Latham Primary	St Thomas the Apostle
Lyneham Primary	Trinity Christian School

Total Participation	Number Of Participants	Percent
Public School Total	4508	70.3
Private School Total	1906	29.7
Total	6414*	100.0

*Please note: 14 participants whose school was not recorded for various reasons are not reflected in this total

The ACT Education and Training Directorate has continued to be a great support to the ACT Primary Schools' Swim and Survive program, as have all the teachers, parents and students. Special thanks are due to Royal Life Saving ACT Education Manager, Nicole Lloyd, whose commitment to excellence in customer service has ensured positive experiences for all. All swim teachers and support staff did an exceptional job – a standout effort from Lisa Elliott assured her the 2012 Royal Life Saving ACT Swim and Survive Instructor of the Year Award. Lisa has demonstrated her dedication and natural rapport with children time after time in her role. It was her easy-going nature, attention to detail and logical approach to swim teaching and communication that saw her achieve this well-deserved recognition.

Water Smart

Water Smart is a classroom water safety education program that has been delivered to ACT students by school teachers and Royal Life Saving trainers for many years. This year the release of the newly developed national Water Smart program provoked excitement for schools and Royal Life Saving members across the country.

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.

AquaM8

In July 2012 Royal Life Saving ACT secured funding from the ACT Health Directorate for the development and implementation of a pilot high school lifesaving program. AquaM8 was born and from very early on in the consultation stages, gaps were identified in areas such as: aquatic skill development, building confidence in the water, and understanding risks in an aquatic environment. The program was mapped directly to outcomes in both the ACT schools' curriculum and the new national Australian Curriculum. The result was a 10-session program targeted at year 7 and 8 students that could be delivered flexibly either over a term or as a more concentrated intensive unit.

The pilot program for AquaM8 will involve 5 local high schools and once complete will be evaluated, reviewed and amended with an aim to make the entire program and resources available to all year 7 and 8 students in the ACT. Feedback from those involved so far has been overwhelmingly positive and special thanks go to the ACT Government and Camilla Sedgwick from Eduskill for creating this much-needed water safety education package.

School-based Trainers

The partnerships that Royal Life Saving ACT shares with Canberra school teachers are arguably some of the most valuable. School teachers continue to be some of the organisations most devout and vocal advocates on water safety with many taking advantage of the free RLSSA Instructor and Examiner training offered by Royal Life Saving ACT. RLSSA school-based trainers (teachers) from 14 different schools in the ACT have been directly responsible for the certification of 437 'Everyday Lifesavers' this year.



RESEARCH

Since 2008 Royal Life Saving ACT has collected de-identified data from the participants and families involved in the ACT Primary Schools' Swim and Survive program. With four years of research now supporting the program there are definite patterns emerging that reiterate the importance of Swimming and Lifesaving programs, particularly for primary-aged students.

Dr Richard Franklin PhD, former National Research Manager for Royal Life Saving Society – Australia, used the data gathered by Royal Life Saving ACT to compile a report entitled: Learning to Swim – What influences success? Some of Dr Franklin's findings are summarised below.

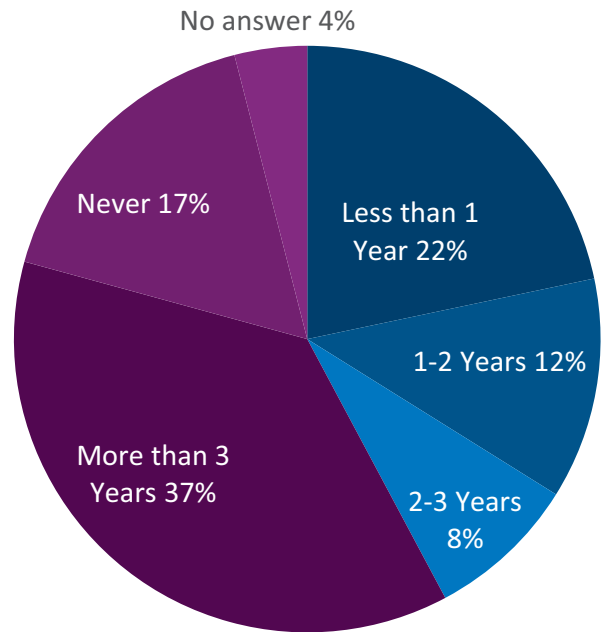
Mapped against Priority 1: Goal 1 (Taking a Life Stages Approach: Reduce Drowning Deaths in Children aged 0-14) of The National Water Safety Education Competency Framework - all Australian primary aged students to be able to swim 50m (equivalent to Swim and Survive level 4) by the time they leave primary school.

- 77.5% of 12 year old participants in the ACT Primary Schools' Swim and Survive program achieved Level 4, and only 56.3% of 12 year old participants at age 12 achieved higher than this.
- The attributes associated with achieving Levels 4 and above at age 12: female, private school student, swimming at least once a fortnight, having a home swimming pool, visiting any aquatic location, participating in private swimming lessons
- Students who identified as having had a prior bad experience with water showed a 50% decrease in the child's likelihood of achieving Level 4
- Students who identified as having a medical condition achieved lower results than those who did not. The average level achieved by 12 year old students with a medical condition was lower than the targeted Level 4 minimum.
- Students with a history of exposure to the water (regardless of the activity being undertaken) were more likely to achieve higher levels

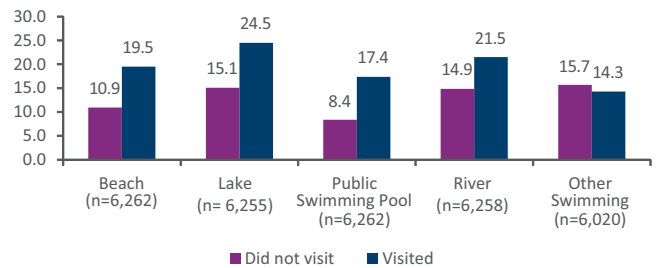
Dr Franklin also assisted Royal Life Saving ACT to compile an end-of-year ACT Primary Schools' Swim and Survive Program Report based on the participation and achievement figures for schools and students during 2012. This report was presented to the ACT Education and Training Directorate.

Royal Life Saving ACT looks forward to continuing to share and analyse the information gathered with schools, Government and the community to further improve our collaborative efforts towards Water Safety Education and a Zero Drowning target for the ACT.

Last time a member of the household participated in CPR training



Percentages for achievement of Level 4 and above by exposure to aquatic environments





ADVOCACY

Royal Life Saving Society –
Australia's mission:

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

The important task of raising awareness of
drowning prevention strategies is one that is
shared in the ACT.

Local Members of the Legislative Assembly,
Members of Parliament, businesses, and
community groups continue to advocate for
things such as revised home pool fencing
legislation, mandatory Swim and Survive
lessons in schools, and increased access to
water safety education programs for parents
and carers.

Keep Watch

ACT Keep Watch Ambassadors assist Royal Life Saving ACT
to actively promote 'Keep Watch' and other important
drowning prevention messages in the community.

The RLSSA Keep Watch program has four key actions to
prevent drownings. These are:

- Supervise
- Restrict Access
- Be Water Aware
- Learn to Resuscitate

These are not individual strategies but are promoted
together for maximum safety. The efforts of all Royal Life
Saving ambassadors in spreading these messages are not
undervalued - their contributions to the RLSSA mission
are greatly appreciated. Royal Life Saving ACT would
like to take this opportunity to recognise and thank the
following individuals:

Local Keep Watch Ambassadors

- Ms Katy Gallagher MLA, Chief Minister
- Mr Andrew Barr MLA, Deputy Chief Minister
- Ms Joy Burch MLA, Member for Brindabella
- Mr Alistair Coe MLA, Member for Ginninderra
- Mr Simon Corbell MLA, Member for Molonglo
- Mr Steve Doszpot MLA, Member for Molonglo
- Mrs Vicki Dunne MLA, Speaker, ACT Legislative Assembly
- Mr Jeremy Hanson MLA, Member for Molonglo
- Senator Kate Lundy, Senator for ACT
- Mr Shane Rattenbury MLA, Member for Molonglo
- Mr Zed Seselja, Senator for ACT
- Mr Brendan Smyth MLA, Member for Brindabella

Community Partners

- Active Leisure Centre
- Canberra Olympic Pool
- Canberra International Sports and Aquatic Centre
- Dickson Aquatic Centre (2012 Keep Watch @ Public Pools -
Pool of the Year)
- Lakeside Leisure Centre
- Asthma ACT
- Barnardos, Canberra
- Kidsafe
- Migrant and Refugee Settlement Services (MaRSS)
- Snowy Hydro Southcare
- YWCA – Canberra



COMMUNITY DEVELOPMENT



COMMUNITY DEVELOPMENT



Ngadyung

Ngadyung is one of Canberra's most popular and successful Aboriginal and Torres Strait Islander (ATSI) community programs. From baby to adult Swim and Survive lessons to accredited training options for those wanting to become more involved in aquatics, Ngadyung offers a broad scope of learning opportunities. These opportunities are guided by an established Ngadyung steering committee comprising of key ATSI community members and stakeholders.

Supported by the Australian Government who provides funding assistance for the program, Ngadyung is entirely unique to the local industry being conducted by aboriginal instructors, for aboriginal people. Free Swim and Survive lessons are accessible through the school terms and regular Active Family Fun Days are hosted to encourage more members of the ATSI community to participate in aquatic activities with their friends and families.

Ngadyung offers sponsored positions in Royal Life Saving ACT accredited training courses such as AUSTSWIM, Bronze Medallion and First Aid, and also assists youths to explore employment opportunities at ACT pools and swim schools.

During 2012-2013 Ngadyung issued 165 Swim and Survive certificates, assisted with 7 individual work placements and conducted various tailored community group programs such as a Bronze Medallion training course for residents at Bimberri Youth Justice Centre.



Canberra Labor Club - Swim 4 Life

Each year the Canberra Labor Club (CLC) provides sponsorship to Royal Life Saving ACT, advocating the importance of teaching children the life skills of swimming and surviving in the water. The Canberra Labor Club Swim 4 Life project was established in 2010. Swim 4 Life utilises the CLC sponsorship funds to provide full and partial ACT Primary Schools' Swim and Survive Program participation scholarships to children in need, and enables Royal Life Saving ACT to implement an annual intensive Swim and Survive holiday program 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.

The children are identified through partnerships with schools and local organisations such as Barnardos and the YWCA. The value of the Swim 4 Life project far outweighs its monetary worth and this is evident from the feedback and gratitude received from everyone involved. Royal Life Saving ACT will continue to work with the Canberra Labor Club on the expansion of Swim 4 Life with the recruitment of more community partners and an increased number of venues for families to attend.



Royal Life Saving ACT at the Canberra Show!

In February 2013 at the iconic Royal Canberra Show festival Royal Life Saving ACT was privileged to host an activities and awareness stand. Perched between a gypsy jewellery van and a home-made children's clothes stall, our volunteers offered passers-by the opportunity to fish for Keep Watch bath-time ducks, enter the famous RLSSA 'Duck Count' competition, participate in CPR demonstrations and stock up on lots of promotional freebies such as towels, swim caps, goggles, sunscreen, hats and more! The clear message to visitors on the day: Everyone can be a Lifesaver!



HEALTH PROMOTION

Royal Life Saving Society - Australia is known for training and creating highly-skilled professional and Everyday Lifesavers. As well as this, there is an embedded aspect to all programs that promotes the need for healthy and active lifestyles. Royal Life Saving ACT has embraced this element and endeavours to form strategic partnerships throughout the Territory that enable RLSSA programs to be used as a vehicle towards general health and well-being for all.

Asthma ACT Partnership

In September 2012 Asthma ACT sought the assistance of Royal Life Saving ACT for the delivery of an Asthma Awareness program to members of the local Aboriginal and Torres Strait Islander (ATSI) community. Asthma ACT representatives attended Royal Life Saving ACT Ngadyung Swim and Survive sessions to talk to parents about recognising asthma, the effects of the condition and appropriate treatment plans.

As part of this new partnership Asthma ACT and Royal Life Saving ACT also worked together to validate training and assessment processes, and trainers' knowledge and in areas of:

- Asthma facts
- Signs and symptoms
- Exercise-induced asthma
- Asthma management and medications
- Asthma first aid

Royal Life Saving ACT also helped Asthma ACT to launch the valuable new "Asthma Friendly Sports and Recreation Club" program to ACT public pools and swim schools.



Inclusive Participation – My Time to Swim

In 2012 Royal Life Saving ACT was approached and asked to assist with launching both a women's only and a men's only swimming program for the ACT. Executive Director Sean Hodges worked with Sally Kalek from the Muslim Women's Network to establish a steering committee for the project that consisted primarily of members from the local Muslim community.

The steering committee identified to Royal Life Saving ACT that the current swimming and aquatic recreation options available in the ACT for people with cultural, religious and/or personal barriers were minimal at best and that a gender-specific program was highly sought after in the community.

Armed with this information, Royal Life Saving ACT secured funding assistance from the ACT Government to implement the "My Time to Swim" program and made arrangements with the managers at the Canberra Grammar School pool to set up an ongoing weekend program with Saturdays scheduled for women's swimming, and Sundays for men. The program was an instant success with approximately 40 attendees on each day of the opening weekend in January 2013.

After a short break over winter My Time to Swim will continue to offer Swim and Survive lessons from babies through to adults, and free swimming time for those who prefer to just splash around with family and friends. This has been a truly rewarding project for all involved and Royal Life Saving ACT is hopeful for continued community support to keep the My Time to Swim program sustainable and accessible for this diverse participant group.

Royal Life Saving ACT Award Figures 2012/2013

Award Type	Number of courses	Number of Participants
Swim and Survive	N/A	13960
Resuscitation	96	335
CPR in a Box Update	37	132
CPR in a Box	69	302
First Aid in a Box	51	229
First Aid in a Box Update	14	139
First Aid	135	994
First Aid Update	47	71
Bronze Medallion	41	537
Bronze Medallion Update	17	65
Bronze Star	1	3
Pool Lifeguard	12	92
Pool Lifeguard Update	26	159
Austswim	12	168
Infants	2	22
Comp Strokes	2	17
Adults	2	15
RLS Instructor	6	18
RLS Examiner	5	20
Hydrotherapy	2	4
	577	17282

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