



Royal Life Saving Society - ACT

# ANNUAL REPORT 2015/16

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EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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## 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

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His Excellency The Governor General of Australia

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Ms. Pene Snashall B.Bus

National Deputy President  
Mr. Randall Cook B.Ed; Grad DipEd Management

Branch Director  
The Hon. Terence John Higgins AO QC

#### Life Members

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Geoff McGibbon

Christine McGibbon

Harold Hird

Lyal Holley

Peter Castle

Peter Macaulay

Michael Higgins

Anthony Bandall

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Deputy President  
Mr. David Colussi

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Mr. Anthony Bandall

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Mr. Peter Granleese

Elected Member to the Board of Directors  
The Hon. Terrance John Higgins AO QC

Mrs. Joy Terry

Mr. Christopher Graham

Mr. Mark Love

Mr. Tim Sedgwick (*res Mar 2016*)

#### Appointments

Auditor  
RSM Bird Cameron

Solicitor  
Mark Love

Medical Advisor  
Ben Lynch

Chief Examiner  
Bruce McAslan

Head Trainer  
Rachael Hogan

Executive Director  
Cherry Bailey

“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. Terrance John Higgins AO QC  
Mr. Geoff McGibbon  
Mr. Harold Hird  
Mr. Lyal Holley  
Mr. Peter Granleese  
Mr. Anthony Bandall  
Mr. Ian Cocks

#### Service Medal

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

#### Bar to Service Cross

Mr. Harold Hird

### AUSTRALIAN HONOURS

#### Fellow of the Royal Life Saving Society

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

#### Service Order of the Royal Life Saving Society - Australia

Mrs. Christine McGibbon  
Mrs. Diane Cocks

#### Meritorious Service Award

The Hon. Terrance John Higgins AO QC  
Mr. Harold Hird

### ACT BRAVERY AWARDS

#### Royal Life Saving Society - Australia Commendation for Bravery

Mr. P. Zori  
Mr. D. McCaskill  
Mr. G. O'Neill  
Mr. M. Gilet  
Ms. N. Ballenden  
Mr. M. 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. John Waser

#### Royal Life Saving Society - Australia Resuscitation Club Medal

Mr. Neil Maher  
Mr. Paul Reynolds

## Royal Life Saving Society - ACT

# ANNUAL REPORT 2015/16

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## PRESIDENT'S REPORT

It gives me great pleasure to present the Annual report for the Royal Life Saving Society Australia, ACT Branch for 2015/16

We have witnessed some outstanding results and achievements by our branch over the past twelve months. The ACT branch has been advocating on important water safety issues in the ACT, in particular for some time now, swimming and water safety skills for children and home pool safety reforms for pool owners have been at the top of our agenda items.

I would like to thank the Executive Officer, Cherry Bailey and the entire Royal Life team for an amazing year which has seen the demand for services and programs across ACT continue to escalate. It is pleasing to note that in excess of 13,200 community and vocational education and training awards have been issued in the last 12 months. This vast number of individuals provide a strong and skilled network of lifesavers supporting our communities with the capacity to provide assistance in any emergency situation.

This year we have seen over 7,600 students complete the RLS Swimming and Water Safety program which is a 13% increase from 2014/15 and water safety talks to over 6,200 students. This result would not be possible without the ongoing support from The ACT Department of Education and the commitment from our local schools towards water safety.

A key focus for 2016/17 will be lobbying for home pool safety reforms in the ACT. The heartbreaking loss of a young toddler in a backyard swimming pool incident in late 2015 was another reminder that these reforms are urgently required and until legislation is improved we are failing to help protect our most vulnerable.

The Society's Board Members, various committees, volunteers and staff can be very proud of the collective achievements of the Royal Life Saving Society ACT Branch over many years but especially the past 12 months. I thank each and every one of them for their dedication and commitment to the Society's ideals.

Lastly I would like to thank the ACT Government for its support and all our sponsors and various partners. Without the support of our members, volunteers and sponsors we could not achieve our mission of prevention of drowning and public safety, particularly around water I look forward to reporting on the activities of the Society for the 2015/2016 year which is promising to be another great year.

Be safe on, in or near water.

**Sean Hodges**  
President

## EXECUTIVE DIRECTOR'S REPORT

This year, as with other areas in Australia, there has been a strong focus on drowning prevention and water safety in inland waterways across the ACT. When the 'Drowning Deaths in Australian Rivers' research report (released in 2014 by Royal Life Saving Society – Australia) revealed that more drowning occurrences can be attributed to Australian rivers than any other kind of aquatic environment, Australians sat up and paid attention.

With 8 rivers, 121 creeks, 4 lakes and a dam the Australian Capital Territory's inland waterways are underestimated more often than not. Royal Life Saving ACT has been working hard within the community to raise awareness of the dangers in these local areas and to highlight the hidden risks. Activities such as the 'A Day at the Lake' community event and 'Lochie on Tour' water safety talks in schools were extremely successful in reaching large populations with the national RLSSA Respect the River message.

As co-chair of the ACT Safe Waters Committee, Royal Life Saving ACT has continued working closely with aquatic recreation groups and representatives to review and update the ACT Safe Waters Action Plan to ensure that all aquatic activities undertaken by Canberrans can be done so in the safest possible environments. As well as rivers lakes and dams, other aquatic locations such as public pools, backyard pools and swimming pools at accommodation sites are all considered in the Action Plan which aligns to the Australian Water Safety Strategy.

ACT Public Pools continued to support Royal Life Saving initiatives and messages with 10 venues commissioning on-site Aquatic Facility Safety Assessments. ACT Public Pools consistently produce higher than average results from these assessments and are to be commended on their commitment to providing safe venues for all patrons.

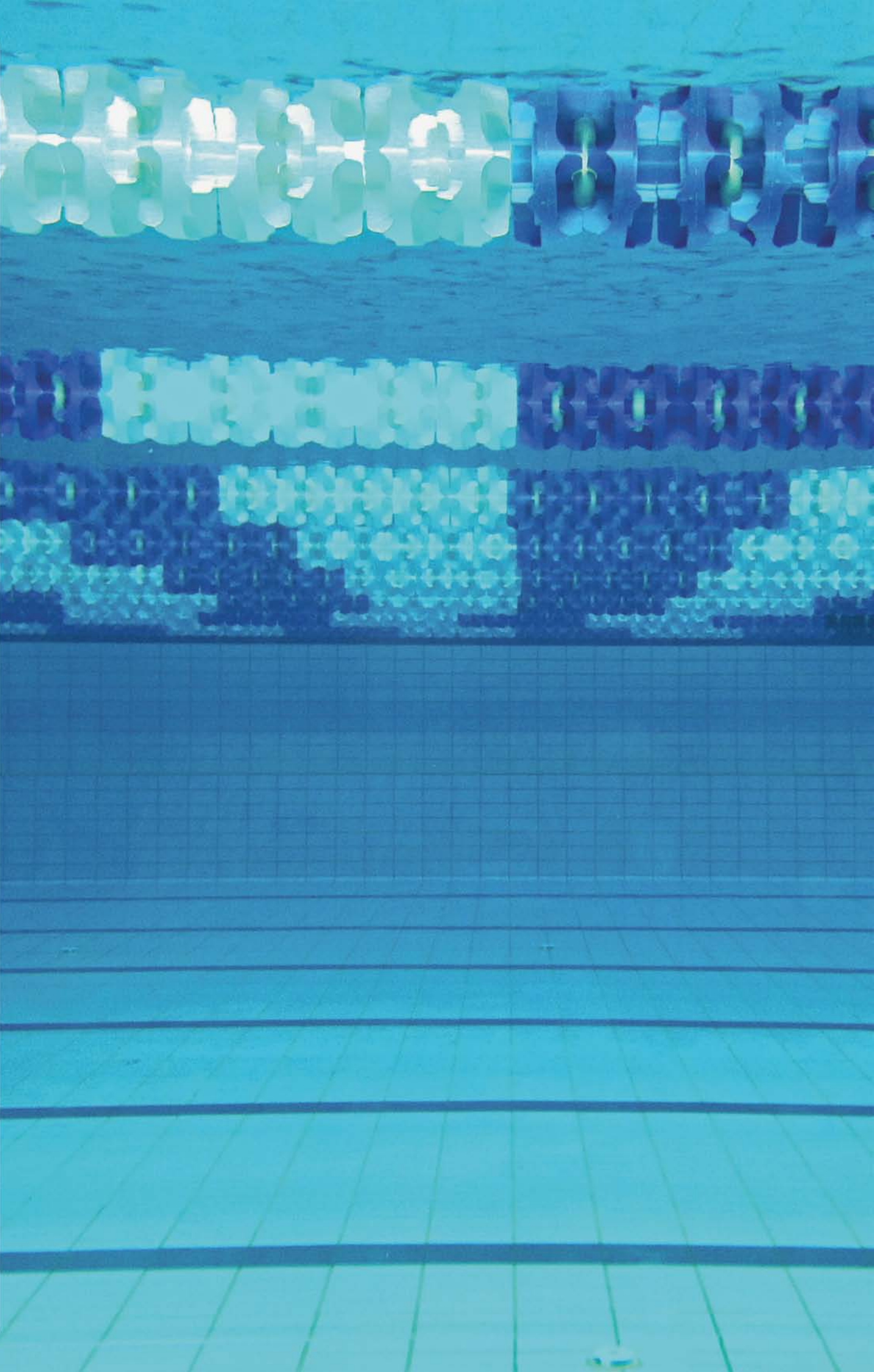
The heartbreaking loss of a young toddler in a backyard swimming pool incident in late 2015 sent shockwaves throughout the Canberra community. The Territory mourned for the child and the family and we were all brutally reminded that life and time are precious gifts that cannot be taken for granted. Our thoughts remain with those affected by the tragedy, in particular the young one's parents. Royal Life Saving ACT has been communicating with the ACT Government regarding backyard swimming pool safety in the Capital and hopes to carry on these discussions to reach some significant outcomes in the coming year.

As so many philosophies claim, 'our children are our future' and safeguarding them against harm in aquatic environments is one of Royal Life Saving ACT's top priorities. We are grateful for the support provided by the ACT Government and ACT schools to the various school programs we make available each year. Our ACT primary schools' Swim and Survive program, along with the ACT Government's Aquasafe program for Year 2 students, saw 9320 Canberran children acquire new aquatic skills and confidence. With the introduction of the Junior Lifeguard Program another 313 students achieved Bronze Rescue awards for Dry Rescue, Wade Rescue and Accompanied Rescue. It is gratifying to be able to reintroduce these traditional awards to our younger generation and the value of lifesaving skills along with them.

Since Royal Life Saving ACT's incorporation in 1987, our members, volunteers and staff have been working diligently towards our mission of achieving a society free from the burdens of drowning. Over the years, methodologies and strategies for drowning prevention have evolved but still the people behind the ideas and initiatives stay as passionate as ever. We thank them enthusiastically and look forward to a time when our collective efforts are no longer required.

**Cherry Bailey**  
Executive Director

# AQUATIC INDUSTRY DEVELOPMENT



## Aquatic Industry Development

### ACT Water Safety and Aquatic Industry Awards

ACT Water Safety and Aquatic Industry Awards  
The ACT Water Safety and Aquatic Industry Awards recognise exceptional achievement and effort in all areas of water safety and drowning prevention from individual swim teachers to facility-wide risk management.

Congratulations to all of the 2015/16 Award winners:

Community Service Award  
Bethany Williams

Lifesaving Educator of the year  
Greg Wright - Trevally Swim School

Gold Star Aquatic Facility Safety Award  
Gungahlin Leisure Centre

Outstanding Commitment to Water Safety by an ACT School  
St Joseph's Primary School

Ngadyung Award  
Wynetta Rix

Ken (Chuck) Evans Award  
Melanie Reed

Swim and Survive Instructor of the Year  
Renee Jard

Outstanding Commitment to Water Safety by an Individual  
James Marshall

### AUSTSWIM STATE AWARD RECIPIENTS

AUSTSWIM Swim School of the Year  
Australian Institute of Sport

AUSTSWIM Teacher of Swimming and Water Safety  
Kailee Tindale and Megan Eastman

AUSTSWIM Teacher of Infant & Preschool Aquatics  
Alena Sarri

AUSTSWIM Teacher of Aquatics - Access and Inclusion  
Lisa Dunlop

AUSTSWIM Presenter of the Year  
Amy Foran

ACT Lifeguard Challenge



### ACT Lifeguard Challenge

The Australian Lifeguard Network Lifeguard Challenge Series is a fantastic event for Lifeguards. Combining events from the sport of Pool Lifesaving, social activities, networking and a bit of fun the Lifeguard Challenge offers a complete package of off-duty activities.

The Lifeguard Challenge was implemented in the ACT in 2012 and has grown steadily with more participants, and more volunteers getting involved each year. The 2016 ACT LGC was hosted at the AIS with champions "The Hinchcliffes" set to defend their title. All Lifeguards and teams put in outstanding efforts but at the end of the day it was "The Young Guns" from Gungahlin Leisure Centre who won the trophy - The ACT Lifeguard Cup!



### Aquatic Facility Safety Assessments

Risk management is an essential tool for the successful and continued operation of an aquatic or leisure facility. To this end, Royal Life Saving ACT offers Aquatic Facility Safety Assessment (AFSA) services to local public pools and leisure centres, which provides an independent and comprehensive assessment of the operations of an aquatic facility. The AFSA is made up of:

- Onsite Safety Inspection Checklist
- Safety Score
- Safety Improvement Plan
- Observation & Recommendations

Royal Life Saving ACT providing 10 Aquatic Facilities with AFSA services throughout 2015/16 with 90% achieving the desired 5-Star benchmark. The following facilities hosted AFSA's during the report period:

### ACT 5-STAR AQUATIC FACILITIES 2015-16

- Active Leisure Centre
- Australian Defence Force Academy
- Australian Institute of Sport
- Canberra Olympic Pool
- Dickson Aquatic Centre
- Gungahlin Leisure Centre
- Club Googong
- Lakeside Leisure Centre
- Manuka 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.



# TRAINING AND SKILLS





## TRAINING AND SKILLS

Royal Life Saving ACT remains Canberra's go-to Registered Training Organisation for basic aquatic rescue and professional lifeguard programs and courses. First Aid participation is also a key training program for the organisation with over 1000 First Aid certifications issued in the 2015-16 period. In addition to accredited Vocational Education and Training, Royal Life Saving ACT provides various community level programs such as the newly introduced First Aid @ Home - launched in January 2016. First Aid @ Home caters to parents, grandparents and non-professional carers of children in the home environment. Course delivery emphasises common accidents and incidents that can and do occur at home. The program was designed with convenience in mind and is structured over just 4 hours, with participants welcomed to bring younger children along to the course.

Course feedback from all course types and for all registered Royal Life Saving ACT trainers continues to indicate excellence in administration, delivery, and assessment procedures. Royal Life Saving ACT received a 99% satisfaction outcome through internal survey results for training conducted during 2015/16. 14 ACT schools hosted their own accredited Royal Life Saving training courses for students and staff in 2015/16 through Royal Life Saving ACT school-based trainer arrangements. Teachers are registered with Royal Life Saving ACT as Accredited Trainers and are able to deliver RLSSA programs in-house for students and/or co-workers. An additional 10 schools sought Royal Life Saving ACT services for on-site delivery at their school.

### RLSSA Courses

During 2015-16 Royal Life Saving ACT conducted over 500 courses and certified 3,229 community members, lifeguards and first aiders. The summary below details the distribution of participation across areas of core training.

Course Type	Full Course	Reaccreditation
First Aid	1001	95
First Aid @ Home	27	-
Resuscitation	815	234
Bronze Medallion	415	59
Bronze Star	22	-
Pool Lifeguard	128	172
AUSTSWIM Teacher of Swimming & Water Safety	202	-
AUSTSWIM Extension	108	-
<b>Total Course Participation 2015/16 Financial Year</b>		<b>3278</b>

### Royal Life Saving Staff

Royal Life Saving ACT is powered by dedicated and talented people who work behind the scenes and out in the community, to bring key water safety and drowning prevention strategies to life. Each individual is a valued component of the ACT "Royal Family", comprised of over 120 employees. Some key staffing changes at Royal Life Saving ACT this year included:

RLSACT welcomed Alison Green into the position of Training and Development Coordinator early in the year after fare-welling Ben Cuttriss from the role. During her time in the Royal Life Saving ACT office Alison worked closely with Head Trainer Rachael Hogan to develop the new First Aid @ Home program for parents, grandparents and other at-home carers.

Later in the year, upon Alison's departure, Dayne Garani was promoted to Training and Development Coordinator. Dayne worked with the Royal Life Saving ACT training team to establish and formalise systems, and integrate standard procedures with the organisation's new Training Management System - aXcelerate.

Ashley Kalz replaced Dayne Garani as Administrator and brought with him an abundance of IT knowledge that proved invaluable in assisting with the set-up of new automated workflow tasks through aXcelerate.

The ACT Trainer of the Year Award is presented each year to a member of the Royal Life Saving ACT Training team whose commitment to the organisation and passion for lifesaving education is demonstrated as 'above and beyond' the expectations of their role. This year, Royal Life Saving ACT thanks and congratulates Head Trainer Rachael Hogan on this outstanding achievement!

### St Edmund's Teachers First Aid Update





**Swim and Survive**  
An initiative of  
Royal Life Saving Society  
Proudly supported by  
**UNCLE TOM'S**

## EDUCATION

### ACT Primary School Programs

Royal Life Saving ACT implemented the ACT Education Department's Year 2 Water Safety Awareness program "Aquasafe" in July 2015. Aquasafe is the only subsidised water safety education program for ACT primary school students and 2763 students participated in its maiden year. Year 2 students across Canberra undertook the program which combines 10 pool-based sessions and 5 classroom lessons.

Aquasafe is a unique program designed as a non-progressive block of lessons aimed at sharing various water safety and aquatic survival techniques. No levels are allocated; students are simply divided into Beginner, Intermediate and Advanced groupings and led through 10 sessions of practical experiences by qualified Swimming and Water Safety Instructors. Upon exiting the program, participants depart with knowledge and new skills in safe practices for use in, and around, a variety of aquatic environments.

In 2015 4872 students participated in the Royal Life Saving ACT Primary Schools' Swim and Survive Program. Levels range from Developing Level 1, right through to Senior Swim and Survive. Some key statistical data from the program is shown below:

45 schools participated in the PSSS program making an average school participation rate of 108.25

882 students (18%) achieved the Australian Water Safety Strategy's national benchmark of Swim and Survive - Level 4 or above

2316 (47.5%) of participants were Male, 2516 (52.5%) of participants were Female

74 qualified Swimming and Water Safety Teachers were involved in the delivery of the ACT Primary Schools' Swim and Survive program

Schools that participated in Royal Life Saving Swimming and Water Safety programs in 2015:

PRIMARY SCHOOLS	Participation
Ainslie Primary	83
Bonython Primary and Pre-School	87
Calwell Primary	64
Campbell Primary	80
Canberra Christian School	44
Chapman Primary	241
Charles Conder Primary	95
Covenant Christian School	74
Curtin Primary	185
Fadden Primary	98
Farrer Primary	211
Florey Primary	40
Forrest Primary	175
Fraser Primary	171
Gilmore Primary	35
Gordon Primary	116
Gowrie Primary	74
Holy Trinity Primary	269
Isabella Plains ESC and Pre-School	153
Kingsford Smith Primary	166
Latham Primary	106
Lyneham Primary	88
Lyons ECS	106
Macquarie Primary	96
Mawson Primary	151
Miles Franklin Primary	188
Monash Primary	134
Narrabundah ECS	54
Palmerston District School	117
Radford College	73
Richardson Primary	24
St Bede's Primary	174
St Joseph's Primary	127
St Jude's Primary	331
St Thomas Aquinas Primary	107
St Thomas the Apostle Primary	220
St Vincent's Primary	185
Sutton Primary	158
Telopea Park School	184
Theodore Primary	29
Torrens Primary	244
Trinity Christian School	446
Wanniassa Hills Primary	142
Wanniassa School	87
Yarralumla Primary	113



ADVOCACY



## ADVOCACY

The Canberra community is supported by a network of active Drowning Prevention advocates that work to ensure Water Safety education and messaging is kept current and relevant throughout the Nation's Capital. Groups and organisations, through various models of partnership with Royal Life Saving ACT, work towards the common goal of ZERO DROWNING DEATHS in the ACT.

The zero drowning target has also been adopted by the ACT Safe Waters Committee who have collectively developed an ACT action plan to draw attention to, and lobby for, safe aquatic activity and environments in the ACT.



Royal Life Saving ACT recognises the assistance received, in all varieties, and thanks the following advocates and Community Partners:

ACT Education Department  
ACT Sports and Recreation Services  
ACT Community Services Directorate  
ACT Health  
ACT Schools  
National Capital Authority  
Australian Federal Police  
Playgroups ACT  
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  
Club Googong  
Swim and Fitness at the AIS  
Barnardos Canberra  
Marymead  
ACT Kidsafe  
YWCA Canberra  
The Smith Family  
Asthma ACT  
Arthritis ACT  
Islamic Society of ACT  
Australian Muslim Women's Association  
ACT Rape Crisis Centre  
CODA  
TrophyLink  
Bluepackets  
Naxikku  
Tuggeranong Vikings Water polo  
ACT Cancer Council  
PCYC  
Woden Community Service  
Kippax Care  
Early Intervention and Prevention  
Inanna Inc Crisis Service  
Marist Youth Services  
St Vincent de Paul  
Companion House  
Tuggeranong Child and Family Centre  
Helping the Homeless  
Belconnen Community Service (Gateway)

COMMUNITY DEVELOPMENT



## COMMUNITY DEVELOPMENT



### Ngadyung

'Ngadyung – Ngunnawal for water'  
Through Royal Life Saving ACT's unique Ngadyung program, local Indigenous families can access a range of aquatic activities including:

- Weekend Swim and Survive lessons for primary aged children (school term)
- Intensive Swim and Survive lessons (school holidays)
- Sporting group aquatic training/recovery sessions
- Accredited training options with a variety of learning options and mentoring in:
  - o First Aid and CPR
  - o Bronze Medallion
  - o Pool Lifeguard
  - o AUSTSWIM Teacher of Swimming & Water Safety
  - o AUSTSWIM Extension Courses

Work experience placements

Ngadyung highlights:

This year enrolments for the Ngadyung weekend Swim and Survive program increased to 74 participants – a record high participation level; and The Warriors youth basketball team completed a Ngadyung Water Recovery program with 24 participants.

Ngadyung has been funded by the Australian Government through the Indigenous Sport and Active Recreation Program.

### ACT Muslim Women's Swimming Program

After a very popular program "My Time to Swim" was launched and delivered from 2012 to 2014, there was a high demand from the community for the continuation of a dedicated Muslim Swimming Program, particularly one that offered women the opportunity to swim freely and to learn vital water safety skills in a private and non-threatening environment.

Royal Life Saving ACT worked closely with local Muslim community advocates and the ATC Government to develop a plan that could provide a financially sustainable model and ensure future programs could continue without interruption or the need for ongoing funding.

The Muslim Women's Swimming Program commenced in October 2015 and continued through to May 2016 with a participation base of over 100 individuals, both women and children. Swim and Survive lessons were provided for both children and adults. General swimming time was available throughout the program, and 4 women participated in accredited training packages undertaking First Aid, Bronze Medallion, Pool Lifeguard and AUSTSWIM courses.

It is hoped that a full evaluation of the sustainability of the program will ensure that the women and children involved are able to continue to develop their skills in the new financial year.



### Swim 4 Life

Swim 4 Life has been operating for 6 years in the ACT and offers Swim and Survive participation scholarships to ACT children who may be at risk of missing out on structured water safety education.

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 year, with input from the Respect the River project, Swim 4 Life included a river-based component that introduced participants to the river environment and the dangers and hazards within. The river days were extremely popular with children and parents/carers alike and the feedback received will be evaluated to improve the program even further for next year.

Royal Life Saving ACT owes thanks to our Community Partners for this project including Barnardos, YWCA, Marymead, and The Smith Family. These organisations nominate children at risk of missing out on opportunities such as swimming lessons and assist Royal Life Saving ACT with enrolment and logistics for families. Each year it is incredibly rewarding to witness the development of swimming and survival skills in each of the participants. Many of them also grow with confidence, self-awareness, and social skills as well. Swim 4 Life is a truly remarkable and unique program.

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RESPECT THE RIVER





## Respect the River

Through the National Inland Waterways Drowning Prevention Project, "Respect the River", Royal Life Saving ACT is working with people who recreate in Canberra's lakes and rivers, raising awareness of potential dangers and establishing preventative measures in partnership with government and local community.



# Respect the River

Saving lives in Australian Rivers

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Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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Australian Government

## Cold Water Awareness Campaign

The Cold Water Awareness campaign aimed to draw attention to the dangerously cold temperatures in Canberra's waterways through the mid part of the year. With the help of RLSSA mascot Lochie the Lifeguard, Royal Life Saving ACT staff delivered school water safety presentations on cold water awareness as part of the "Lochie on Tour" initiative. The presentations educated students about inland waterway dangers, including cold water, and encouraged them to discuss what they learned during the presentation with their families. 24 primary schools participated, and over 6200 students attended a "Lochie on Tour" presentation this year. Project Manager, Jackie Rousseau and Water Safety Program Coordinator Tamara Laing developed an article for the Cold Water Awareness campaign for publication in Canberra during winter. 'The Cold Facts' article was written in collaboration with field experts Professor Gordon Giesbrecht from the University of Manitoba - Canada, and Dr Jeff Ayton, Chief Medical Officer Australian Antarctic Division. The article was published on the Royal Life Saving Society - Australia website and printed in the Canberra Weekly circular for public consumption.

## Social Media - "#LochieTips"

#LochieTips is a successful social media campaign that was launched in July 2015. The campaign includes weekly posts on Facebook and Twitter that offer funny yet informative messaging on water safety tips in all kinds of aquatic environments. Each post features RLSSA mascot Lochie the Lifeguard demonstrating safe actions in and around the water.

The #LochieTips campaign was sponsored with paid posts and returned a 30,000 strong reach through the Canberra community. 3,000 social media interactions were recorded against the campaign. #LochieTips will continue into the new financial year with revised graphics and new messaging. #LochieTips posters have also been made available for local swim schools and aquatic facilities to display to their learners and patrons.

#LochieTips

Respect the River  
Saving lives in Australian Rivers

**You don't need a boat to stay afloat.**

The best option for a water rescue is to keep the person floating and talk them back to safety.

How many items in this image could you use for a throw rescue?

For more information on Respect the River visit:  
[www.royallifesaving.com.au/respecttheriver](http://www.royallifesaving.com.au/respecttheriver)

Or email us at: [act@rlssa.org.au](mailto:act@rlssa.org.au)

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## ACT Waterways Report

During 2015/16 Royal Life Saving ACT undertook environmental scans of various types of local waterways around Canberra. A report of findings was presented to the ACT Safe Waters Committee and included brief status descriptions for sample areas of local waterways such as rivers, lakes, community ponds, creeks and storm water drains. The report highlighted water safety concerns for each sample area. The ACT Safe Waters Committee will use the report in the review and planning processes for an updated 2017-2020 ACT Safe Waters Action Plan.

## A Day at the Lake

The concept for the "A Day at the Lake" event was born out of the Respect the River project as a method of communicating vital water safety messages, skills and knowledge. Royal Life Saving ACT developed an interactive event that would re-introduce Canberrans to local aquatic environments with a particular emphasis on Lake Burley Griffin, and provide an opportunity to reconnect with various types of aquatic recreation activity options.

Royal Life Saving ACT's goal through the event was to partner with local organisations to educate the community on safe aquatic practices in and around our inland waterways. Information was available for people interested in the ACT's rivers, lakes, community ponds and storm water network. Royal Life Saving ACT provided free CPR awareness training on the day as well interactive and informative workshops for home pool owners. Some of the organisations and groups who participated with interactive stalls and activities include:

- YMCA
- Rowing ACT
- ACT Healthy Schools Network
- ACT Cancer Council
- ACT Waterwatch
- Tuggeranong Vikings Waterpolo
- ACT Traditional Boat Squadron
- Safe Waters ACT constituents
  - National Capital Authority
  - Kidsafe ACT
  - AFP/ Maritime (ACT Water Police)



Over the years Canberrans have built a stigma around the water quality of lakes and rivers in the ACT and surrounding regions which has seen a drop in activity in these areas. A Day at the Lake served to re-educate the community on matters of water quality and safety and presented Lake Burley Griffin as a safe and fun family venue. The various recreation activities that are accessible around the lake precinct were on display as Canberrans strolled around the event site.

### A Day at the Lake Reach and Media

Community Participation	Approximately 550 - 600 in attendance across the day
Groups / Vendors Participation	21
Hit 104.7 radio campaign 1 week prior (everyday)+on site road show (4 live crosses)	Daily radio announcements during the week prior to the event + on site
Other radio station mentions	3
Event poster distribution and display	130
Flyer Distribution	750
Community calendar publications	14
Published Facebook/Twitter Posts	16
Social media reach	34,358
Social Media interactions	646
Event survey feedback received	70

A Day At The Lake





LIFESAVING SPORT

## LIFESAVING SPORT

### Junior Lifeguard Program

In early 2016 Royal Life Saving ACT received funding from the Sport and Recreation Services to develop and pilot a Junior Lifeguard Program (JLP) in ACT schools in an effort to increase awareness of the sport of Pool Lifesaving and increase participation for junior lifesaving athletes. The program was received extremely well and involved 313 students in the first round of enrolments. The JLP program offers an alternative aquatic activity option for those students who are bored with traditional Learn-to-Swim programs and Squad Swimming. The following activity streams are integrated into the JLP which also offers an employment pathway for older participants:

- Stroke development
- Fitness
- Leadership
- Team Work
- Basic Rescue
- Aquatic Survival
- Lifesaving Knowledge
- Lifesaving sport
- Lifeguarding
- Swim Teaching

It is anticipated that the delivery of the pilot program will continue into next year and roll out to aquatic centres in mid-2017.



## Royal Life Saving ACT Award Figures 2015-2016

Award Type	Number of Participants
Swim and Survive	10,961
Resuscitation	779
First Aid	124
First Aid Update	168
Bronze Medallion	310
Bronze Medallion Update	55
Bronze Star	21
Pool Lifeguard	45
Pool Lifeguard Update	180
AUTSWIM	195
AUTSWIM Extension	92
Junior Lifeguard Program	313
RLS Instructor/Examiner	3
<b>TOTAL AWARDS</b>	<b>13,246</b>



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[twitter.com/royallifesaving](https://twitter.com/royallifesaving)



[youtube.com/RoyalLifeSavingAust](https://youtube.com/RoyalLifeSavingAust)



[www.royallifesaving.com.au](http://www.royallifesaving.com.au)