



Royal Life Saving Society - ACT

ANNUAL REPORT 2016/17

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EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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THE ROYAL LIFE SAVING SOCIETY (Incorporated By Royal Charter)

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Commonwealth President
H.R.H Prince Michael of Kent

THE ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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Ms. Pene Snashall B.Bus

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

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Life Members

The Hon. Terrence John Higgins AO QC

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Christine McGibbon

Harold Hird

Lyal Holley

Peter Castle

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Deputy President
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Mr. Anthony Bandall

Public Officer
Mr. Peter Granleese

Elected Member to the Board of Directors
The Hon. Terrance John Higgins AO QC
Mrs. Joy Terry
Mr. Christopher Graham (res *Oct 2017*)
Mr. Mark Love

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 James Hird OAM
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 James Hird OAM

Bar to Service Cross

Mr. Harold James Hird OAM

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 James Hird OAM

ACT BRAVERY AWARDS

Royal Life Saving Society - Australia Commendation for Bravery

Mr. P. Zori
Mr. D. McCaskill
Mr. G. O'Niell
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
Mr. Kevin Nash
Mr. William Nash

Royal Life Saving Society - Australia Resuscitation Club Medal

Mr. Neil Maher
Mr. Paul Reynolds
Mr. Alexander Mackie
Ms. Brooke Smyth
Mr. Samuel Murphy

Royal Life Saving Society - ACT

ANNUAL REPORT 2016/17

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PRESIDENT'S REPORT

In the Australian Capital Territory, we are lucky to have access to fantastic natural waterways and aquatic facilities, and our desire to embrace and enjoy the outdoors, is part of what makes this Territory great. But for many the water can bring tragedy and sorrow, and despite having the lowest drowning rate in the Nation, Canberrans are not immune to the burden that a drowning event imparts upon families, friends and communities.

This is why Royal Life Saving remains committed to water safety and to educating Australians about the risks associated with our inland waterways, and public and backyard pools.

The 2017 Royal Life Saving – ACT Annual Report is a comprehensive portfolio of the activities and hard work that has been undertaken by our staff, volunteers, program partners, local sponsors and community advocates across the 2016-17 financial year.

Our programs are informed by detailed analysis of drowning data and interventions and strong collaborations across the drowning prevention sector. Our unwavering commitment is to the elimination of fatal and non-fatal drownings within the Nation's Capital. Events such as the 2017 A Day At The Lake, which welcomed over 800 Canberrans to Black Mountain Peninsula offering a range of interactive family-orientated water safety activities and stalls, and the Annual RLSACT Fundraiser that raised over five thousand dollars for local Swim and Survive programs have helped Royal Life Saving ACT to increase the reach and impacts of our drowning prevention messages.

Royal Life Saving ACT members can be particularly proud of the achievements accomplished this year by our staff and volunteers through the Royal Life Saving ACT Primary Schools' Swim and Survive Program and 'Aquasafe' – the Year 2 Water Safety Awareness program that Royal Life Saving ACT developed for, and deliver on behalf of, the ACT Government. Over 9000 children received instruction in vital water safety education through these programs this year. Each year these programs grow in popularity and in participation, demonstrating the immense value that our community places on education and training for the essential life skills that they offer. Once again we congratulate the ACT Government and ACT school communities for continuing to support and promote these vital programs.

As well as continuing our ground-level approach and delivering our programs to over 14,500 Canberrans this year, Royal Life Saving ACT released the 2017-2020 Strategic Plan which identifies the continuing direction for the organisation as well as specific, targeted goals for advocacy, collaboration, safer venues, effective workforces, policies and education. The inclusion of detailed data and objectives emphasises the ongoing commitment of the Royal Life Saving ACT to ensure all people are safe on our waterways, in our pools and in our homes. The 2017-2020 Plan reinforces National strategies from the Australian Water Safety Framework and applies localised context for each priority area.

It is my pleasure to present the 2016-17 Royal Life Saving ACT Annual Report and in doing so, I thank our major supporters and sponsors: ACT Government, Icon Water, The Canberra Labor Club, and Baillie Simpson Financial Services, as well as the many ACT Public Pool facilities that continue to donate the use of their pool spaces for our vital training programs. Thank you also to my colleagues on the Board of Directors for Royal Life Saving ACT, and finally to the staff and volunteers without whom none of the accomplishments mentioned in the following pages would be possible.

Sean Hodges
President

EXECUTIVE DIRECTOR'S REPORT

Working in the aquatic recreation industry and drowning prevention sector, Royal Life Saving ACT has provided tens of thousands of opportunities this year for Canberrans to connect with our Water Safety and Lifesaving services and programs. With a strong focus on service delivery during 2016/17, from Primary School Water Safety programs through to professional Pool Lifeguarding and Pool Operations qualifications, our dedicated team has committed more than 25,000 man hours to ensuring that Royal Life Saving's key messages, programs and events have been delivered to achieve maximum reach and impact.

Some of the highlights for this reporting period include:

- 1,988 nationally recognised accredited training qualifications were issued through Royal Life Saving ACT as an Australian Registered Training Organisation
- 5,198 children participated in the ACT Primary Schools Swim and Survive program with 7% of students achieving the national benchmark of Level 4 or above
- 3,012 Year 2 students successfully completed the ACT Government's 'AQUASAFE' Water Safety Awareness program, delivered by Royal Life Saving ACT
- 1,000+ Attended the annual 'A Day at the Lake' community day engaging in various interactive and educational water safety activities with key messaging around Inland Waterways.

As a not-for-profit community-focussed organisation, we have raised funds of over \$10,500.00 to support our benevolent work through our Swim 4 Life program. This program is made freely accessible to children who are at risk of missing out on the vital water safety component of their childhood education. This year the program accepted a record number of enrolments and we hope to see a new generation of industry professionals emerging from the successful graduates!

Royal Life Saving ACT has continued to organise its efforts this year towards the standing target goal of 'Zero Drownings in the Capital'. With 2016/17 being the start of a new Strategic Planning period as well as seeing the introduction of new 3-year Action Plan from the ACT Safe Waters Committee, our community connections are as important as ever. We strive to collaborate with, and inspire other local non-profit organisations to incorporate water safety messaging within their workplaces, and through their own education programs.

Many of the Royal Life Saving programs and services would not be available in the ACT if it weren't for the generous contributions and support from our community partners, sponsors, the Royal Life Saving National network, both local and federal governments, and the individual water safety advocates who take the time to let us know what they are doing in their own areas of life to promote drowning prevention initiatives. Thank you to everyone who has contributed to the successes and achievements of the Society this year, both within Canberra and beyond.

Cherry Bailey
Executive Director

CH
CREDITED
ACHER™

EVERYONE CAN BE A LIFESAVER
 **Royal Life Saving**
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

Supported by


HELP MAKE
OUR COMMUNITY FREE
FROM DROWNING



ROYAL LIFE SAVING ACT

President's Certificate

Presented to
Brooke Smyth

In recognition of
**Outstanding Life-Saving Actions
in an Aquatic Emergency**

Signature _____ Date _____

Aquatic Industry Development

ACT Water Safety and Aquatic Industry Awards

Aquatic recreation is widely recognised as a favourite pastime for Australians. We work, rest and play with water in our midst. Yet the amount of work that goes into ensuring Australians can enjoy water-based activities in the safest way possible is certainly undervalued.

Throughout the ACT hundreds of lifesaving trainers, swim teachers, coaches, lifeguards, pool managers, coordinators, school teachers, activity leaders and volunteers dedicate themselves to the safety of others when it comes to participating in activities, both in, and around aquatic environments.

Congratulations to the deserving award recipients for 2016/17:

Water Safety Awards

Outstanding Contribution to Water Safety by an Individual
Bill Caddey

Outstanding Contribution to Water Safety by an Organisation
YMCA NSW

Outstanding Commitment to Water Safety By an ACT School
Telopea Park School

Aquatic Initiative of the Year
CISAC - Structured School Carnival Program

Keep Watch @ Public Pools – Pool of the Year
Dickson Aquatic Centre

Gold Star Aquatic Facility Safety Award
Gungahlin Leisure Centre

Ngadyung Award
Marshall Family

Ken (Chuck) Evans Award
Sally Duncan

AUSTSWIM STATE AWARD RECIPIENTS

ACT AUSTSWIM Recognised Swim School of the Year
Canberra International Sports and Aquatic Centre

ACT AUSTSWIM Teacher of Swimming & Water Safety
Joel Malouf

ACT AUSTSWIM Teacher of Infant & Preschool Aquatics
Celia Hunt

ACT AUSTSWIM Teacher of Access and Inclusion
Lisa Jones

Outstanding Contribution to AUSTSWIM
Ben Cuttris

William Nash - Australian Rescue Medal Recipient



Australian Honours and Awards

Royal Life Saving Society – Australia also recognises the efforts of those outstanding members of the community who attempt to save the lives of others by carrying out rescues or performing CPR.

Our deep thanks and congratulations go to the following five outstanding Canberrans who were honoured with Australian Honours/Awards this year:

Australian Resuscitation Club

Sam Murphy

Australian Resuscitation Club

Brook Smyth

Australian Resuscitation Club

Alexander Mackie

Australian Rescue Medal

Kevin Nash

Australian Rescue Medal

William Nash

ACT President's Commendation

Sam Murphy

ACT President's Commendation

Brook Smyth

ACT President's Commendation

Alexander Mackie

ACT President's Commendation

Kevin Nash

ACT President's Commendation

William Nash

Aquatic Facility Safety Assessments

The increased demands on facility managers to improve safety standards and keep abreast of industry best practice can be difficult and time consuming. Risk management is an essential tool for the successful and continued operation of an aquatic or leisure facility. To assist facility managers, Royal Life Saving ACT offers Aquatic Facility Safety Assessment (AFSA) services to provide best practice recommendations for public safety, management and operation of aquatic facilities.

The following ACT Public Pools hosted onsite ASFAs during 2016/17. All facilities achieved full compliance for the "5-star" criteria, making them eligible to host school group activities under the ACT Education Department's policy for aquatic excursions.

Club Googong

Dickson Aquatic Centre

Lakeside Leisure Centre

Canberra Olympic Pool

CISAC Belconnen

Manuka Swimming Pool

Australian Institute of Sport

Gungahlin Leisure Centre

Active Leisure Centre

A ROYAL LIFE SAVING ACT INITIATIVE



ACT SWIMMING POOL SAFETY ASSESSMENT
WATER SAFETY PARTNER

THIS FACILITY HAS MET STRINGENT BENCHMARKS AS SPECIFIED BY THE GUIDELINES FOR SAFE POOL OPERATION

TRAINING AND SKILLS



TRAINING AND SKILLS

Royal Life Saving ACT prides itself on its ground-level approach to providing vocational training and support across various industry and community sectors in the Territory. From nurses, doctors and lifeguards, to construction workers and family day carers, our accredited programs have been delivered to almost 3000 recipients.

20 ACT high schools currently have one or more teachers registered as Royal Life Saving ACT Trainers meaning students at these schools have the benefit of RLSSA qualifications being delivered through their core school curriculum. More than 350 students have been able to successfully achieve their First aid and/or Bronze Medallion awards under this model.

To improve availability and accessibility within the local aquatic recreation industry, Royal Life Saving ACT formed a training partnership this year with YMCA NSW. YMCA NSW operate three of the ACT's largest public pool facilities on behalf of the ACT Government and have been able to deliver customised training courses to potential and existing staff on a schedule that suits their operational requirements. Over 160 participants have completed YMCA NSW customised courses under the partnership.

In November 2016, Royal Life Saving ACT was successful in a competitive tender process for a CPR training provision contract with the Capital Health Network. Under the contract, Royal Life Saving ACT delivers CPR training and refresher courses to local General Practitioners and General Practice employees throughout Canberra. 96 medical professionals and their support staff have participated in training through the CHN partnership and we look forward to continuing the relationship in 2018.

Royal Life Saving Staff

This year Royal Life Saving ACT welcomed two new staff members in key roles: Belinda Fitzgerald commenced in September as Programs Assistant, providing support for our growing School Swimming and Water Safety Programs. Belinda has become the go-to for all things school related and has initiated various outstanding improvements for internal systems and communications.

Darren Gillard joined the team in November in the role of Training and Development Officer. Darren has done a fantastic job of coordinating the training team and their schedules, as well as implementing various policies and procedures to ensure continuous improvement and ongoing compliance for the RTO (Registered Training Organisation).

Special thanks and mention must go to the office staff at Royal Life Saving ACT who continuously dedicate their own time, outside of regular hours, to ensure our programs and events can happen! And to our ever-growing "Royal Family" of casual trainers, swim teachers and award facilitators – we could not achieve anywhere near what we do without your resilience and loyalty. It takes a special kind of person to commit to working in some of the challenging environments and situations we are regularly faced with. This year we were fortunate enough to have 106 of them! Thank you to all.

Full Course
Reaccreditation

	Full Course	Reaccreditation
First Aid	799	184
First Aid @ Home	27	-
Resuscitation	601	452
Bronze Medallion	322	71
Bronze Star	1	-
Pool Lifeguard	79	190
AUSTSWIM Teacher of Swimming & Water Safety	168	-
AUSTSWIM Extension	13	-
Total Course Participation 2016/17 Financial Year	2010	897

Bronze Medallion Training



EDUCATION



EDUCATION

ACT Primary School Programs

8614 ACT primary children developed their swimming and lifesaving skills through Royal Life Saving ACT's programs in 2016. Among these programs were the Society's core program, Swim and Survive, as well as Junior Lifeguard Program (JLP), Bronze Rescue, and the ACT Government's unique "Aquasafe" – now in its 2nd year of delivery.

Aquasafe provided subsidised lessons to 3,012 Year 2 students in ACT Public Schools during 2016. Content and delivery for Aquasafe is organised across 5 classrooms lessons, and 10 pool sessions, introducing children to water safety concepts, as well as practical skills.

Aquasafe does not require participants to be assessed or pass certain criteria in order to achieve or complete the program. It simply offers a range of experiences to the students so they can become aware of the many hazards and risks associated with water and learn how to take care of themselves in a variety of aquatic environments.

Aquasafe has been extremely successful and so well received that the ACT Education Directorate permitted Royal Life Saving ACT to extend the program to other interested schools including from the private and independent education sectors.

5,198 students participated in the Royal Life Saving ACT Primary Schools' Swim and Survive Program this year. Students were grouped into Swim and Survive levels from "Development Level 1" through to "Senior Swim and Survive Level 7". Some key statistics from this year's school programs are shown below

- 77 schools participated in the PSSS program making the average school participation rate 112 students
- 588 students (7%) achieved the Australian Water Safety Strategy's national benchmark of Swim and Survive - Level 4 or above
- Of the 5,198 students who participated in Swim and Survive programs, 2651 (51%) were Female, and 2547 (49%) were Male. Aquasafe gender analysis was evenly split at 50%.
- 74 qualified Swimming and Water Safety Teachers were involved in the delivery of the ACT Primary School programs

Schools that participated in the 2016 ACT Primary Schools' Swimming and Water Safety program:

Primary Schools	Participation
Ainslie Primary	90
Calwell Primary	66
Campbell Primary	70
Chapman Primary	235
Charles Conder Primary	114
Charles Weston Primary	55
Curtin Primary	213
Fadden Primary	71
Farrer Primary	212
Forrest Primary	172
Fraser Primary	118
Gilmore Primary	25
Gordon Primary	106
Gowrie Primary	76
Hughes Primary	125
Isabella Plains Early Childhood School and Pre-School	157
Kingsford Smith School (High)	18
Latham Primary	130
Lyons Early Childhood School	68
Macquarie Primary	124
Mawson Primary	222
Miles Franklin Primary	194
Monash Primary	151
O'Connor Cooperative School	49
Palmerston District School	161
Telopea Park School	120
Torrens Primary	251
Wanniassa Hills Primary	167
Wanniassa School	94
Yarralumla Primary	80

Schools Swimming 2017



Private Schools that participated in Royal Life Saving Swim and Survive programs in 2016:

Primary Schools	Participation
Canberra Christian School	82
Covenant Christian School	63
Holy Trinity Primary	275
Radford College	169
Sacred Heart	159
St Bede's Primary	141
St Claire of Assisi	429
St John the Apostle	88
St Joseph's Primary	123
St Jude's Primary	342
St Thomas Aquinas Primary	117
St Thomas the Apostle Primary	217
St Vincent's Primary	170

Radford Bronze Rescues 2017



Schools that participated in Royal Life Saving Aqua Safe programs in 2016:

Primary Schools	Participation
Amaroo Primary	107
Aranda Primary	80
Arawang Primary	63
Bonythin Primary	27
Caroline Chisholm School	55
Duffy Primary	54
Evatt Primary	21
Florey Primary	31
Franklin Early Childhood School	23
Garran Primary	86
Giralang Primary	28
Gold Creek School	64
Harrison School	113
Hawker	48
Kaleen Primary	53
Kingsford Smith Primary	46
Lyneham Primary	42
Macgregor Primary	57
Majura Primary	80
Maribyrnong Primary	59
Mount Rogers Primary	46
Namadgi School	53
Narrabundah Early Childhood School	13
Neville Bonner Primary	64
Ngunnawal Primary	72
North Ainslie Primary	85
Red Hill Primary	86
Richardson Primary	17
Southern Cross Early Childhood School	33
Taylor Primary	20
Theodore Primary	27
Trinity Christian School	410
Turner Primary	56
Weetangera Primary	56



ADVOCACY AND COMMUNITY DEVELOPMENT

COMMUNITY DEVELOPMENT

As the co-chair of the Safe Waters ACT Committee, Royal Life Saving ACT plays the leading role for drowning prevention and water safety advocacy in the Territory. This year, Safe Waters ACT released a new Action Plan, highlighting relevant priority areas from the Australian Water Safety Framework.

In the 2017-2020 Action Plan, the ACT Safe Waters Committee will work towards improving safety in the following identified Priority Areas:

People

- Aged 0-4
- Aged 14-24
- Aged 55+
- CALD

Places

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

Challenges

- Alcohol, Other Drugs and Water
- Extreme Weather



NGADYUNG

Ngadyung is the traditional Ngunnawal word meaning WATER. Royal Life Saving ACT received permission and guidance from local Ngunnawal elders to use this word as the title for Canberra's only swimming and water safety program dedicated to the ACT Indigenous community.

Ngadyung aims to encourage Aboriginal and Torres Strait Islander families to participate in aquatic activities more regularly and provides training pathways and employment opportunities within the aquatics industry. 64 children participated in the Ngadyung program over the 2016/17 year.

The Royal Life Saving ACT "Swim 4 Life" Swimming and Water Safety program is a FREE school holiday program offered 3 times a year to children at risk of missing out on vital water safety education. The criteria for participation is by way of nomination through Canberra's hard working community groups such as Belconnen Community Centre and The Smith Family. This is an important and unique aspect of the "Swim 4 Life" program and ensures that those who are truly in need of the opportunity are given priority.

Participants come from a variety of backgrounds including Indigenous Australians, non-English speaking families, and new arrivals to Australia. Many children come from low income families who just do not have the resources to pay for participation in private swimming and water safety programs.

Participants aged 4 – 14 learn basic, yet essential, water safety and survival skills in the 10-day program. 'Swim 4 Life' follows an inland water safety training curriculum developed by Royal Life Saving ACT through the Australian Government's National Respect the River project. Strong messages for young people regarding safety around rivers, water crossings, and lakes form the basis of the content for the sessions.

"Swim 4 Life" is the ACT's only structured river/lake based water safety program. 50% of sessions are delivered onsite at popular local open-water swimming locations. The open-water sessions for the "Swim 4 Life" Swimming and Water Safety Program are delivered at Lake Ginninderra and Pine Island where children and their families explore the potential dangers and hazards that present themselves in inland aquatic environments.

Some key information from the 2016/17 Swim 4 Life program is shown below:

Participation: 171
Programs: 9
Supporting facilities: Lakeside Leisure Centre, CISAC Belconnen and Gungahlin Leisure Centre

RESPECT THE RIVER



SWIM 4 LIFE

“Swim 4 Life” Swimming and Water Safety program is a FREE school holidays program offered 3 times a year to children who may have otherwise missed out on this vital water safety education opportunity have been nominated through Canberra’s hardworking community groups included Belconnen Community Services and The Smith Family.

Participants aged 4 – 14 are learning basic yet essential water safety and survival skills in the 10-day program that is being delivered at CISAC Belconnen and Lake Ginninderra. The ‘Swim 4 Life’ Swimming and Water Safety Program follows an inland water safety training curriculum developed by Royal Life Saving ACT through the Australian Government’s National Respect the River project. Strong messages for young people regarding safety around rivers, water crossings, and lakes form the basis of the content for the sessions.

“Swim 4 Life” is the ACT’s only structured river/lake based water safety program. 50% of sessions are delivered onsite at popular local open-water swimming locations. The open-water sessions for the “Swim 4 Life” Swimming and Water Safety Program is delivered at Lake Ginninderra and Pine Island where children and their families will explore the natural dangers and hazards that present themselves in inland aquatic environments.

An important and unique aspect of the “Swim 4 Life” program is the criteria for participation.

Enrolments are received only via nominations from local non-profit community groups, ensuring that those who are truly in need of the opportunity are given priority.

Participants come from a variety of backgrounds including Indigenous Australians, non-English speaking families, and new arrivals to Australia.

Many children come from low income families who just do not have the resources to pay for participation in private swimming and water safety programs.

- Participation: 171
- Programs: 9
- Participating facilities: 3:
 - Lakeside Leisure Centre
 - Canberra International Sports & Aquatic Centre
 - Gungahlin Leisure Centre
- Facebook Reach: 2,726
- WIN News Social media Views: 6,217

RESPECT THE RIVER

Royal Life Saving Society has developed the National “Respect the River” campaign under the Australian Government’s National Inland Waterways Drowning Prevention Program. The campaign aims to raise awareness of the risks associated with Inland Waterways such as Rivers and Streams, and targets the following key environments, issues and demographics for drowning prevention:

Children aged 0-14
Men and alcohol
Older Australians aged 55+
River Crossings
Floodways

Swim 4 Life - January 2017



Swim 4 Life - April 2017



A Day at the Lake 2017

Royal Life Saving ACT first brought "A Day at the Lake" to life through the Respect the River campaign in 2015. This annual community event aims to encourage Canberrans to further explore our local aquatic environments (with a particular emphasis on Lake Burley Griffin) in the safest way possible.

A Day at the Lake provides a range of interactive stalls and offers the community with the opportunity to learn more about Canberra's beautiful natural waterways. This year, event sponsors Icon Water joined us and other stall holders on the Lake's shores at Black Mountain Peninsula.

Some of the organisations and groups present:

- Icon Water (sponsor)
- National Capital Authority
- Backyard Lifeguard
- Healthy Schools Network
- Cancer Council
- Royal Life Saving ACT
- Lake Burley Griffin Sea Scouts
- KidSafe ACT
- Capital Chemist
- The Club Group
- Dickson Aquatic Centre
- Trevally Swim School
- Girl Sweat Too
- Lions Club
- Sacred Cow Band



RESPECT THE RIVER

With estimated attendance of over 1000 people across the day, Royal Life Saving ACT staff and volunteers were busy providing CPR demonstrations, water safety checks, boat rides and the popular DUCK DERBY!

Our goals through this event are to strengthen relationships with ACT Lake User Group member organisations, reiterate the Respect the River campaign messages, and reinforce the consistency in water safety messaging across the community.

Duck Derby



A Day at the Lake Reach and Media

Community Participation	1000+
Group and Vendor Participation	17
Volunteers	22
Hit 104.7 - Radio announcements one week prior to event	33
Other radio announcement	2
Event poster and roadside signs	100
Flyers distributed	750
School and community newsletter advertisement	32
Event Website	2
Facebook Reach	13,491
Facebook Actions	3,713
Surveys	39
Candy Jar guessing game participants	74
Duck derby participants	500 ducks sold at \$5.00 each
Event Passport participants	54

LIFESAVING SPORT



LIFESAVING SPORT

Junior Lifeguard Challenge

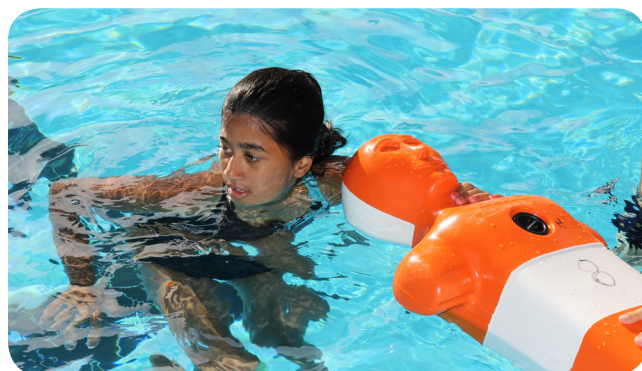
In 2016 Royal Life Saving ACT developed and piloted the ACT Junior Lifeguard Program with the assistance of an ACT Government Grant through Active Canberra. The pilot was very successful engaging 349 participants from ACT primary schools. The JLP aimed to develop skills in:

- Swimming Strokes
- Fitness
- Leadership
- Team Work
- Basic Rescue
- Aquatic Survival
- Lifesaving Knowledge
- Lifesaving Sport

Junior Lifeguard Challenge 2017



Junior Lifeguard Challenge 2017



Of the 349 students that participated in the Junior Lifeguard Program pilot through ACT primary schools, only 66 students were identified for having the potential for achievement and excellence in the sport of Pool Lifesaving. These students were invited to participate in Canberra's first ever Junior Lifeguard Challenge which was hosted in March 2017.

16 students registered for the Challenge and came along to Dickson Aquatic Centre where experienced lifeguards demonstrated Lifesaving skills and techniques before the students themselves competed at their own pace.

Those who attended, parents included, had a blast and we hope to see them again at next year's Challenge!

ACT JUNIOR
lifeguard
CLUB

Royal Life Saving ACT Award Figures 2016-2017

Award Type	Number of Participants
Swim and Survive	5,198
Resuscitation	1,053
First Aid	799
First Aid Update	184
Bronze Medallion	322
Bronze Medallion Update	71
Bronze Star	1
Pool Lifeguard	79
Pool Lifeguard Update	190
AUSTSWIM Teacher of Swimming & Water Safety	168
AUSTSWIM Extensions	13
Junior Lifeguard Program	349
RLS Instructor / Examiner	4
TOTAL AWARDS	8,431



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ROYAL LIFE SAVING SOCIETY - AUSTRALIA