



**THE ROYAL LIFE SAVING SOCIETY AUSTRALIA
NEW SOUTH WALES BRANCH
ANNUAL REPORT 2014 - 2015**



EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA





Mission Statement

To prevent loss of life and injury in the community with an emphasis on the aquatic environments.

Office Bearers

BOARD OF DIRECTORS

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Chairman	Rozlynn Grey
Registrar	Scherie McDonell
Plus two representatives from each affiliated club	

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Chairman C&C	Rozlynn Grey
Registrar	Scherie McDonell
TRC Member	Frances Simpson-Lee

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Hunter Regional Manager	Tanya Brunckhorst
Illawarra Regional Manager	Ian Kennerley
Northern Regional Manager	Jason Phillips
Riverina Regional Manager	Michael Dasey
Western Regional Manager	Alison Middleton

* (resigned 30 June, 2015)



Message from the Governor of New South Wales

His Excellency David Hurley AC DSC (Ret'd)



Message from

His Excellency General The Honourable David Hurley AC DSC (Ret'd)
Governor of New South Wales

As Patron of Royal Life Saving Society - Australia (New South Wales), I am proud to endorse the work of the Royal Life Saving Society, over this past year, in promoting healthy, active and skilled communities.

Having spent my early life and school years on the New South Wales South Coast, I am well aware of the challenges created by our nation's love for aquatic recreational pursuits on our beaches; in, on and near our inland waterways, and at swimming pools.

Royal Life Saving Society has been educating and training people in water safety, first aid and resuscitation for over 120 years and has produced specific targeted courses and programs to reduce the tragic drowning toll in New South Wales.

Through water safety education, the Society has saved the lives of thousands of Australians and our international visitors, regardless of age, cultural background and diversity, geographical location or gender.

I offer my congratulations and support to the staff, volunteers, partners and sponsors of the Royal Life Saving Society on their advocacy for healthy, safe and active lifestyles.

Best wishes for the year ahead as we continue our efforts to educate our New South Wales community on safety in, on and around water.

General The Honourable David Hurley AC DSC (Ret'd)
Governor of New South Wales

Message From The NSW Minister For Sport

The Honourable Stuart Ayres MP



Having been re-elected as the NSW Minister for Sport, I have now seen first-hand the extraordinary work the Royal Life Saving Society Australia New South Wales Branch does with regard to water safety, resuscitation and first aid training and education. It gives me great pleasure therefore to deliver a message to the Society's members on behalf of the NSW Government.

The Royal Life Saving Society for many years have built a strong partnership with the NSW State Government and together have created some state of the art, innovative and modern initiatives targeting at-risk groups with regard to water safety.

I am pleased to advise through this collaboration with Royal Life Saving together with the core funding received from Sport and Recreation many initiatives have received increased focus in an effort to reduce drowning and near drowning numbers in New South Wales. These include 0-5 age group and in particular backyard pool drownings, backyard swimming pool legislation, Cultural and Linguistically Diverse communities, effects of alcohol consumption in and around our waterways, the elderly and of course our inland waterways which continue to be a major issue when one relates to drowning and near drowning incidents. Royal Life Saving has managed in all of these programs to provide the necessary research and validation and produce course content that is second to none. I am pleased to add in most cases and in partnership with the NSW Government, these programs are provided to schools and community groups at no cost.

I am confident Royal Life Saving will continue to do everything in its power to produce quality programs that are targeted on quality educational resources that can and will save lives. I can advise that the NSW Government will also continue to do everything it can to support Royal Life Saving in this admirable endeavour.

It is important to acknowledge the dedication and commitment of the many volunteers and together with the Society's professional staff and stakeholders, I am certain the success of the Society will continue well into the future. I look forward to being advised on Royal Life Saving's accomplishments over the next 12 months.

Stuart Ayres MP

Minister for Sport



Message from the President of RLSSA New South Wales Branch

Jim Whiteside

It is the NSW Board of Directors strategic intent to ensure Royal Life Saving New South Wales Branch improves each and every year on its courses, programs and public awareness campaigns so that it may stay current and use innovation to save lives. I am pleased to report that throughout the 2014/2015 year Royal Life Saving NSW has continued to provide an extensive range of services and programs to the communities of NSW. This is largely due to the vast volunteer and professional network strategically located throughout NSW as well as the strong collaborative support of the NSW Government, our industry partners, sponsors and key networks.

It is pleasing to advise that over the last ten years there has been a positive trend in the reduction of deaths as a result of immersion. In 2003 the state of NSW was witnessing one drowning death for every 61,481 people. In the past 12 months we have seen this figure improve to one drowning death every 84,061 people. This represents a decline of more than 37%. There is still much work to be done.

This positive achievement is a result of the continued efforts of water safety practitioners around the state implementing educational programs, providing lifesaving training, strengthening water safety policy and procedures and adhering to safety messages. With continued enthusiasm and dedication it is hopeful Royal Life Saving will achieve the ambitious goal of a 50% reduction in drowning deaths by 2020.

I am pleased to advise that throughout the 2014/2015 year, Royal Life Saving NSW supplied a range of industry services to assist owners, lessees, management agencies and managers of aquatic venues so that they may provide a safe environment for aquatic recreation and the delivery of programs and services to their respective communities.

Further, it is important to point out that Royal Life Saving NSW continued in the area of health promotion and targeting its initiatives at not only educating the public in water safety messages but build the skills and knowledge of people within our NSW communities so that they are able to continue in a more intimate environment the important skill to save a life. By building a network of community lifesavers we are better equipped to educate key community sectors where drowning or aquatic injury are most prolific.

Royal Life Saving's water safety education programs are designed so all NSW communities can have the skills and knowledge to safely participate in a range of aquatic activities. Our programs build awareness of dangers in aquatic environments, teach essential water safety skills and develop lifesaving expertise that may one day save a life, reflecting Royal Life Saving's motto that 'Everyone can be a Lifesaver'. The NSW Board will endeavour to continue our focus so that all Australians may be able to participate in aquatic activities safely.

It is important that I acknowledge our Patron, His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales who kindly accepted the Society's Vice Regal Patronage during the 2014/2015 year. His Excellency hosted the Royal Life Saving Commendation Ceremony at Government House Sydney honouring 60 Australians who performed a lifesaving, CPR or first aid rescue in emergency situations, sometimes at risk to themselves in an attempt to save a life.

I would also like to acknowledge the NSW Minister for Sport, The Honourable Stuart Ayres MP who has been a great supporter of Royal Life Saving NSW for a number of years.

Lastly I would like to thank everyone that assists Royal Life Saving NSW to perform and concentrate on the task of reducing the tragic NSW drowning and near drowning incidents. They include our volunteers, staff members, sponsors, industry partners, supporters, stakeholders and of course the NSW Government.

I look forward to reporting on the achievements of Royal Life Saving NSW Branch activities in next year's annual report and I hope that you stay safe on, in or near water into the future.

Jim Whiteside

President RLSSA NSW Branch



Lochie the Lifeguard visits OLOR Primary School during Water Smart Kindergarten Kids.



Message from the Chief Executive Officer

David Macallister

I am pleased to report the Royal Life Saving Society Australia New South Wales Branch has continued to make significant progress in the area of drowning prevention, policy and research. I present the 2014/2015 Annual Report as a reflection of the vast network that makes up the Society and obviously outlines the extraordinary work and significant contribution that Royal Life Saving and its members make

across all communities of New South Wales. The organisation is dedicated and committed to the saving of lives and reducing both the drowning and near drowning numbers which is evident in the various reports and case studies within this year's Annual Report.

The Royal Life Saving continues to be one of Australia's most prominent advocates for water safety, survival, rescue, resuscitation and first aid having many volunteers and professionals sit on a range of boards, industry peak bodies, advisory panels and both Government and non-government committees.

Our water safety and associated education and training programs are specifically designed so that all community members throughout NSW, Australia and where possible, internationally, can gain the skills and knowledge to safely participate in aquatic activity whether in, on or around our marvellous waterways. This includes of course, programs targeting activities for recreational and/or vocational pursuits.

An important and ever increasing aspect of Royal Life Saving scope and suite of programs is in the area of Health Promotion. Our commitment in this area will not waiver with increased numbers of backyard swimming pools being built, more and more families participating in a variety of aquatic activity and Australia's multicultural society all bringing potential dangers and increased chances of an aquatic accident. Our commitment to reducing drowning and aquatic related incidents is therefore best seen through the creation of water-safe communities.

In the area of aquatic risk management Royal Life Saving will continue to develop safety guidelines and risk management systems for all aquatic environments in an effort to improve industry safety and risk management standards.

In all Royal Life Saving programs, courses and campaigns the organisation concentrates on the implementation of a community development model that focuses on community engagement and communication, community participation and programming, training, employment and leadership development, and sound project management and evaluation methodologies.

I am pleased to report that Royal Life Saving programs, products and services have, and will continue to be, supported and reinforced by research, validation and a commitment to continual improvement. They are constantly evaluated, improved and benchmarked against Australia's and World's best practice.

Royal Life Saving will continue in the area of sport, leadership and participation where the lifesaver gets to hone their skills in competition. No matter what your age or how well you swim, there's plenty for everyone to enjoy and learn with Pool Lifesaving whether that is at a competitor level or becoming an official. There is an established lifesaving sport participation pathway from club, state, national and even international levels.

A big thank you to those registered clubs who have assisted with funding on a localised level to support Royal Life Saving in its endeavours to create water-safe communities. Please see our Health Promotion report and acknowledgement page for list of supporting clubs.

I would also like to thank the NSW State Government for their continued and much appreciated support. The Department of Sport and Recreation and the Ministry for Police and Emergency Services have forged a great partnership from an operational perspective and together our organisations have been able to target a number of at-risk groups when one considers the drowning report. Both NSW Ministers, Minister Stuart Ayres MP, Minister for Sport and Minister David Elliott MP, Minister for Emergency Services have given valuable support to the Royal Life Saving at a strategic level and certainly have assisted Royal Life Saving achieve its goals and objectives.

I often struggle to name individual volunteers in the Annual Report as Royal Life Saving has over 3,500 who work tirelessly in their own communities to ensure that people from all walks of life can participate in aquatic activity safely. I would however like to single out two people who have given so much to Royal Life Saving for an extraordinary amount of time and commitment.

Ernita McGrath. Ernita first become an examiner for Royal Life Saving in 1952 and since then has taught 1,000's of children and adults alike various techniques of survival, rescue and resuscitation. She started the Orana Sub-Branch back in 1976 and has continued its operations since then teaching water safety to the Dubbo and surrounding communities of Western NSW. Ernita retired this year and on behalf of Royal Life Saving I would like to thank Ernita for her tremendous support of the Royal Life Saving ideals and wish her all the very best in retirement.

Roz Grey. Roz's commitment to Royal Life Saving club and competition/sport spans over 50 years of voluntary service. Roz gained her instructors certificate in 1966 and soon after became an examiner being able to instruct and examine in Royal Life Saving's courses. She has held numerous official positions in the competition arena at club, state, national and international meets including Commonwealth Championships and World Championships. Roz was elected Club and Competition Chairperson in 1993, a position she has held and been totally committed to until this year. Roz has stepped down from the Chairperson's role but intends to continue volunteering for Royal Life Saving sport into the future. I would like to thank Roz for her valued and dedicated commitment to the role of Chair for Club and Competition.

I hope you enjoy reading this Annual Report and the wonderful work Royal Life Saving NSW Branch carries out each and every year in an effort to reduce the drowning and near drowning numbers making our communities safe. I would like to take this opportunity to thank all those people associated with the Society including our volunteers, professional staff, sponsors, supporters, stakeholders, industry partners and of course the NSW State Government. Together we will save lives.

David Macallister
Chief Executive Officer

Operations Overview



Michael Ilinsky



Anthony Cottee

The New South Wales Branch of the Royal Life Saving Society continued to provide a broad range of products, services and programs to all communities of NSW throughout the 2014/2015 year. This is extremely important if we are to continue to make inroads into reducing the drowning and near drowning figures for NSW. It is pleasing to report that due to the extensive array of programs conducted by Royal Life Saving NSW there has been a positive downward trend of the number deaths as a result of immersion over the past ten years. This is despite the fact that Australia's population has increased and so too has the number of Australians that participate in aquatic recreational activity.

Along with Royal Life Saving NSW this achievement is a result of the continued efforts of water safety practitioners around the state implementing educational programs, providing lifesaving training, strengthening water safety policy and procedures and adhering to safety messages. It is vital that we continue with our collaborative partners, sponsors and the NSW State Government with the same enthusiasm and dedication so that we may continue to decrease the drowning rate and ultimately achieve the ambitious goal of a 50% reduction in drowning deaths by 2020.

AQUATIC INDUSTRY SERVICES

The need to manage risks in aquatic environments is becoming increasingly demanding for land and facility owners and operators. Ensuring these venues comply with an increasingly complex regulatory framework and best practice may require specialist knowledge that is not available internally or is provided by an independent external governing body. The formulation and implementation of risk management and work health and safety is essential to maintaining an efficient and safe aquatic environment.

Royal Life Saving provides a range of industry services to assist owners and managers of aquatic venues ensure a safe environment for recreation and the delivery of programs and services to the community. We are also able to provide additional services to suit the individual needs of the owners and operators of aquatic venues and environments.

During 2014-15, Royal Life Saving provided a range of initiatives and services including:

- Over 100 Aquatic Facility Safety Assessments and the provision of improvement plans.
- Industry Development Program – Building a skilled industry (see program details below).

Aquatic Industry Partnership Case study

There are over 200 public swimming pools across regional and remote NSW. These facilities play a vital role in aquatic skill development, recreation, sport and healthy active lifestyles in the community. Aquatic facilities provide employment opportunities for local people and are essential to the social fabric of the community, particularly in rural and remote communities.

In recent years regional and remote aquatic facilities have undergone extreme “difficulties” with environmental conditions (drought), financial pressures (reduction in attendance), increased competition in the sport and recreation sector (from other established and emerging sports) and the implementation of new Health Regulations that require additional skills and processes. Furthermore with a transient workforce the aquatic industry needs to establish a recognisable career path (and associated skill sets) to ensure employee retention, ongoing prosperity and skills and knowledge to face future challenges.

Royal Life Saving NSW partnered with the Australian Training Company to participate in the ‘Smart and Skilled’ program, funded by the NSW Government. The program provided subsidised training in various skill sets to candidates within the aquatic industry in regional and remote New South Wales.

Royal Life Saving NSW identified a training need within these communities, as many aquatic employees have limited formal qualifications and many have not completed further education. Royal Life Saving provided training for candidates across three skill sets – Technical Operations, Customer Service and Swim Teacher. Training commenced in late June 2014, with 141 candidates taking part in the skill set of their choice.

The qualifications completed by candidates will ensure our regional and remote communities have highly skilled swim teachers, technical operators and customer support staff in which to provide valuable services (e.g. learn to swim) and to ensure the maintenance of water quality required for recreational and social use.

HEALTH PROMOTION & COMMUNITY DEVELOPMENT

Royal Life Saving NSW has and will continue its extremely important role in health promotion initiatives and community development. It is Royal Life Saving’s aim to eventually have community lifesavers, trained and skilled by Royal Life Saving, in every home, backyard pool, river, dam, creek and other waterway throughout NSW so that if they are involved in an emergency, whether that be as the victim or rescuer, they will be able to act and potentially save a life. Our key activities over the last 12 months included:

- Be Pool Safe – backyard swimming pool initiative.
- Grey Medallion initiative for older Australians.
- SINKERS – alcohol initiative targeting 15-29 year olds.

SINKERS – alcohol initiative

Australia has always been a big drinking nation. (Indeed our initial currency was rum!) The average Australian male over 15 years of age drinks 17.3 litres of pure alcohol each year, outdone only by Eastern European and Korean males downing vodka and whiskey.

We’re also an island nation, with the vast majority of the population living on the coasts. And because it’s hot for large chunks of the year, we cool down in the water at the beach, in pools, rivers, and lakes.

But mixing beaches, pools, rivers, and lakes with alcohol is a lethal combination. Sadly, on average 30 people drown each year in NSW with alcohol as a contributing factor. Their inhibitions and motor functions impaired, they take risks they otherwise wouldn’t, or slip and fall from boats and jetties.

A statistical analysis by Royal Life Saving identified men aged 15-29 years old as the group most 'at risk' for drinking and drowning. This cohort of men has the highest alcohol drowning rate of any age group, with 5.8 deaths per 100,000. Put differently, of the 30 alcohol-related drownings each year in NSW, 24 of them are men aged 15-29. Having labeled them 'at risk', the Royal Life Saving needed a way to get a 'don't mix alcohol and water' message to young men.

The trouble is, young men don't want to listen to safety messages!

Teenage behaviour and mindsets are now stretching well into the 20s. Men aged 15-29 years old live in 'the age of invincibility': They have no real responsibilities; they feel quasi-immortal; they know what's best and don't want to be told otherwise; and they want to be 'young, wild and crazy' without anyone killing the vibe. This means they don't want to listen to safety messages from the Royal Life Saving. Finally, with their faces embedded in smartphones, they're hard to reach and target.

Therefore, our strategic communications challenge was:

Deliver a 'don't mix alcohol and the water' message to an audience that didn't want to listen.

The launch of SINKERS.

Royal Life Saving together with the NSW Government and the creative expertise of 303LOWE developed a campaign involving a "fictitious" alcoholic beverage called SINKERS. SINKERS, a brand of ready-to-drink premixes included a range of popular spirits together with the waters in which people drown – Vodka and Sea Water, Gin and Pool Water, Rum and River Water, and Bourbon and Lake Water. We shot a series of ads with aspirational young Australian celebrities, chosen for their social media



presence, and because they were celebrities that young men view more as peers than talking-down-to-me authority figures. The four ads were as follows:

- 1) Pro surfer Ellie Jean Coffey for Vodka and Sea Water
- 2) Pro skateboarder Corbin Harris for Bourbon and Lake Water
- 3) Actor Dan Ewing for Rum and River Water
- 4) Channel 9 journalist Erin Molan for Gin and Pool Water

These youth celebrities then promoted Sinkers on their social media feeds, notably Facebook and Instagram. Through various social media platforms the videos have been viewed more than 1 million times.



The videos can be viewed at:
<http://www.royallifesaving.com.au/programs/Sinkers-DontDrinkAndSink>

TRAINING & EDUCATION

During the last 12 months our training and education services have been extensively utilised across NSW.

Our key training programs include

- First Aid and Emergency Care
- Resuscitation (CPR)
- Pool Lifeguarding
- Bronze Medallion
- Swim Teaching (AUSTSWIM)
- Pool Operations
- Customer Services

In total over 70,000 vocational education and training qualifications were issued during the last 12 months.

2014/2015 also witnessed the continuing development of flexible, online programs ensuring all communities have genuine access to Royal Life Saving programs. Our most popular programs included online-First Aid, online-Resuscitation and online-Technical Operations.

With river drownings continuing to be a significant problem across the state Royal Life Saving NSW developed a new online program for primary school children. The “Open Water Experience” program was designed to support classroom based outcomes as well as pool and/or open water activities. Teachers and coordinators can utilise as much or as little of the program resources they like.

The Open Water Experience Program consists:

- **Online Program (with supporting Facilitator Guide)** – teacher facilitated classroom experience.
- **Risk Considerations for Schools and Community Groups Guide** – provides teachers and coordinators with advice and considerations when planning and undertaking open water activities.
- **Open Water and Swimming Pool Activity Guide** – some practical aquatic activities suitable for swimming pools and/or open water locations.

Students are taken on an open water journey with “Alex” and “Jade” who are faced with a range of aquatic risks that require students to question personal behaviours and attitudes, peer influences and the selection of healthy choices. The program has been linked to the NSW PDHPE syllabus and is free to all NSW schools.

AQUATIC PROGRAMS

Royal Life Saving NSW has continued to conduct a vast range of aquatic programs in water safety, survival, rescue and resuscitation which are designed to educate all NSW communities to safely participate in a variety of aquatic activities. These programs are designed to build awareness of dangers in aquatic environments, teach essential water safety skills and develop lifesaving techniques so that one day, if faced with an emergency situation, they will be able to cope and possibly save a life.

Swim and Survive ensures the essential components of personal survival and water safety are provided, in addition to developing strong and effective swimming techniques. Swim and Survive is a program not only reserved for children. Over the last 12 months the program has been utilised to help 1,000 Cultural and Linguistically Diverse (CALD) adult community members in regional and remote NSW. CALD communities have been identified by the Australian Water Safety Council as communities at an increased risk of drowning and aquatic injury compared to the rest of the Australian population. It is well known that CALD children are often not introduced to swimming and survival programs due to their parents and carers having none or limited individual swimming capacity.

Swim and Survive CALD Initiative

Royal Life Saving NSW together with its regional partners undertook the provision of Adult Learn to Swim programs with 1,000 CALD participants. Participants from Asian and African communities participated in a 10 week Swim and Survive initiative in which to provide them with swimming and water safety skills. This program equates to the delivery of 10,000 lessons over the program period.

Partner facilities included: Coffs Harbour Swim School, Dubbo RSL Swim School, University of Newcastle Swim Centre, Wollong University Swimming Centre, Taree Aquatic Centre, Port Macquarie Swim School, Muswellbrook Swimming Pool, Queanbeyan Aquatic Centre, Balance Health Club (Newcastle), Beaton Park Leisure Centre, McKeons Swim School (Illawarra), Maitland Public Pool, Scone Swimming Pool and Morriset Swimming Pool.

Additional support partners included: Newcastle Ethnic Communities, Queanbeyan Multilingual Womans Group, TAFE – Coffs Harbour, TAFE – Illawarra and Anglicare.

Furthermore Royal Life Saving developed a **mini-documentary** showcasing candidate participation and progress and interviews to capture participant experiences and thoughts. The documentary is currently being distributed throughout the aquatic industry to assist with the engagement of CALD groups across NSW and to communicate the benefits of aquatic participation. The video can be viewed at our YouTube site: www.youtube.com/user/RoyalLifeSavingAust

LIFESAVING PRODUCTS

Royal Life Saving NSW plays a vital role in the provision of training resources and lifesaving products appropriate to meet the needs of our clients, patrons and communities. In recent years there has been great advancements in technology providing elevated casualty outcomes across swimming pools, workplaces and on sporting fields. Royal Life Saving NSW provides a significant range of rescue, lifesaving and first aid related products to ensure our networks can act in accordance with their skills and training.

Key products include:

- Automatic External Defibrillator
- First Aid Kits
- Advanced Rescue Equipment (including spinal boards and immobilisation equipment).

Michael Ilinsky

Operations Manager

Anthony Cottee

Training and Education Manager

Aquatic Industry Services



Nicola Jamieson



Nick Au

The Aquatic Industry Services department has continued to provide support and guidance to the NSW aquatic industry throughout 2014/2015 to ensure facilities are able to appropriately manage risk and maintain safety for all users.

The Aquatic Facility Safety Assessment (AFSA) process saw assessments conducted at 105 facilities across the state. Many of these facilities had been assessed in the preceding 12 months, so this figure was encouraging as it demonstrated the industry's dedication towards ongoing safety and improvement.

Royal Life Saving was asked to provide consultancy services for a range of projects during 2014/2015. Facility and signage assessment services were provided to the City of Sydney Council for the new Gunyama Park and Green Square Aquatic Centre, which is currently in the development phase. Lane Cove Council engaged the Industry Services team to conduct a supervision validation assessment on its facility. Royal Life Saving also worked closely with Great Lakes Council to ensure facility compliance prior to the opening of the Nabiac Community Swimming Pool, an initiative that was completely funded by the local Nabiac community.

In late 2014 the Industry Services team was commissioned by Parramatta City Council to provide a risk management review of Lake Parramatta during the appraisal of the introduction of aquatic recreational activities for the lake. The site became the first opening of a natural waterway in the Parramatta area in more than 40 years.



Lake Parramatta recreational swimming area

In addition to focusing on the continued development of NSW aquatic facilities, Royal Life Saving partnered with the Australian Training Company and participated in the 'Smart and Skilled' program, to develop the staff employed within these facilities.

The program, funded by the NSW Government, provided subsidised training to candidates within the aquatic industry in regional and remote New South Wales. Royal Life Saving provided training for candidates across three skill sets – Technical Operations, Customer Service and the AUSTSWIM Teacher of Swimming and Water Safety. Training commenced in late June 2014, with 141 candidates taking part in the skill set of their choice. Successful completion of the skill sets ensured candidates had the ability to work across job roles within their facility, whilst providing them with an opportunity to develop sustainable careers within the aquatics industry.

In addition to the funded training opportunities, the Technical Operations program continued to provide skilled aquatic operators to the industry, both through face to face courses and the online learning portal. In addition to this, a number of candidates also completed training and were awarded with their Certificate III in Aquatics.

On Friday 13th March, The Aquatic Safety Training Academy (ASTA) hosted the 3rd Annual NSW Lifeguard Challenge. The Challenge tests competitors' skills across a variety of lifesaving events, focusing on rescue and emergency care. Teams from across Sydney converged on ASTA to compete in events such as the obstacle swim, the manikin carry, line throw and a simulated emergency response scenario.

The event began with the Team Initiative, a demonstration of the lifeguards' emergency response skills. The teams were presented with a simulated aquatic scenario and had to demonstrate appropriate communication, rescue and lifesaving skills to effectively deal with the situation. Granville 'Sharks' took out the Initiative event with a strong performance. Competition in the swimming events was fierce, with the teams battling it out for maximum points.

After an evening of close competition, the Granville 'Sharks' were the overall victors, and claimed the honour of taking the Lifeguard Cup back to their facility. They were also awarded with a Mini Anne resuscitation manikin and rescue tubes for their facility.

Nicola Jamieson

Aquatic Industry Services Co-ordinator

Nick Au

Aquatic Risk Co-ordinator



2015 NSW Lifeguard Challenge winners – the Granville 'Sharks'

Health Promotion /Community Development



Kimberley Noffs

The 2014-15 National drowning report revealed there were 100 drownings in NSW over the previous 12 months with 75% of these being males. Inland water ways were the most common location for drownings and at-risk population groups continue to be culturally and linguistically diverse communities (CALD), children under 5, young adults and the 55+ age group. As a result, the Health Promotion Department has coordinated some significant projects in 2014-15 to address these priorities, including:

- Be Pool safe – Backyard swimming pool initiative
- Grey Medallion – Initiative for older Australians
- SINKERS – Alcohol initiative targeting 15-29 year olds
- CALD – Adult Swim and Survive Initiative

Keep Watch continues to be our key water safety and drowning prevention program for parents and children under the age of 5. Our Keep Watch programs include Keep Watch Life Stages, Keep Watch @ Public Pools, Keep Watch @ Bath Time and Keep Watch @ The Farm. Throughout 2014-15, Royal Life Saving has continued to provide Keep Watch resources and information to the local community to stress the importance of our four principles; Supervision, Restrict Access, Water Familiarisation and CPR/Resuscitation.

Funded community based education and awareness programs have also remained central to the Health Promotion unit's activities over the last 12 months as we continue working towards our goal of building water smart communities. The following community initiatives have taken place this year as a result of funding from ClubGRANTS or Community Grants programs:

- First Aid Safe Youth – *First Aid and CPR Training for Year 10-11 students*
- First Aid Safe Community – *First Aid and CPR Training for Adults*
- Community Life Saver Project – *CPR Awareness for Parents at Playgroups*
- Swim and Survive – *Fundamental learn to swim and survive program for Primary school students*
- Water Smart Kindy Kids – *Interactive water safety education program for Kindergarten students*
- Active Adolescents – *Swim and Survive program for students aged 11-15*
- CALD Adult Learn to Swim – *Learn to Swim program for Culturally and Linguistically Diverse Adults*

We would like to thank the following funding bodies for their generosity and support over the last year:

Castle Hill RSL
Chatswood RSL
Commonwealth Bank
Seven Hills Toongabbie RSL
Harbord Diggers Freshwater
Fairfield RSL
Mortdale RSL
NSW Seniors Week

Penrith Panthers
Penshurst RSL
Petersham RSL
The Pratt Foundation
Smithfield RSL
St George Masonic Club
Wenty Leagues Club



Participants of the CALD Swim and Survive Initiative at Ku-ring-gai Fitness and Aquatic Centre

'Some of the adults have been scared of the water to start off with and are now excited to get in the water. Teaching adults to swim has its challenges but is very rewarding seeing them progress and get excited about their achievements.'
Denise, Ku-ring-gai Fitness and Aquatic Centre.



Participants of the CALD Swim and Survive Initiative at Willoughby Leisure Centre

'I cannot tell you how important these lessons have been in improving my confidence in the water. I thoroughly enjoyed it and many thanks to the instructors for being so encouraging and patient'. Participant from the CALD program.

Kimberley Noffs

Health Promotion Co-ordinator

Aquatic Programs



Kaye Wood

Once more in 2014-2015, water safety education has been a key component in Royal Life Saving's strategy to help reduce drowning and water related incidents in the community. Our education programs are designed to not only develop an awareness of dangers in aquatic environments, but also teach essential water safety and lifesaving skills.

With the support of NSW government, Royal Life Saving NSW continues to provide access to innovative educational programs for use in school classroom and community settings. The Open Water Experience is an online interactive program developed for year 5 and 6 primary school children and focuses on safety in and around inland waterways. The Swim Safe Swim Sober program is designed for high school students

and targets the issues of drinking alcohol and participating in aquatic activities.

The Swim and Survive program has been taught to Australian children for over 30 years in pools, schools and other aquatic locations across the country. The components of the Swim and Survive program ensure that not only does a participant learn how to swim, they are instructed and assessed on personal survival, rescue and water safety strategies. They learn to "Swim and Survive". Royal Life Saving NSW will continue to emphasise the value and importance of the Swim and Survive program as the basis for all learn to swim programs.

The Swim and Survive Partner Pool program has been a very successful program over many years. Our focus remains on strengthening these partnerships. We aim to work alongside facilities to ensure quality safety and teaching standards are maintained in the delivery of Swim and Survive. Our valued partners can be found listed on the Swim and Survive, Swim School Locator: www.swimandsurvive.com.au

From June to October 2015 we have organised five professional development workshops, free of charge, to examiners from our partner pools (Sydney initiative). Two sessions are on the Swim and Survive program and there is one session each on Customer Service, Teaching Strokes to Young Children and Learn to Swim for Beginners. The workshops are registered with AUSTSWIM and count towards renewal PD hours for AUSTSWIM teachers.

In the year ahead we look to continue supporting our partners, examiners, schools, clubs and community groups with the tools to encourage safe aquatic participation and prevent drowning.

Kaye Wood

Aquatic Programs Co-ordinator



Lachie the Lifeguard at St Michael's Baulkham Hills

Aquatic Safety Training Academy (ASTA)

Royal Life Saving's water safety education programs are designed so all Australians can have the skills and knowledge to safely participate in a range of aquatic activities. Through the Aquatic Safety Training Academy (ASTA), Royal Life Saving New South Wales is committed to reducing drowning and creating water safe communities in and around Western Sydney. I am pleased to report that 2014/15 has been another successful year for the ASTA.

The Royal Life Saving Swim and Survive program is at the core of the ASTAs drowning prevention initiatives. In 2014/15 the team at ASTA delivered more than 17,000 Swim and Survive lessons to over 4,000 individual participants from local communities in the valuable life-long skills of swimming and water safety. ASTA saw an increase in participation of 14% on average in swim school programs and 27% in school-based water safety programs on the 2013/14 financial year.

In addition to the delivery of water safety programs, ASTA was host to more than 100 community and vocational courses in First Aid, Bronze Medallion, Grey Medallion, Pool Lifeguard, AUSTSWIM Swimming and Water Safety Teacher and Pool Technical Operations.

ASTA aspires to lead the industry in development of better practise in the operation of aquatic venues across all areas of an aquatic facilities operation. In 2014/15, significant emphasis was placed on the value of our people and ASTA's role in providing vital workplace experience to future aquatic professionals and developing ASTA's professional workplace. In 2014/15 ASTA hosted 12 swim teacher candidates completing voluntary work experience at ASTA that went on to gain employment in the industry. It is our hope that in future we continue to provide this vital service to many more. The implementation of a new workplace training and mentoring program to provide greater support for employees to facilitate success in their roles has been well received by employees and is reflected in the continued positive results in regular customer satisfaction surveys.

I would like to take this opportunity to thank the Seven Hills Toongabbie RSL for their generous support in 2014/15. With their assistance the ASTA was able to provide free water safety education to 200 participants from local primary and secondary schools. In addition their support in funding transport to participating schools helps to overcome one of the primary barriers to water safety education in schools being access to facilities.

I would also like to extend our thanks to the Commonwealth Bank, Seven Hills Branch for their funding support in the provision of water safety education to 65 adolescents from culturally and linguistically diverse communities. Adolescents aged between 12 and 18 years benefited from intensive water safety education programs that provided much needed exposure to aquatic environments.

I'd like to acknowledge the efforts of the team at ASTA for their effort and commitment throughout 2014/15. Without their passion, knowledge and enthusiasm many of the achievements over the past year would not be possible. I am confident that we are well positioned to expand upon the programs and services already available in the year ahead as we continue to work towards creating water safe communities.

Matt Griffiths
Facility Manager



**Participants from the Active Adolescent Program at ASTA
with Commonwealth Bank Representatives**

Hunter Regional Office

It has been a very busy year at the Hunter Regional Office with course numbers increasing dramatically together with the introduction of a range of new programs and services. We are very happy with the progress made this year and look forward to working further with the Hunter Pools, Councils, Schools and the public throughout 2015/16.

Pool Managers Workshop

In September last year 30 Pool Managers attended a workshop at Balance Health Club to discuss the future of Pool Lifeguarding and the Industry in general. This workshop was facilitated by RLSS Sydney staff and was very successful with a number of suggestions being made by members of the Industry of which RLSS is planning to act on. Thank you to everyone who attended this workshop. Your input was very valuable.

CALD Learn to Swim Program

Thanks to funding provided by NSW Ministry for Police and Emergency Services Black Spot Fund, the Hunter Office was able to assist over 230 adults from Cultural and Linguistically Diverse Communities (CALD) to learn how to swim. Partnerships with Balance Health Club, Newcastle Ethnic Community, Scone Pool, Maitland Aquatic Centre, Fitness at the Viking, Morisset Pool, Muswellbrook Aquatic Centre and The Forum Pool were successfully established and programs were delivered. The CALD program had great success and certainly assisted with increasing water safety awareness and providing water confidence for all involved.

Industry Service Skills

A large number of Aquatic Industry workers from the Hunter Region took advantage of the heavily subsidised training, which was made available to employees working within the aquatics industry. Three skills sets were made available and included Austswim Teacher of Swimming and Water Safety, Customer Service and Technical Operations. It was great to see so many keen people wanting to improve their skills and knowledge and I am sure the industry within the Hunter will benefit greatly from this training.

Grey Medallion Program

Throughout the 2014/15 financial year, the Hunter Region conducted several Grey Medallion Programs. A big thank you to Swansea, Charlestown, Speers Point & Muswellbrook Aquatic Centres who had fantastic attendance numbers. It was great to see so many of our older generation get involved in this program, particularly with the high incidence of drownings in the over 55's age group.

The local media were very supportive of the Grey Medallion Program and featured a news story in both the Newcastle Herald and NBN Television.

Grants

The Hunter Office was well supported this year in grant funding from Orica who funded a First Aid in Schools program which assisted 100 high school students in Newcastle complete their first aid certificate. Clubs NSW Wyong also funded the same program in the Wyong council region. While NSW Department of Sport and Recreation Hunter Office funded a Water Smart Program which allowed the Hunter RLSS staff to deliver interactive Water Safety talks to over 500 primary school aged students. Thank you to everyone involved.

A special thank you to our training partner Gosford City Council for their ongoing commitment to delivering quality training courses in the Gosford area. Special thanks must also go to our Balance Health Club and Mingara One who continue to provide a venue for our public courses.

Sincere thanks goes to former staff member Kristen Glover and current staff Jacki Downie, Nicole Clancy and the casual trainers employed by the Hunter Office. Each and every one of you has done a superb job. The support of the fellow Regional Staff, NSW Board and Sydney staff is also greatly appreciated.

So it has been a very productive year but we have so much to look forward to. The goal of the Hunter Office is to continue improving on the service and support which we can offer the staff and volunteers involved in the aquatics industry and to further the growth and development of the Hunter Office.

I look forward to continuing to work with the fantastic people of the Hunter Region and to hopefully make a difference.

Tanya Brunckhorst
Hunter Regional Manager



Hunter CALD program at Balance Health Club



Hunter Orica funded First Aid course



Hunter Grey Medallion at Swansea Pool

Illawarra Regional Office

The 2014-15 year has been another significant year for the Illawarra office and the operational team, with many important programs effectively implemented.

Over recent years the office has succeeded in diversifying our range of services and programs to meet the ever changing needs of our community and client groups. Our community health initiatives in particular have been heavily sought which in turn provides valuable community lifesavers and advocates throughout the region.

Following is an example of the health-related programs and services that have been successfully implemented in the Illawarra over the last 12 months:

Illawarra Regional Cultural and Linguistic Diversity Initiative

Reaching Cultural and Linguistically Diverse (CALD) communities with strategies to address drowning prevention and water safety is often difficult and these groups are far less likely to access programs via traditional modes. This issue is worsened by an often heightened risk of drowning or injury due to a lack of knowledge about Australian aquatic conditions. Approximately 20% of annual drowning deaths are from CALD communities.

Participation rates in aquatic education programs are much lower among CALD communities and strategies to address this through local Illawarra community groups and supporting aquatic centres was encouraged. The Illawarra initiative was developed not only to address water safety but also in promoting greater social cohesion across Illawarra communities.

It is well known that CALD children are often not introduced to swimming and survival programs due to their parents and carers having none or limited individual swimming capacity. This initiative targeted adult CALD communities at risk (**Asian and African communities**) and provided them with a 10 week learn to swim and education program. By addressing adult behaviour's and understanding we stand a better chance of encouraging them to enroll their children into swimming programs.

Many thanks must go to the various migrant support groups, TAFE Illawarra and our aquatic partners; University of Wollongong, Beaton Park Aquatic Centre and McKeon's Swim School who collectively conducted more than 2,300 lessons.

Be Pool Safe – Backyard Swimming Pools

The Illawarra region is renowned for having some of the most picturesque aquatic locations anywhere in NSW. But some of the more lethal ones lie in our backyards. Over the last 10 years over 60 children have drowned in NSW backyard swimming pools, 70 have suffered neurological impairment and over 1,000 have been admitted to a NSW public hospital. To address this unacceptable data this office partnered with a number of Illawarra based Councils to provide a range of resources to educate and train pool owners.

Posters, flyers, pool safety manuals and fact sheets were distributed and displayed via council websites and public access points. This collaborative relationship will continue into the future so that pool owners are constantly reminded of their responsibilities and what actions they can take to reduce swimming pool deaths and injuries.

Finally, the demand for our training services has increased over the last 12 months particularly in the area of resuscitation and first aid. These vital life-skills are critically important and provide the Illawarra region with a vast network of skilled and knowledgeable emergency responders.

In addition, over the last 12 months the Illawarra Office has been active in the media, driving drowning prevention messages and commenting on drowning cases. Our campaigns had a significant emphasis on local coverage and ensuring local communities are regularly informed and educated on key water safety issues.

Our focus for the future is to ensure we continue to build collaborative partnerships to ensure the Illawarra is well placed to undertake aquatic recreational activities in a safe and enjoyable manner.

Finally, I would like to acknowledge the work of our dedicated staff, Tracey, Carly and Nicole whose passion and commitment is greatly appreciated. I would also like to thank David Macallister and the talented and dedicated team of professionals at head office who ensure we are provided with quality resources and products to successfully engage our local communities.

Ian Kennerley

Illawarra Regional Manager



Austswim Training Port Macquarie



St John Paul College Year 10 Bronze Training

Northern Regional Office

A great deal was achieved in 2014-15 and this report will highlight these achievements.

The Northern Regional Office monitors the Society's overall performance regionally from a strategic level through to the operating and financial performance of the organisation. This is vital in maintaining the aims and objectives of the Society and ensuring that the regional population has access to the essential services that Royal Life Saving can offer.

The organisation is committed to using its capital to maintain efficient systems and over the past few years has put in place a number of initiatives that will greatly increase business efficiency. This includes the provision of various training options delivered locally in remote and rural areas by professional and volunteer staff and the continued support to kindred organisations for our educational services.

The RLS VET product continues to be a core strategic strength, enabling it to continue to hold strong positions in the region's training and education markets.

Key highlights for the financial year included:

- Increase in participation of professional development training for aquatic centre staff via programs such as the Keep Watch @ Public Pools and Pool Lifeguard reaccréditation.
- Open Water Swim and Survive programs being conducted at schools throughout the Bellingen Valley.
- Expanding our drowning prevention and water safety messages through the State and National Drowning reports via local and regional media.
- Increase in Trainers and Examiners within the education system to provide essential CPR and First Aid training.
- Maintaining consistent delivery of the Austswim training and accreditation product with Sport and Recreation regional offices.

The regional office will continue to establish partnerships at a local level and the support of the various training and employment agencies, Community Colleges and Trainer networks greatly accelerates our ability to meet our goals and client needs.

On behalf of the staff, I would like to extend my thanks to the Board, Executive and Management team and to all RLS employees, Trainers and Examiners for another year of achievement. In addition, I would like to express my appreciation for the continuing support of all RLS Instructors that continually promote Lifesaving education.

The Organisation has a great platform to not only deliver our forecasts for 2015/16 but delivering on the initiatives we have commenced and converting the other opportunities we are pursuing.

I look forward to continuing the momentum that RLS has established over the past few years.

Jason Phillips

Northern Regional Manager



NSW Local Government Conference Coffs Harbour



Pool Water Quality training at Macksville Aquatic Centre



Haripan School Bali
a partner school that conducts CPR training

Riverina Regional Office

The 2014-15 year has seen the focus of the regional office head back to basics which primarily involves the engagement of core business partners and activities that have been the foundations of the regional office over many years.

We have continued to support the aquatic, educational and community projects that underpin our existence to ensure that our message relating to personal safety around the aquatic environment is understood and carried through.

Our office continues to provide a range of VET products and services from Broken Hill to Bombala with overall participation numbers likely to be the equivalent of previous years. While this sector drives our business the push of our community and advocacy based programs has also been a key component of the past years activities.



Students from Willans Hill Special School Wagga participating in basic water safety drills

The second half of the year was highlighted by the addition of a project coordinator to drive our "River Safety" campaign. From information compiled through the National Office of Royal Life Saving it was identified that the Riverina region contains two of the top 10 inland waterways for drowning fatalities identified in a 10 year National Drowning report. These being the Murray and Murrumbidgee Rivers.

The position is focussed at reducing these numbers through education and collaboration with other partners along these and other inland waterways. The position will involve both direct and indirect contact throughout the region spreading the message of river safety. This position is supported through federal government funding and it is hoped that it will lead to a reduction in the number of drownings in inland waterways in NSW. The new coordinator is Tristan Strong who has come to us with a background of aquatic based programs and knowledge. We welcome him aboard for what is hoped a very successful and rewarding partnership over the next four years and into the future.

As we slowly move from the cold wet winter towards the summer months the Riverina Office of RLS would like to remind all that we should take care and act responsibly around any aquatic environment and at all times keep watch over our young children when in or near the water.

Mick Dasey

Riverina Regional Manager

Western Regional Office

Royal Life Saving enjoyed a productive year in the Western Region during 2014-2015 and our office was kept busy with courses and programs as well as the final year of the NSW Government Black Spot funding program. We sadly said goodbye to our long time administration manager and friend Nicola Reed who left us early in 2015, after being with Royal Life Saving for 10 odd years. We wish her all the best for her future and I'm sure we will see her popping up in aquatics industry circles again from time to time. Jenny Rands has come on board as our office administrator and is doing a great job of filling Nicola's impressive footprint.

Vocational Programs

The interest in programs resulting in nationally recognized qualifications such as First Aid, Resuscitation, Pool Lifeguard and Austswim is still increasing across our region. With a variety of course options including online, flexible workbooks and face-to-face course delivery, there really is a course and a method of delivery to suit anyone and everyone. Technology has a way of shrinking distance and barriers and it is great to see our programs reaching right across our region and into the different sectors of our community.

Participation Programs

The traditional participation based Royal Life Saving programs such as Swim and Survive, Bronze Medallion/Rescue and Resuscitation are still as relevant and necessary today as when they were first conceived many a year ago. However, engaging schools and other user groups is becoming an increasingly difficult task due to an increasing number of barriers. Pool access, transport, curriculum pressures, cost, lack of expertise and red tape are all reasons cited why we see schools abandoning the traditional end of year visit to the pool to engage in water safety activities and learn to swim. All children need to be able to swim and survive in our waterways and the opportunities to engage in water safety and learn to swim needs to be seen as a priority by both parents and educators.

NSW Drowning Statistics

Ninety people were reported to have drowned in NSW waterways during the last reporting period. This was a reduction of 15 drowning deaths on the 10 year average so it represents a step in the right overall direction. However, the report also indicates that the majority of drowning deaths in NSW occur in our inland waterways such as river, creek and stream locations especially during the summer months. Unfortunately, the greatest number of drowning deaths was recorded for the 18 to 24 year age group, where there were 15 drowning deaths. Is the lack of water safety instruction and opportunity for our children as discussed above already reflecting in the drowning statistics as those children move into young adulthood?

Orana Sub-Branch

Earlier this year the Orana Sub-Branch (based In Dubbo) ceased operating as an active part of the Royal Life Saving volunteer network. The Sub-Branch has existed as a valuable link in the RLS network since its formation in 1976, in a time before regional offices and professional trainers. Over the years it has provided opportunities and education for a huge number of people throughout the Dubbo district and wider central west area. Importantly, there have been many people involved with the Sub-Branch during its time, however there is one person who is synonymous with Royal Life Saving, water safety and CPR for thousands of people in the central west and that is Ernita McGrath. Ernita has been a presenter, examiner, instructor and mentor to many people over her time with Royal Life Saving and the

Sub-Branch, and although the Sub-Branch has closed, Ernita still champions the Royal Life Saving cause as one of our longest serving examiners and members in NSW. Thank you Ernita for your dedication and commitment to our organisation, I'm pretty sure there won't be anyone else like you again!

Our Royal Life Saving volunteers, members and trainers are a dedicated and passionate bunch of people and we couldn't do the work that we do without your support. For all your efforts over the last twelve months I say thank you and keep up the great work! Thank you also to our Head Office staff and Board of Directors for your support and guidance throughout the year. We will continue to strive to provide a valuable service to the communities of the Western Region in the coming year.

Alison Middleton

Western Regional Manager



Alison Middleton, Ernita McGrath and David Macallister

Honours

Each year the Royal Life Saving Society presents Honours to those individuals, groups and/or organisations that go above and beyond the norm to assist the Society reach its aims and objectives. Royal Life Saving Honours are awarded in recognition of the wonderful contribution made by our members, examiners, competitors, officials and supporters for their dedication and commitment in promoting Lifesaving and Water Safety throughout NSW.

The Society would like to thank and congratulate the following Honour recipients, at Australian and State level, for their efforts during the 2014/2015 year

AUSTRALIAN HONOURS

Australian Service Order

Louise Micallef

NEW SOUTH WALES HONOURS

Long Service Star

Mandy Robertson

Pam Stanley

Melanie Williams

Richard Walker

Scherie McDonell

Stephen Bartolo

Margaret Simpson

Distinguished Service

Colin Graham

Stephen Gollan

David Eliith

Murray Scoble

Philip Michael

Cindy Hoad

Deborah Turner

Ruth Patrick

Vicki Kelly

Chris Brennan

Associate Award

Charmaine Trigg

Christopher Baldwin

Erin Gallagher

Peter Aroney

Sandra Laurie

Adrian fury

Gus Borman

Mark Chappell

Shane Yale

Elaine Thompson

Martin Armstrong

Mathew Knight

Associate Award (cont)

Andrew Bowden

Ben Fishburn

Ron Barnes

Selwyn Brown

Danny Cass

Anita Collins

Mick Nolan

Matthew Winslade

Russell Crane Cup

Murray Scoble

Derek Emery Memorial Trophy

Ben Fishburn

Sir Walter Leonard Memorial Trophy

Alison Buckley

John Stacpoole Memorial Trophy

Scherie McDonell

Lesley-del Kinscher Memorial Trophy

Ben Jenkinson

NSW President's Award

Pymble Ladies College

Certificate of Appreciation

Wayne Farlow

Gabrielle Karkkainen

Kathy Regan

Josh Webb

Forest Hill Public School

St Francis de Salles Leeton

St Pauls College Walla Walla

Turvey Park Public School

Certificate of Appreciation (cont)

Nadine Uremovic

Alison Richardson

Adam McAllister

Cameron Smalley

SPLASH Swim School

Melissa's Swim School

Grenfell Swimming Pool

Gary's Swim School

Gilgandra Learn to Swim

Springwood Aquatic & Fitness Centre

Lawson Swim Centre

Blackheath Pool

Katoomba Sports & Aquatic Centre

Glenbrook Swim Centre

Orange Bush Nippers

Fitness Perfection Orange

Just Keep Swimming

Dubbo RSL Aquatic & Health Club

Stuart Riles

Leesa Baker

Wesley Hamilton

Lance McCabe

Glenn Pearson

Ben Calloway

Anthony Wharton

Angus Westaway

Mark Skein

Barbara Hill

Aiden Schmid

Morgana Harris

Cheryl Smalley

Briana Lawson

Commendation Awards

In March 2015 the Patron of the Society, the Governor of New South Wales, His Excellency, General The Honourable David Hurley AC DSC (Ret'd) hosted the Society's annual Commendations Award Ceremony at Government House Sydney. His Excellency showed great admiration this year to the recipients of the Commendation Awards for their achievements in attempting to save the life of a fellow human being.

The New South Wales Branch issues Commendation Awards each year to people who rendered assistance and used their knowledge in water safety, rescue and/or resuscitation to aid an injured or ill casualty. These extraordinary Australians perform those skills, often in stressful situations, sometimes with multiple casualties and frequently at risk to themselves.

The following people were recognised for their efforts in attempting to save a life in emergency situations. Members of the general public were presented with Certificates of Commendation, Officers of the NSW Police Service were presented with the Police Service Award, Officers of Fire & Rescue NSW were presented with the Fire & Rescue NSW Award, and an Officer of the Rural Fire Service was presented with the Rural Fire Service Award.

The Royal Life Saving Society Australia New South Wales Branch would like to congratulate each of those people who received an award. I hope you read their citations with interest.



His Excellency General The Honourable David Hurley AC DSC (Ret'd) and Mrs Linda Hurley, Mr Jim Whiteside, NSW Branch President and Commissioner Greg Mullins – Fire & Rescue NSW with 2015 Certificate of Commendation Award recipients, NSW Police Award recipients, Fire & Rescue NSW Award recipients and Rural Fire Service Award recipient.



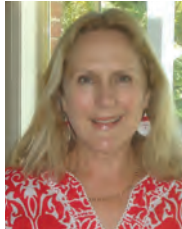
Trevor Day

Certificates of Commendation presented to: Trevor Day and Gwen Day

On the afternoon of 19 May, 2013, Gwen and Trevor Day were driving along a street in Katoomba when they witnessed a member of the public collapse and fall to the footpath suffering an apparent heart attack.

Trevor immediately stopped the car and they both ran to provide assistance. After checking for vital signs and finding the patient not breathing with no pulse, Gwen commenced Cardiopulmonary Resuscitation (CPR) assisted by Trevor performing Expired Air Resuscitation (EAR). Emergency Services arrived a short time later and took over resuscitation of the patient who was then placed into an ambulance and transported to Blue Mountains Anzac Memorial Hospital.

High Commendations are awarded to Trevor and Gwen Day for their swift action that undoubtedly saved this person's life. Their exemplary effort in providing both immediate and high quality first aid in a street environment is the primary reason that the patient was able to survive the medical emergency.



Gwen Day



Helen Ludgate

Certificate of Commendation awarded to: Helen Ludgate

On Sunday 29 December, 2012 Helen Ludgate and her husband had driven to Wattamolla in the Royal National Park to swim with their two young children.

At around 4.15pm as they sat watching their children on the sand, Helen noticed a child floating face down in the lagoon. She immediately waded into the lagoon and swam towards the young boy, flipping him over and shouting for help. She carried him back to the beach and laid him down. The young boy was unconscious, blue in the face and foaming at the mouth. After checking for vital signs and finding that he was not breathing with no pulse, Helen commenced Cardiopulmonary Resuscitation (CPR). Thankfully after the first round of compressions, the boy started coughing up water and she laid him on his side and he started screaming and crying. The area is unpatrolled and there were no doctors or lifeguards present. Helen's husband ran up the hill to the emergency phone as there was no reception at the beach. After approximately 15 minutes Emergency Services arrived along with the Careflight helicopter. The Careflight doctor and paramedic continued to treat the boy as he was taken by ambulance to the Sydney Children's Hospital in Randwick.

High Commendations are awarded to Helen Ludgate. Helen had recently completed her First Aid and a Learn to Swim Instructor's course which provided her with the lifesaving skills to save this child. While there were a lot of people on the beach that day, no one else had the skills to help and Helen's quick intervention and courage to perform CPR undoubtedly saved this child's life.



Sarah Paul

Certificates of Commendation presented to: Sarah Paul and David Wilton

On 12 May, 2010 Sarah Paul was at her home near Orange studying for her Paramedic and Nursing degree which she was undertaking at Charles Sturt University. Her father Kynan and a friend, David Wilton were working outside preparing a slab for a shed to be built, with Kynan operating an earth compacting machine. Beside the site for the shed was a four metre hole in the ground where a water tank was to be installed at a later date.



David Wilton

Just after 11.00am, Sarah answered a knock at the back door to find David in a very distressed state, telling her that there had been a terrible accident. Sarah immediately ran to where her father had been working. The machine Kynan had been operating had gone over the edge into the hole. As he had tried to get free he fell forward and was crushed under the weight of the roller. Sarah rushed to her father's aid, her knowledge and training taking over and began Cardiopulmonary Resuscitation (CPR) under the most horrendous conditions imaginable. David contacted emergency services and continued speaking with the operator, taking over CPR so Sarah could speak to the operator. Even when the ambulance arrived Sarah still continued to assist in the treatment of her father who had sustained critical injuries.

High Commendations are awarded to Sarah Paul and David Wilton for showing outstanding skills and courage in what was a very traumatic and distressing situation and without hesitation attempting to save the life of Sarah's father. Sarah completed her studies and is now a respected member of the Orange Base Hospital

Certificate of Commendation awarded to: Anthony Manassa

On Monday 2 January, 2012, Anthony Manassa was at a family BBQ at their home in Galston. Approximately 15 family and friends were at the party celebrating around the pool area of the residence which is located at the rear of the semi rural property. Around 6.00pm all the men left the pool area to try out a remote control car and the women went into the house.

One of the family friends, noticed that Patrick (aged 3 years) was not with the boys and went into the house to alert Patrick's mother. They started to look frantically for him and found him at the bottom of the pool. Patrick's mother screamed and dived into the pool and pulled the little boy out. Hearing his mother scream, Anthony ran to the pool area, jumped the fence and checked his little brother for vital signs and found him unconscious and not breathing. He commenced Cardiopulmonary Resuscitation (CPR) which he kept up for approximately 20 minutes until the Careflight helicopter arrived and was able to take over. By this time Patrick was semi conscious but still in a critical condition. He was conveyed to Westmead Children's Hospital and placed in an induced coma. The next day he was able to walk and within a very short time had made a full recovery without any side effects.

Anthony Manassa is to be highly commended for performing CPR under enormous pressure in a very distressing situation. Due to his action in immediately rendering assistance, Patrick made a complete recovery and did not suffer any serious brain injury.



Deborah Fisk

Certificate of Commendation awarded to: Deborah Fisk

About 4.40pm on Monday 18 March, 2013 Deborah Fisk was driving behind a utility at North Narrabeen when a motorcycle travelling in the opposite direction crossed to the wrong side of the road and collided with the utility. As a result of the collision the rider sustained extensive injuries to his facial area and right arm.

The bone to his right arm was protruding outwards with the lower half bent in the opposite direction and teeth were scattered over the roadway. His injuries were horrific in nature and considered life threatening.

Deborah was the first person to render first aid to the rider. She organised for towels to be collected from a nearby house and applied pressure to the face and arm of the rider. She had to physically kneel on the remaining portion of his arm to try to restrict the loss of blood. This incident was worsened by the fact that he was conscious, making him hard to control due to his agitated state. Deborah persisted at holding him on the ground treating his injuries as best as possible until emergency services arrived. The majority of people at the incident remained metres away due to not being able to deal with the volume of blood and pain expressed by the rider. The rider was airlifted to Royal North Shore Hospital. His injuries required three medical teams to operate on him for over ten hours. The patient underwent multiple surgeries and required daily rehabilitation for a considerable period.

High commendations are awarded to Deborah Fisk who went above and beyond to ensure the best possible outcome for the rider. Her actions were not only exemplary in nature but life saving

Certificate of Commendation awarded to: Matthew Trudgett

On 8 August, 2013, Matthew Trudgett was at Hazelbrook railway station waiting to catch a train to his workplace in western Sydney where he is employed as a registered nurse. While waiting, he noticed a man suffer what was later diagnosed as an epileptic fit and fall between the concrete station platform edge and a moving train. The man was struck by the train prior to falling into a confined space underneath the train suffering from a variety of injuries.

Matthew commenced communication with the injured man and readily volunteered to assist. To gain access to the patient, Matthew had to move a distance of approximately 30 metres on his hands and knees between two carriages in the dark. He was the primary medical responder until emergency services arrived. He continued to assist ambulance officers over the next 30 to 40 minutes in this darkened and confined area. During this time Matthew provided an initial level of medical advice, whilst ensuring good quality communication with the injured and distraught patient. Due to the confined space, Matthew continued to assist with the patient care while a spinal board was placed underneath the train and the patient was finally removed on to a platform area where he was assessed and treated by the Careflight team. The patient was admitted to Nepean Hospital and while he sustained a number of fractures to his head, face and significant lacerations to his legs, it was anticipated that he would make a full recovery.

High commendations are awarded to Matthew Trudgett for responding quickly and without hesitation giving assistance in what must have been a very difficult situation.

Certificate of Commendation awarded to:

Steve McGrath

On 16 November, 2013 Steve McGrath was umpiring the Under 16s Parkes vs Forbes cricket match at Grinsted Oval in Forbes.

During the game, the father of one of the boys playing, suddenly fell backwards in his chair hitting the cement. His wife, who was sitting next to him and scoring, screamed for help. Steve, who had recently updated his First Aid qualifications, immediately ran from the field to his aid and after checking his vital signs and finding that he was unconscious and there was no pulse, commenced Cardiopulmonary Resuscitation (CPR). Another parent contacted emergency services and relayed messages from the operator to Steve. The patient was a very large man and needed the strength of Steve to successfully perform CPR. The patient vomited a number of times and Steve continually spoke to him asking him to "stay with us". Steve continued CPR until the ambulance service arrived and continued until they were ready to take control of the situation. A defibrillator was used three times before a regular heart beat was achieved. The patient was transferred to Orange Base Hospital and has since made a good recovery. After the incident, Steve grouped both teams together and reassured the boys in a very comforting and professional manner.

High commendations are awarded to Steve McGrath for his persistent and courageous efforts in performing CPR and successfully resuscitating this patient who undoubtedly would not have survived had it not been for Steve's actions.



Jordan Black

Certificate of Commendation awarded to:

Jordan Black

On Saturday, 30 March, 2013, Jordan Black was at Moonee Beach, Coffs Harbour learning to surf. Moonee Beach is approximately 15 kilometres north of Coffs Harbour and is an unpatrolled beach popular with surfers and fishermen. Jordan was a competent swimmer, however not an overly competent surfer and had borrowed a friend's surfboard to try and learn to surf. His two experienced friends were a long distance out in the surf and as the surf was big and dangerous,

Jordan decided to get out of the water and watch from the beach.

Jordan was alerted by a fisherman to a young boy who was obviously in trouble and struggling to keep afloat in a rip. There were no other people on the beach or in the water nearby. Without hesitation, Jordan grabbed the surfboard and paddled out into the rip to the boy, who by now was clearly in serious trouble and very distressed. Jordan grabbed the boy and put him on his surfboard and was able to reassure the boy and bring him back to shore where by then, other people had gathered to watch the rescue. The boy commenced vomiting water and his parents, who were on holidays from Brisbane, arrived soon after on the beach. An ambulance was called and the boy was treated for shock and excessive intake of water and transported to Coffs Harbour Hospital where he was admitted for observation. Jordan left the scene and walked some distance up the beach where he waited for his friends, somewhat in shock over what had just occurred.

High commendations are awarded to Jordan Black. He put his own life at risk and put the life and safety of another person above his own to rescue this young boy.



Vanessa Grayson

Certificates of Commendation awarded to: Vanessa Grayson and Anna O'Neill

On 29 May, 2014, students from Mosman Public School were attending a band camp at the Collaroy Centre when a young 26 year old teacher was seen to stagger and collapse on the main oval.

Vanessa Grayson, Assistant Principal of the school and Anna O'Neill, a teacher, immediately ran to the patient's aid, putting him in the recovery position and checking for vital signs. Another teacher ran to call emergency services and move students away from the scene. Vanessa commenced Expired Air Resuscitation (EAR) and Anna commenced External Cardiac Compressions (ECC). Together Vanessa and Anna continued Cardiopulmonary Resuscitation (CPR) until emergency services arrived 20 minutes later.

The patient was transported by ambulance to Royal North Shore Hospital in a critical condition where he stayed for about five days until his condition was stabilised. He was fitted with a defibrillator and returned to work on light duties in July.

High commendations are awarded to Vanessa Grayson and Anna O'Neill. They showed professionalism and skill in their outstanding efforts performing CPR on their fellow teacher and were undoubtedly instrumental in saving his life.



Helen Cameron

Certificates of Commendation awarded to: Helen Cameron, David Gedra and Jake Gedra

About 10.00am on Monday 14 October, 2013, Helen Cameron was on her way to the post office in Crows Nest when she saw a cyclist lose control of his bike and crash into a tree, falling off his bike and hitting his head against the tree. Helen ran to assist but he was unresponsive and was shaking uncontrollably. Helen dialled emergency services. Jake Gedra and his father David were also travelling along the Pacific Highway and witnessed the incident. They ran to help and together with

Helen managed to remove his helmet and back pack. They had difficulty rolling him over as he was a heavily built person.

Helen handed her phone to Jake to continue speaking with the operator and she and David checked the man's vital signs. He was not breathing and they could not locate a pulse so Helen and David commenced Cardiopulmonary Resuscitation (CPR). Jake managed to flag down a passing ambulance and with the two ambulance officers, he and David put the victim on to a bed removed from the rear of the ambulance. One ambulance officer returned to the ambulance to retrieve the defibrillator while the other officer took over CPR. The defibrillator was used successfully and the man's heart restarted. He was placed into the ambulance and taken to Royal North Shore Hospital.

High Commendations are awarded to Helen Cameron, David Gedra and Jake Gedra for acting immediately and without hesitation. The patient survived the emergency and underwent heart surgery. Medical personnel involved consider the first aid applied by Helen, David and Jake undoubtedly helped save his life.

Certificate of Commendation awarded to:

Leanne Lacey

Early in the morning of 25 March, 2014, Leanne Lacey was travelling on the Camden Bypass, Narellan when she was the first person on the scene of a bicycle accident.

There were three cyclists in the group and the bicycle of one cyclist had come into contact with a variable message sign attached to a trailer and was ejected from his bicycle and impacted heavily with the trailer and road surface. One of the cyclists was phoning emergency services and the other appeared to be in shock. Leanne noticed that the injured cyclist was motionless with half his body resting within lane one of the Bypass so she made the decision to move him off the roadway and into the breakdown lane, due to traffic still flowing past the scene. Leanne continued to observe the victim and noticed that his face was turning blue and she was not able to locate a pulse. She commenced Cardiopulmonary Resuscitation (CPR) and continued by herself for a period of approximately five minutes. At this time the cyclist had regained a state of semi-consciousness and Leanne could identify a pulse. She continued with first aid whilst awaiting the arrival of emergency services. After being stabilised the victim was airlifted to Royal North Shore Hospital in a critical condition with suspected damage/fractures to his spine. Medical staff advised that with this type of injury a patient's body can go into what is known as "spinal shock" which in turn can result in cardiac arrest.

High Commendations are awarded to Leanne Lacey. If it were not for her actions and efforts the outcome could have proved to be far more serious, if not fatal.



Hannah McInerney

Certificates of Commendation awarded to:

Hannah McInerney and Jenene Gilbert

Early in the afternoon of Tuesday, 4 February, 2014, Hannah McInerney and Jenene Gilbert were working at Kiama Leisure Centre when they were alerted to a crisis in the centre's basketball hall.

Workmen were installing cabling for a sound system, when one man collapsed and fell to the ground unconscious. It quickly became apparent that he had suffered an electric shock when he touched cables that had become exposed as a result of rodents chewing through the cables. He was pulled away from the area and Jenene Gilbert immediately ran to his aid. Jenene checked for vital signs and not feeling a pulse, commenced Cardiopulmonary Resuscitation (CPR) on the victim. Hannah also ran in to the hall with a defibrillator which was fitted on to the victim and analysed the victim as having no heart rhythm. They administered one shock which was successful in restoring a faint pulse. Jenene kept administering oxygen by hand and at this stage the victim began making gurgling noises. A

short time later ambulance officers arrived and the victim was transported to hospital in a serious condition. He required breathing support and suffered electrical burns as a result.

High Commendations are awarded to Hannah McInerney and Jenene Gilbert. Without their swift and prompt life saving efforts the electrocution of this man would probably have been fatal.



Jenene Gilbert



Luke McLennan

Certificates of Commendation presented to:

James Miller, Luke McLennan, Christel Oweis and Damaris Jong

About 10.30am on 30 January, 2014, James Miller, Luke McLennan, Christel Oweis and Damaris Jong were all on lifeguard duty at Parramatta Swimming Centre.

A 28 year old man was enjoying a swim at the pool as part of therapy for a recent back injury. Luke McLennan was the first to notice that the swimmer had become unresponsive and had actually sunk to the bottom of the pool. Together with Christel and Damaris, the three lifeguards managed to pull him out of the water and lay him at the edge of the pool. Checking his vital signs, Luke realised he was unconscious, pulseless and not breathing. They recognised that he was actually in cardiac arrest and James ran to get the defibrillator and phone emergency services. Luke and James commenced Cardiopulmonary Resuscitation (CPR) on the patient until emergency services arrived approximately five minutes later. After stabilising the patient he was conveyed to hospital where he remained in a coma for five days. Aside from having no memory of the event, he made a full recovery.

High Commendations are awarded to James Miller, Luke McLennan, Christel Oweis and Damaris Jong. Research has proven that successful resuscitation is largely due to effective CPR and early defibrillation which was provided immediately in this case by the lifeguards prior to the arrival of the paramedics.



Senior Constable Troy Christian Simmons

New South Police Award presented to:

Senior Constable Troy Christian Simmons and Senior Constable Caroline Tomek

On 8 December, 2009, Senior Constables Troy Simmons and Caroline Tomek were alerted that there was a fire raging in close proximity to the Mitchell Highway, Bathurst. Having concerns for the safety of the residents in that area they drove to an area and observed the fire moving rapidly in a southerly direction. They were approached by a civilian who was driving a refrigerated truck who told them he knew where two people were that had been badly burned by the fire.



Senior Constable Caroline Tomek

The officers followed him to the location through a number of paddocks and gates and found a male lying face down in a water trough with what appeared to be horrific burns to his entire body, including his head. Splashing water from the trough over the victim was a younger man, who was his son who also had serious burns to his body, limbs and hair. The fire was approximately 150 metres away from their location. The officers informed police radio of the situation and advised that they required a helicopter due to the nature of the victims' injuries.

Senior Constable Tomek assisted by providing a fresh jerry can of water from the police vehicle to assist in the first aid by pouring water over them. Senior Constable Simmons provided information via his mobile phone gps to assist the helicopter locate the scene. A water bombing helicopter began to drop water on the fire, however the fire front began to flare up. Police radio advised that the helicopter was unable to land due to poor visibility and smoke. Senior Constable Simmons asked the man to move his refrigerated vehicle closer to the victims as they needed to be evacuated immediately due to the encroaching fire. The officers lifted the older man into the rear of the vehicle by lifting him from under his arms and his skin literally fell off his body into the water trough. They helped his son into the front of the vehicle and covered him with a wet cloth. The helicopter landed in an adjoining paddock and the doctor was able to alight, however the fire was now encroaching again and there was not time to load the patients so Senior Constable Simmons made the decision to drive the vehicle from the location with the doctor and patients on board. The helicopter was hovering while Senior Constable Tomek drove the police vehicle, sounding the horn to get fire vehicles to move to enable the helicopter to land. Once ambulance officers had dressed the wounds of the patients, the older man was taken by helicopter to hospital, the younger man by ambulance.

High Commendations are awarded to Senior Constables Troy Simmons and Caroline Tomek for showing great courage and composure in these very hazardous conditions in an effort to save a life.



Simon O'Callaghan

Certificates of Commendation presented to: Simon O'Callaghan and Andrew Ball

NSW Police Award presented to: Senior Constable Amanda Furness

On 24 July, 2009, Simon had just parked his car at the Moama RSL when he heard a woman screaming obviously in great distress.

Simon ran to a laneway beside the RSL and found a woman kneeling beside her husband who had apparently suffered a seizure and collapsed unconscious to the ground. She was on her mobile phone speaking to the emergency services operator. Simon rolled the man on to his side to clear his airway and then checked for any vital signs. Simon could not locate a pulse so commenced Cardiopulmonary Resuscitation (CPR) and the victim was gargling up froth and liquid. Andrew Ball arrived at this stage and took over the compressions while Simon continued to perform Expired Air Resuscitation (EAR). After about 10 minutes Senior Constable Amanda Furness arrived and took over the compressions from Andrew. Simon continued with EAR without the aid of a mask. Simon and Amanda continued working on the victim for about another 13 minutes when the ambulance personnel arrived. A defibrillator was used on the victim several times and after about 20 minutes he was placed into the ambulance and conveyed to hospital.

High Commendations are awarded to Simon O'Callaghan, Andrew Ball and Senior Constable Amanda Furness for their determination and precise actions in attempting to save the life of a fellow human being.

Certificate of Commendation presented to: David Eric Willersdorf

On 9 December, 2013, David Willersdorf and his father Ian, were carrying out sheep work at a property on the Hume Highway at Mount Adrah.

Ian was drafting the sheep and David was pushing them up from the back. They had been working steadily for about an hour when David looked at his father and saw that he was leaning backwards and then saw him let go of the gate and collapse to the ground. David jumped the fence to get to him, thinking that he may have fainted. When he reached him, he saw he was flat on his back, his eyes had rolled backwards and one of his arms had clenched up. David phoned emergency services and while he was on the phone to the operator, trying to give directions to where they were, he noticed his father's breathing started to slow to the point where he stopped breathing. While still talking to the operator, he commenced Cardiopulmonary Resuscitation (CPR) and continued for about 40 minutes until ambulance officers arrived. The ambulance officers continued CPR for a further 25 minutes trying to resuscitate Ian.

High Commendations are awarded to David Willersdorf for acting without hesitation to help his father. This was an extremely stressful and upsetting situation and he did his utmost to preserve his father's life.



Jemma Hodgman

**New South Wales Police Award presented to:
Senior Constable Shane Middleton**

**Certificate of Commendation presented to:
Jemma Hodgman**



Senior Constable
Shane Middleton

On 9 February, 2013 Senior Constable Shane Middleton was off duty and walking past Wee Waa local pool when he heard a woman screaming and running in the pool grounds carrying a child in her arms. The 16 month old girl had been found face down in the pool. Senior Constable Middleton immediately ran to assist and checking the child's vital signs, found her to have a glazed expression and to be unresponsive. He took control and placing her on the ground cleared her airway. He commenced Cardiopulmonary Resuscitation (CPR) and lifeguard Jemma Hodgman came to assist with a defibrillator. After several compressions, Jemma checked the child and the defibrillator indicated there was still a heart beat, however no breathing. Senior Constable Middleton continued with Expired Air Resuscitation (EAR) and the child began to vomit some fluid and foodstuffs from her mouth. He continued with his efforts by clearing her airway and administering first aid and then the child coughed and cried slightly and the child's lungs began to expand and contract. He immediately picked her up and ran to the Wee Waa Hospital, 100 metres away. She was admitted overnight for observation and made a full recovery.

High Commendations are awarded to Jemma Hodgman and Senior constable Shane Middleton. Their swift selfless actions definitely saved the life of this little girl.



Senior Constable
Daryl Doughty

**New South Wales Police Award presented to:
Senior Constable Daryl Doughty**

**Certificate of Commendation presented to:
Avtar Singh**

On 13 March, 2012, Senior Constable Daryl Doughty was driving back to Henty when he noticed two vehicles parked on the side of the road. As he approached he noticed a man lying on the gravel beside the roadway with two ladies by his side and Avtar Singh was waving frantically at him to stop.

The man had been in the car with his wife and daughter and complaining of feeling ill and suffering chest pains, asked his daughter to stop. She stopped the car and he got out of the car, leaned on the bonnet and collapsed to the ground. Avtar Singh had been driving past also and stopped to see if he could help. Avtar immediately phoned emergency services and after speaking with the operator commenced Cardiopulmonary Resuscitation (CPR). He continued CPR until Senior Constable Daryl Doughty arrived who then relieved him and took over CPR which he continued for approximately 20 minutes until the arrival of an ambulance. Ambulance officers stabilised the man who had apparently suffered a heart attack and transported him to Albury Base Hospital.

High Commendations are awarded to Senior Constable Daryl Doughty and Avtar Singh. This was an extremely stressful and upsetting situation and together they took control and did their utmost to preserve the life of a fellow human being.

New South Wales Police Award presented to: Senior Constable Jason Lambert

Certificate of Commendation presented to: Cassindra Gilby

On 13 December, 2012, Cassindra Gilby found her partner hanging by an extension cord from a rafter in the kitchen of their home. She immediately cut the cord and he fell to the floor. Checking his vital signs, she realised he was unconscious, not breathing and his tongue was swollen blocking his airway. She cleared his airway and commenced Expired Air Resuscitation (EAR) at which point he regained consciousness and started to breathe. Cassindra then phoned emergency services.

Senior Constable Lambert arrived a short time later and found the victim lying on the kitchen floor. At this time he had lost consciousness again, had no pulse and was not breathing. He commenced Cardiopulmonary Resuscitation (CPR) and after about 30 chest compressions the patient has regained consciousness. Ambulance officers arrived shortly after and treated the patient at the scene, conveying him to John Hunter Hospital for further treatment. The patient made a full recovery.

High Commendations are awarded to Senior Constable Jason Lambert and Cassindra Gilby. Their quick actions and response to the incident has undoubtedly saved the life of the male person.

NSW Police Award presented to: Senior Constable Rebecca Pope and Constable Peter King

About 8.30pm on 8 December, 2012, Senior Constable Pope and Constable King responded to a concern for welfare call in relation to a male that had threatened to hang himself with a rope at a unit in Mosman.

Upon arrival at the unit block, a search of the rooms was conducted, failing to find the male. The search continued to the rear yard of the premises where Constable King located the male hanging by his neck from a rope attached to a small tin roof. He took out his pocket knife and with the assistance of Senior Constable Pope, cut the male down. At that time, the male was grey, had no pulse and did not appear to be breathing. He was cold to touch and had a pale expression. Senior Constable Pope and Constable King took immediate action and commenced Cardiopulmonary Resuscitation (CPR). After a period of time, the male began to show signs of life in that he began to breathe and his circulation returned. The male was placed in the recovery position and monitored by the officers until the arrival of NSW Ambulance. The male was conveyed to hospital by ambulance where he was provided with ongoing treatment and he later regained unimpaired functioning.

High Commendations are awarded to Senior Constable Rebecca Pope and Constable Peter King. There is little doubt that had the officers not acted in such a timely and highly professional manner, the male would not have survived the incident.



Senior Constable
James Adams



Senior Constable
Susan Coleman

NSW Police Award presented to: Senior Constable James Adams and Senior Constable Susan Coleman

About 6.00pm on 27 September, 2012, Senior Constable James Adams and Senior Constable Susan Coleman were patrolling the Willowbend Caravan Park in Wentworth. They were flagged down by the manager of the park and alerted to an elderly male who had gone into cardiac arrest and had stopped breathing.

The male was lying on the ground with his head being cradled by his elderly wife and the officers saw that he was pale, having difficulty breathing and beginning to turn blue. Senior Constable Adams called for the urgent attendance of an ambulance via police radio. Senior Constable Coleman felt the male's neck for a pulse, however was unable to detect one and saw that he had stopped breathing and was going limp. Senior Constable Adams commenced Cardiopulmonary Resuscitation (CPR) and after several compressions, the patient began shallow breathing and blinking his eyes so he was placed in the recovery position. However, Senior Constable Coleman again felt for a pulse and was again unable to locate one. Senior Constable Adams continued with CPR and the patient appeared to be responsive but then lapsed into unconsciousness a further seven times. This pattern continued until the ambulance arrived a short time later. Senior Constable Coleman took over CPR under the guidance of ambulance officers while they placed an oxygen mask on the man's face and placed a defibrillator device on his chest. After a shock from the defibrillator, he regained a strong pulse and was placed on to a stretcher into the back of the ambulance. Senior Constable Adams then drove the ambulance to Mildura Base Hospital while ambulance officers continued working on the patient. Senior Constable Coleman followed in the police vehicle with the patient's wife.

High Commendations are awarded to Senior Constable James Adams and Senior Constable Susan Coleman. The treating doctor at the hospital commented that their initial actions at the scene most definitely attributed to saving the life of the elderly male.



Detective Senior
Constable Scott Whale

NSW Police Award presented to: Sergeant Darryl Conroy, Detective Senior Constable Scott Whale and Constable Simon Gairns

At approximately 10.00pm on 6 September, 2012, Sergeant Darryl Conroy, Detective Senior Constable Scott Whale and Constable Simon Gairns were called to investigate a violent domestic argument at a home in Dean Park.

An argument had developed between a mother and father and one of their sons. A second son had tried to intervene and calm the situation down, when his brother has gone into his bedroom and reappeared with a samurai sword. He then struck his mother several times in the torso and back and she has fallen on to the floor of the laundry. Upon the arrival of police the offender was arrested and the samurai sword secured and police immediately commenced Cardiopulmonary Resuscitation (CPR) on the victim's bloodied body to try to preserve her life. All three police officers took turns to perform CPR until ambulance officers arrived. The officers performed first aid with the distressed family members screaming and yelling in the background. They also had to face the significant wounds to the victim who was covered in blood and had a large amount of blood around her body.

High Commendations are awarded to Sergeant Darryl Conroy, Detective Senior Constable Scott Whale and Constable Simon Gairns for their brave actions and efforts to save a life and prevent further injuries to other family members.



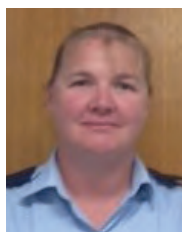
Leading Senior
Constable
Richard Pearce

Certificate of Commendation presented to:

Tristan Kilpatrick

NSW Police Award presented to:

Leading Senior Constable Richard Pearce, Senior Constable Emma Tubman and Constable Emily Chisholm-Watson



Senior Constable
Emma Tubman



Constable Emily
Chisholm-Watson

About 6.37pm on the evening of Tuesday, 30 October, 2012, Tristan Kilpatrick was driving in a southerly direction on Gilmore Road, Queanbeyan when a trail bike travelling at excessive speed failed to take a left hand bend and crossed directly into the path of his vehicle. A serious accident has occurred with the rider of the motorbike being thrown 20 metres from the point of impact suffering an amputation of his right leg below the hip and compound fractures of his right arm.

Tristan Kilpatrick immediately telephoned for emergency services and rendered assistance to the rider. He recognised the need to immediately stem blood loss and obtained the tie down strap from the rear of his utility. Senior Constable Emma Tubman and Constable Emily Chisholm-Watson arrived at the scene to find the rider lying in a pool of blood, in an extremely distressed state. Leading Senior Constable Pearce had arrived on the scene moments later and together with Senior Constable Tubman applied the life saving tourniquet holding and lifting the rider's injured upper right leg. They then applied bandages to his leg and arm to prevent blood loss and protect the wounds. Constable Chisholm-Watson provided first aid and both Leading Senior Constable Pearce and Senior Constable Tubman then bandaged and recovered the severed limb from the roadway before gathering information from witnesses. Upon arrival of paramedics, the rider was

treated at the scene and then conveyed to Canberra Hospital in a serious but stable condition.

High Commendations are awarded to Tristan Kilpatrick, Leading Senior Constable Richard Pearce, Senior Constable Emma Tubman and Constable Emily Chisholm-Watson. Immediate first aid applied to the victim in this tragic situation controlled the haemorrhage and undoubtedly saved the victim's life at the scene.



Senior Constable
Gerald Frogley

NSW Police Award presented to:

Senior Constable Gerald Frogley

On Monday, 2 December, 2013 Senior Constable Gerald Frogley was off duty and while stopped at an intersection in Lambton witnessed a vehicle travel across the intersection mounting the kerb and colliding with a power pole.

Senior Constable Frogley immediately went to assist and found an elderly driver slumped over the steering wheel with a very faint pulse. He helped the victim's wife out of the vehicle and reclined the driver's seat. On checking the victim's vital signs he found that the victim's eyes were unresponsive and his lips were blue. He detected a faint pulse, however the victim was not breathing. Senior Constable Frogley commenced Cardiopulmonary Resuscitation (CPR) and continued until emergency services arrived. Ambulance officers stabilised the elderly driver before transporting him to the Mater Hospital where it was confirmed that he had suffered a heart attack.

High Commendations are awarded to Senior Constable Gerald Frogley for his swift action in administering vital first aid which was responsible for saving the life of this elderly man who subsequently made a full recovery.



Chief Superintendent
Adam Whyte



Superintendent
David Donohue



Detective
Superintendent
Michael Willing

NSW Police Award presented to:

Chief Superintendent Adam Whyte, Superintendent David Donohue, Superintendent Stephen Egginton and Detective Superintendent Michael Willing

About 10.30am on Friday, 25 March, 2011, the Commissioner's Driver, was at work in the Police Executive Offices in Sydney when he collapsed to the ground and suffered a suspected cardiac arrest.

His colleagues, Chief Superintendent Adam Whyte, Superintendent David Donohue, Superintendent Stephen Egginton and Detective Superintendent Michael Willing immediately ran to his aid and checked for vital signs. The patient was unconscious, not breathing and had a very weak pulse. Emergency Services were called and together the officers commenced Expired Air Resuscitation (EAR) and External Cardiac Compressions (ECC). They continued applying Cardiopulmonary Resuscitation (CPR) in rotation until ambulance officers arrived some time later and continued while a defibrillator was prepared. Ambulance officers then took over and continued CPR while transporting the patient to St Vincent's Hospital approximately one hour later.

High Commendations are awarded to Chief Superintendent Adam Whyte, Superintendent David Donohue, Superintendent Stephen Egginton and Detective Superintendent Michael Willing. They showed great professionalism and dedication in rendering life saving assistance in the attempt to save the life of one of their colleagues in what must have been an extremely traumatic and distressing situation.



Sergeant
Shane Brown



Senior Constable
Caine Wells

NSW Police Award presented to:

Sergeant Shane Brown and Senior Constable Caine Wells

On Monday, 22 July, 2013 Sergeant Shane Brown and Senior Constable Wells were working together when an urgent job was broadcast in relation to a stabbing.

Sergeant Brown and Senior Constable Wells responded without hesitation and arrived as one of the initial responding vehicles. Upon arrival at the scene they were faced with an horrific incident whereby a young female person has been stabbed in the neck by her partner who has subsequently cut and stabbed himself in the throat and still had the weapon lodged in his neck. Upon arrival they immediately assessed the scene and saw a male lying in a pool of blood with a knife protruding from his neck and a female with a neck wound that was bleeding profusely. She was being tended to by a woman who was trying to stop the flow of blood with towels. The female appeared not to be breathing and after checking her pulse, Sergeant Brown and Senior Constable Wells immediately commenced Cardiopulmonary Resuscitation (CPR) and continued until ambulance officers arrived and the victim could be transported to hospital.

High Commendations are awarded to Sergeant Shane Brown and Senior Constable Caine Wells. During the incident both officers became covered in blood and bodily fluids. Despite the horrific nature of the environment and being blood soaked they continued to perform their duties in a completely selfless manner.



Senior Constable
Grace Kathryn
Richards

NSW Police Award presented to: Senior Constable Grace Kathryn Richards

On Monday, 8 April, 2013, Senior Constable Grace Kathryn Richards responded to a radio message regarding a five month old child not breathing at a residence in Villawood.

Upon entering the house Constable Richards saw an infant approximately four to five months old lying in the middle of the lounge room floor. The infant was wearing a disposable nappy and no other items of clothing. She immediately went to the infant and could see that she was not breathing and her eyes were closed. She felt underneath her chin to check for a pulse. She could not feel a pulse and she could not feel her breathing. Senior Constable Richards commenced Cardiopulmonary Resuscitation (CPR) and continued for about 5 minutes until ambulance officers arrived on the scene. She was instructed to stop CPR while they checked for vital signs and then requested to continue External Cardiac Compressions (ECC). After conducting a number of procedures the infant was conveyed to the ambulance where Senior Constable Richards continued CPR until she was relieved by an ambulance officer. Senior Constable Richards then escorted the ambulance to Liverpool Hospital.

High Commendations are awarded to Senior Constable Grace Kathryn Richards whose actions were outstanding. Faced with significant trauma she focused and did all possible to save the life of this infant both prior to and during the attendance of paramedics.



Leading Senior
Constable
Shanelle Trevillian

NSW Police Award presented to: Leading Senior Constable Shanelle Trevillian and Leading Senior Constable Christopher Lockett

Approximately 2.45pm on Saturday 4 August, 2012, Leading Senior Constable Shanelle Trevillian and Leading Senior Constable Christopher Lockett were called to a motor cycle accident near 'the Candy', Broken Hill. The Candy is a popular motorcycle area that dirt bike riders use and consists of numerous trails and jumps. Throughout the afternoon two young school friends have ridden their motorcycles around the numerous dirt trails. About 2.40pm one was riding in a westerly direction and the other in an easterly direction on the same dirt road and they collided head on at approximately 80 kph resulting in serious injuries to both riders.



Leading Senior
Constable
Christopher Lockett

Friends immediately contacted emergency services and Leading Senior Constables Trevillian and Lockett were among the first to arrive. One of the young males had suffered severe trauma to the chest area resulting in cardiac arrest. Leading Senior Constable Trevillian, on checking his vital signs and finding only a weak pulse and no breathing, commenced Cardiopulmonary Resuscitation (CPR) in an attempt to

keep him alive until ambulance officers arrived. She then escorted the ambulance to Broken Hill Base Hospital under lights and sirens.

The second young male had serious compound fractures to his left leg and needed urgent assistance. Leading Senior Constable Lockett made every effort to keep the young person as calm as possible until ambulance crews could take over from him on their arrival. The young male was screaming and in obvious pain. One of his legs was seriously injured and he could not move his right arm. Lockett assisted the ambulance officer in straightening and splinting his leg before placing him in the ambulance and conveying him to hospital.

High Commendations are awarded to Leading Senior Constable Shanelle Trevillian and Leading Senior Constable Christopher Lockett for showing great professionalism and skill. Dealing with accident victims can be traumatic especially when they are only 15 and 16 years old and have horrific injuries.



Senior Deputy Captain
Joshua Sheedy

**Certificates of Commendation presented to:
Maria Tosone and Andrew Cochrane**

**Rural Fire Service Award presented to:
Senior Deputy Captain Joshua Sheedy**

**Fire & Rescue NSW Award presented to:
Qualified Firefighter George Cheeke and Qualified Firefighter Lloyd Mulder**



Qualified Firefighter
George Cheeke

On 1 October, 2013, Maria Tosone and Andrew Cochrane heard a loud crash followed by an explosion. A petrol tanker carrying 18,000 litres of petrol travelling east on Mona Vale Road had hit a number of other vehicles, overturned and spilled petrol which ignited. Burning fuel threatened to engulf a number of vehicles downhill and it was unclear whether people were inside. Without any thoughts for their own safety, Ms Tosone and Mr Cochrane ran to one of the cars which had been impacted and was in the path of a running fuel fire. The shocked occupants were having difficulty escaping. They assisted two women from the vehicle before it was engulfed in flames.



Qualified Firefighter
Lloyd Mulder

As Qualified Firefighters George Cheeke and Lloyd Mulder arrived at the scene, a bystander yelled "there's someone in there" and pointed towards a flaming, disorientated man crawling towards the fire. Without hesitation they donned breathing apparatus and ran towards him. He was so badly injured they couldn't move him so began first aid while the fire raged around them. Senior Deputy Captain Joshua Sheedy provided support to the Firefighters amongst the burning fuel and explosions. He worked in a team under extremely stressful and dangerous circumstances surrounded by burning fuel and bush in close proximity

to the upturned tanker that was leaking fuel. The men worked tirelessly until paramedics arrived 15 minutes later, however the man, who had burns to 100% of his body, could not be saved.

High Commendations are awarded to Maria Tosone, Andrew Cochrane, Senior Deputy Captain Joshua Sheedy, Qualified Firefighter George Cheeke and Qualified Firefighter Lloyd Mulder. Their actions were exemplary and they worked hard to try and save a man under extremely stressful and dangerous circumstances. Their efforts were caring and professional, they never gave up.



Staff of Royal Life Saving NSW Branch at the Commendations Ceremony

Registrar's Report

The 2014-15 Club and Competition season was another enjoyable year for clubs & their members. Six clubs competed in the Interclub competition with membership being drawn from across Sydney, the Central coast, the Illawarra & lower Blue Mountains areas. All clubs updated awards in readiness for competition and held regular training sessions.

Interclub carnivals were held in the river at Woronora which gave competitors experience in changing conditions, as well as local pools at Engadine, Enfield and the Hills. The carnivals provide not only an opportunity to compete they also are a time to socialise with friends made from other clubs.

At the end of the season the capitated membership (competitive and non-competitive) was as follows:

Enfield	56	Engadine	13
The Hills	64	Port Hacking	17
Seven Hills (ASTA)	55	Woronora	15

The majority of club members compete, however not all members chose this option. There are those who support as officials, committee members, delegates to Club and Competition, examiners and coaches. Some members interests lie in achieving an award (such as Resuscitation, Bronze Medallion) appropriate to their needs and ability.

A two day coaching course was held at Stanwell Tops and Engadine on November 29-30. Congratulations to those who successfully completed the course. In conjunction with this course a one day lifesaving skills clinic with leadership & team building activities was held on the 30 for younger members. The aim was to enhance their skills and those of developing coaches. Everyone appreciated the input of experienced senior coaches. It was a most enjoyable learning experience.

This year Hobart, Tasmania was the venue for the Australian Pool Lifesaving Championships held on January 14-17. The NSW State Team performed very well under the supervision of Andrew Bowden as coach and Max Gonzalez as manager. Some outstanding results were achieved in the pool, CPR and SERC (Simulated Emergency Rescue Competition) events by members of the State team. Congratulations to all competitors from the State team as well as members of club teams who also attended the meet. Thank you to NSW officials whose hard work supported this Championship.

This season the NSW State Pool Lifesaving Championships and SERC (Simulated Emergency Rescue Competition) were both held in March. The pool Championship returned to Granville on March 23-24. Records continued to be broken throughout the competition. Officials and parents showed their support with skill, flexibility and patience. Thank you for your efforts. Special thanks to the Race Secretary, Eion McCrindle and recorders Geoff Grey and Barbara Hanley.

ASTA (Aquatic Safety Training Academy) once again provided the venue for the SERC (Simulated Emergency Rescue Competition) on March 29. The competitive scenarios were challenging for all teams and individuals. The events were interesting and fun to watch. Thank you to all the patients who played their role so well. Thank you also to both the new and experienced officials who rose to the challenge.

The NSW State Presentation returned to Burwood RSL on May 30. Special guests were Jim Whiteside, President of the Board RLSSA NSW, David Macallister, CEO NSW and Leane Macallister, Competitor Liaison Officer who were welcomed by the MC, Steve Williams. There was a continuous buzz of excitement throughout the evening especially as junior members were presented with their trophies, medals or certificates. Congratulations to all who broke records, won or placed in events or performed their best.

Special thanks to Melanie Williams, Sandra Richardson and Denise Williams for your assistance setting up the presentation tables. Many thanks also to Leane Macallister and Roz Grey for their input with organisation. A wonderful team effort to reach the goal.

I would like to acknowledge the major role that Roz Grey has played as Chairperson of the Club and Competition Committee. Roz's tireless work has helped raise the standard of documentation which will flow through to the competitive level of our sport. While not quite retiring Roz has decided to pursue some different interests with RLSSA NSW. The various club delegates thank Roz for her leadership throughout her years of service to the committee.

We look forward to another season of lifesaving in 2015-16 and the highlights it may bring.

Scherie McDonell

NSW State Registrar



2015 Australian Pool Life Saving Championships

Hobart Aquatic Centre, Hobart 16th - 18th January 2015



I am pleased to advise the NSW State team performed extremely well at this year's RLSSA National Pool Lifesaving Championships and I would like to present this report to the members of Royal Life Saving.

As the athletes are seasoned competitors and at an elite level it was decided by the Manager, Coach and Club and Competition Committee that the The Royal Life Saving NSW State team for the 2015 National Championships would be selected by a number of methods including; times gained over the previous 12 months at sanctioned events, selection time trials and other official meets from various like organisations.

I would like to take this opportunity to thank Melanie Williams and Blake McCrindle for being the state selectors along with NSW Coach, Andrew Bowden who did a great job selecting some exceptional athletes for our team.

The team had input into their uniform this year which included appropriate and quality attire for competition, an outfit for in and around the pool and a basic but smart outfit for the presentation night. They looked and performed very well and were the envy of other teams.

The team were accommodated at the University of Tasmania (UTAS) which housed both the male and female team members separately in clean and spacious quarters with separate living areas allowing for team meetings, etc. This area was great for building team bonding and comradeship.

With regard to the Championships the actual meet was once again conducted professionally and overall ran smoothly. The NSW team were the overall champions of the meet with several NSW athletes offered positions on the various national squads. From the teams perspective the highlight of the championships took place on the last day of competition where the NSW team won all five relays. A great team effort.

On behalf of the Management Team of Andrew Bowden (NSW State Team Coach), Brooke Sellings (NSW State Team Chaperone) and myself, I would like to offer a massive congratulations to the team on a fantastic result.

I would like to conclude my report by thanking all those people who supported both myself in the role of Manager and the team. My thank you obviously extends to parent, friends and RLS clubs but especially Roz Grey, Emma McMillan, Leane Macallister, Melanie and Steve Williams, Sandra Richardson, Felysia Konakoff, Blake McCrindle, Kerry Armstrong, Sandy Collins, Brooke Sellings and of course the NSW State Team Coach, Andrew Bowden.

Max Gonzalez

NSW State Team Manager



2015 Australian Pool Life Saving Championships

The following members were selected for representation in the New South Wales Interstate Team

UNDER 16	UNDER 19	OPEN LADIES	OPEN MENS	COACH	MANAGER
Jemma Smith	Samantha King	Ela Heiniger	Tim Schofield	Andrew Bowden	Max Gonzales
Phillipa Emery	Claire Gaffney	Brittany Stoker	Keelan Bridge	RESERVES	
Jake Evans	Corey Fletcher	Georgia Cairncross	Scott Fisher	Ethan Garland	
Callum Lowe-Griffiths	Josh Brown	Jessica Collins	Tom Simpson		

2015 National Lifesaving Championship Results

Men's Under 14 Individual Overall Championship 1. Alec Hende (Vic Development) 2. Drew Green (Vic Development) 3. Thomas Dale (Vic Development)	Women's Under 19 Individual Overall Championship 1. Prue Davies (QLD) 2. Leah Jones (QLD) 3. Kamika Huynh (SA)	Men's Over 45 Individual Overall Championship 1. Daniel Harding (Hills LSC) 2. George Quine (VIC Ind) 3. Mark Fitzsimmons (NT Ind)
Women's Under 14 Individual Overall Championship 1. Madison Howe (Vic Development) 2. Caitlyn Huell (Vic Development) 3. Ella Chalmers (QLD Ind)	Men's Open Individual Overall Championship 1. Tim Schofield (NSW) 2. Sam Bell (QLD) 3. Keelan Bridge (NSW)	Women's Over 45 Individual Overall Championship 1. Jenny Whiteley (Hills LSC) 2. Meryl Churchill (Hills LSC)
Men's Under 16 Individual Overall Championship 1. Callum Lowe-Griffiths (NSW) 2. James Petropolous (VIC) 3. Dominic Elliott (QLD)	Women's Open Individual Overall Championship 1. Mariah Jones (QLD) 2. Lisa Ferguson (VIC) 3. Ela Heiniger (NSW)	Men's Over 60 Overall Championship 1. Sing Ma (Royal Aquatic S&LSC)
Women's Under 16 Individual Overall Championship 1. Samantha Howe (VIC) 2. Jemma Smith (NSW) 3. Phillipa Emery (NSW)	Men's Over 30 Individual Overall Championship 1. Andrew Bowden (Hills LSC) 2. Troy Racklyeft (Enfield LSC) 3. Tony Stanley (Hills LSC)	Women's Over 60 Overall Championship 1. Gordana Kalanj (SA Ind)
Men's Under 19 Individual Overall Championship 1. Nick Myler (QLD) 2. Nik Green (QLD) 3. Josh Brown (NSW)	Women's Over 30 Individual Overall Championship 1. Nadene Hennessy-Rasmussen (QLD Ind) 2. Christine Kalogeras (SA Ind) 3. Felicity Cooper (TAS Ind)	
Interstate Women's Overall Championship 1. QLD 2. NSW 3. VIC	Interstate Overall Championship 1. NSW 2. QLD 3. VIC	Interstate Men's Overall Championship 1. NSW 2. QLD 3. VIC
Female Lifesaver of the Meet Samantha Howe (VIC)	Male Lifesaver of the Meet Andrew Bowden (Hills LSC)	Official of the Meet Sue Baxter-Winch

Enfield Life Saving Club

The 2014/2015 season was another successful season for Enfield Lifesaving Club and our members. Our numbers remained strong with our solid core memberships continuing and also with several new and enthusiastic members joining the club this season.



Summary of Awards achieved by our members this season:

Resuscitation	1
Swim and Survive	16
Bronze Star	7
Bronze Medallion	21
Bronze Cross	4

Interclub Carnivals and NSW State Championships

Enfield hosted its annual club carnival on 22 February 2015 and was well attended by competitors from several clubs. Enfield club members came out in force and numbers and the carnival was a great success. Thank you to all the parents and officials from all clubs who assisted on the day.

Throughout the season, the Enfield competitors maintained a strong presence at interclub carnivals and can once again be proud of their level of participation and achievement. Enfield members always show great sportsmanship and are always striving to achieve their best.

The Enfield Lifesavers were successful at the Royal Life Saving Society State Presentation winning the following awards and trophies:

- Roth Shield awarded to Enfield Lifesaving Club for Overall Club SERC Point Score
- The Ampol Cup awarded to Enfield Lifesaving Club for Restricted Four Person Team SERC
- The Fowler Shield awarded to Rowan Castro for Mens Open Individual SERC
- The Robert Wood Memorial Trophy awarded to Mark Williams for U/16 Mens Individual SERC
- The Auburn LSC Trophy awarded to Aodhan Hannigan for U/19 Mens Individual SERC
- The Auburn LSC Trophy awarded to Alana Castro for U/19 Ladies Individual SERC
- The McLennan Shield awarded to Nathan Langborne for 12-13 Boys Line Throw
- The Sue Gilmore Memorial Trophy awarded to Enfield Lifesaving for U/12 Manikin Relay
- Derek Emery Memorial Trophy awarded to Rowan Castro for outstanding service promoting pool lifesaving within the community

An outstanding effort by the Enfield Lifesavers and its fantastic to see the members remaining strong in the SERC competition.



State Presentation Awards



Jodi McKay MP at ELSC Club Presentation



ELSC Team Photo

Australian Pool Life Saving Championships 2015

The Australian Pool Life Saving Championships 2015 was held in Hobart and a team of 14 Enfield Lifesavers travelled to Tasmania to compete. Congratulations to all members who competed and achieved personal bests in speed events. Highlights were several of our members winning the following medals.

Open SERC Team – Silver Medal

Troy Rackyleft
Dominic Goodyer
Steven Williams
Richard Bock



Aodhan Hannigan

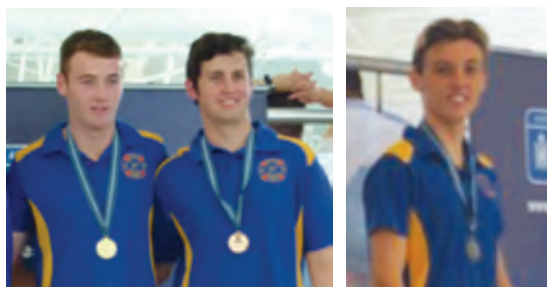
Mens U/19 Line Throw – Gold Medal
Mens U/19 CPR – Silver Medal

Dominic Goodyer

Mens U/19 Line Throw – Bronze Medal

Mark Williams

Mens U/16 Line Throw – Silver Medal



Stefanie Goodyer

Womens U/19 Line Throw – Bronze Medal

Nikita McEwen

Womens U/16 CPR – Silver Medal

Richard Bock

Mens 30 & Over Line Throw – Silver Medal



Troy Rackyleft

Mens 30 and Over Obstacles – Bronze Medal
Mens 30 & Over 100m Manikin Tow – Silver Medal
Mens 30 & Over 100m Manikin Carry – Silver Medal
Mens 30 & Over 50m Manikin Carry – Bronze Medal
Mens 30 & Over Line Throw – Gold Medal

Our Team Managers, Julie Stralow and Janine Hannigan, did a terrific job keeping our competitors organised during all the carnivals and at Nationals. Our Team Captains, Aodhan Hannigan and Stefanie Goodyer, put in a great effort throughout the season.

Thank you to the Enfield Life Saving Club Committee: President - Denise Williams; Treasurer - Janine Hannigan and Executive Committee Members - Mavi Giacomello, Scherie McDonell and Carol Baglin, for their continued and valued commitment. We thank our coaches and instructors Carol Baglin, Julie Stralow, Denise Williams and Scherie McDonell for all their hard work and dedication.

Finally, a huge thank you to all our members and their families for their support and commitment. We have had a very successful season with outstanding results and everyone should take pride in their achievements and dedication to the sport, both in and out of the pool.

Trish McEwen

Club Secretary

The Hills Swimming and Lifesaving Club

The 2014 – 2015 season was one where we continued build on our previous achievements and successes. Our numbers were slightly lower but our returning and new members were enthusiastic not only in completing their Royal Life Saving Award but also by competing at the interclub carnivals and State Championships.

Interclub Carnivals and NSW State Championships

The Hills hosted its 35th Annual Life Saving Carnival with competitors attending from the other metropolitan clubs. This carnival was won by the strong contingent of Hills swimmers. Thank you to the parents who assisted on the day.

The Hills Lifesavers were again successful at this year's Royal Life Saving Society State Presentation. The Life Saving section of The Hills Swimming & Life Saving Club won the Society Centenary Shield for the overall winner at the State Championships with a total of 279 points. The next highest club on 169 points was Enfield.

Individual State Champions were: Teana Hodgers & Noah Akhigbe (8-9 yrs), Lachlan Willett (10-11 yrs), Jessica Windsor & Jordan Hodgers (12-13yrs), Callum Lowe-Griffiths (U/16), Josh Brown (U/19), Andrew Bowden (30-44 yrs) and Melanie Williams & Daniel Harding (45 & over).

The club also won the overall Point Score Champion of the Season winning the Judge Harvey Prior Memorial Trophy with 442 points. This the ninth consecutive win for The Hills and the thirteenth win in fourteen years.

Overall Interclub Pointscore Champions were: Jess Windsor & Sam Knight (12 - 13yrs), Rachel Cooper (U/16), Mitch Musarra (U/19), Ben Fishburn (Open), Andrew Bowden (30-44yrs) and Daniel Harding and Melanie Williams (45+ yrs).

Many State records as can be seen below were broken by Hills members this year.

Teana Hodgers	8-9 Girls 50 M Tow With Fins & Tube	34.00
Lachlan Willett	10-11 Boys Line Throw	15.69
Jemma Smith	U/16 Ladies 200m Super Lifesaver	2.50.28
Mitchell Musarra	U/19 Men's 100m Manikin Carry With Fins	55.72
Rachel Wood	U/16 Ladies Obstacles	2.24.47
Joshua Brown	U/19 Men's 50m Manikin Carry	34.53
Andrew Bowden	30-44 Men's Obstacles	1.00.66
	30-44 Men's 100m Tow With Fins & Tube	1.01.75
	30-44 Men's 200m Manikin Carry With Fins	53.13
	30-44 Men's 50 M Manikin Carry	33.85

Thank you to all those lifesavers who competed for our club throughout the season and at the State Championships. Each and every member helped us to achieve these great results both at the State Championships as well as throughout the season. Congratulations and keep up the good work.

Thank you also to the support team composed of Sandra Richardson, Tony Stanley, Pam Stanley, Graham Taylor, Steve Williams and Norm Stanley for their continued commitment, assistance and dedication. We also need our "parent" workforce so thank you for your support throughout the season.

Australian Pool Life Saving Championships 2015

Twenty-four Hills members competed at the Australian Pool Life Saving Championships 2015 at the Hobart Aquatic Centre, Tasmania. Our medal tally was 67 gold, 44 silver and 18 bronze.

Callum Lowe-Griffiths, Jemma Smith, Josh Brown, Corey Fletcher, Claire Gaffney, Tim Schofield, Keelan Bridge, Tom Simpson and Jess Collins competed in the NSW state team while Mitchell & Karli Musarra, Ben Fishburn, Mathew Knight, Jenny Whiteley, Meryl Churchill, Daniel Harding, Tony Stanley, Tiarna & Talisha Jones, Andrew Bowden and Max Gonzales competed in The Hills team with Jess Windsor, Sam Knight and Jordan Hodgers competing in the U/14 competition and some U/16 events.

Hills members' Andrew Bowden and Max Gonzales were NSW State Team Coach and State Team Manager respectively. NSW won the overall championship by 40 points.

There were some outstanding results with placings in the overall rankings.

Callum Lowe-Griffiths won the U/16 male champion winning the George F Stacey Memorial Trophy as well as the Mens Junior Australia Cup with the Dr Ian Mackie Memorial Trophy. Callum was selected on the Junior Barras team along with Jemma Smith who came 2nd in the overall female U/16 competition.

In the U/19 competition, overall rankings were Josh Brown 3rd, Corey Fletcher 4th and Mitchell Musarra 5th with Corey and Mitch selected on the Silver Barras Team. Josh also won the Mens Under 19 Australia Cup.

Tim Schofield came equal 1st in the Open males winning the Trenchard Millar Trophy with Keelan Bridge coming 3rd overall. Tim, Keelan, Tom Simpson and Jess Collins were selected in the train-on squad for the Aussie Barras.

Andrew Bowden came 1st in the Over 30s winning the Iris Cribb Trophy with Tony Stanley coming 3rd. Andrew also won the Male Lifesaver of the Meet with 4 individual gold medals, 4 national records and 5 championship records – an excellent achievement.

Jenny Whiteley won the overall 45-59 yrs winning the Frank Henry Trophy while Meryl Churchill came 2nd. Jenny also broke 2 world records in the 55-59 yrs (to be ratified).

Daniel Harding came 1st in the overall 45-59 yrs winning the Cyril Crollick Memorial Trophy. He also broke 3 championship records.

A special mention for our young members, Jordan Hodgers (13 yrs), Sam Knight (13 yrs) and Karli Musarra (14 yrs) who were part of an exhibition SERC U/16 team winning the most points.

Another mention must go to all the Hills officials who worked hard throughout the competition: Steve Williams, Melanie Williams, Damian Hofman (CPR coordinator), Donna Fishburn, Penny Hodgers, Norm Stanley and Pam Stanley (SERC coordinator).

As so many of our members represent NSW on the State Team, we only have a small number representing the Hills, yet we still see Hills represented on the dais. This shows the great depth in our club with one member even selected on a representative national team without making the NSW state team.

Tuesday Nights

Thanks must also be extended to our Team of Instructors listed below for all their hard work throughout the season. The strength of the life saving program is due to their support every Tuesday night throughout the summer season.

Mathew Knight	Olivia Osborne	Alison Richardson
Cameron Smalley	Adam McAllister	Sandra Richardson
Damian Hofman	Steve Williams	Ben Fishburn

Thank you to the Life Saving Club Captains – Rachel Cooper and Mitch Musarra who both did an outstanding job this season.

In closing I would like to thank the Management and Staff at Waves Fitness & Aquatic Centre for their continued support of the Life Saving activities of the club.

Melanie Williams

The Hills S&LSC Life Saving Secretary



Hills 1 APLSC Team



Hills APLSC SERC Team



Hills State Representatives



Hills Training Clinic ►



Hills Under 12 State Representatives



Hills Under 16 State Representatives

Port Hacking Lifeguard Club

Taking over the reins from Gray Parkes is no easy feat, but 2014-2015 has been a season of breeding the next generation of pool lifesavers.

The 2014-2015 season kicked off with the World Rescue Championships in **Montpellier**, France.

Port Hacking had a huge Masters contingent which represented the club and the Royal Life Saving Society Australia with golden colours, finishing as the leading Australian Life Saving club after the pool competition. Port Hacking athletes finished with seven gold, four silver and five bronze medals, and every athlete who competed came home with a medal, outstanding achievements and a high bar set by our master competitors. The Port Hacking Lifeguard interclub team consisted of Sarah Hamilton, Jenny Whitely, Tiarna and Talisha Jones, Mitch Parkes and Luke Harper. Our team whilst not being a large team competed to the best of their ability in the pool competition and represented the club and the Society with distinction and class.

Port Hacking Lifeguard Club Masters Rescue 2014 Team:

Anni Gardiner, Elizabeth Pratt, Gray Parkes, Jenny Whiteley, Louise Vandergraf, Luke Harper, Mick Nolan, Shayne Baker and the support crew!!



Notable mentions and record breakers included:

Jenny Whiteley: with four individual gold medals, an individual bronze medal and two silver medals for the 4x50 Medley relay and 4x50 Obstacle relay and broke the RLSSA National Record in the Women's 55-59 12.5m Line Throw.

Gray Parkes: two bronze medals in the 50m Manikin Carry and 100m Manikin Tow in which he also broke a RLSSA National Record and a silver medal in the 200m Obstacles.

Luke Harper: Bronze in the 200m Obstacles and gold in the 50m Manikin Carry in which he also broke the Men's 30-34 RLSSA National Record.

Elizabeth Pratt who won an individual gold, silver and bronze and who was part of the two silver medal winning Women's 200+ teams for the 4x50 Medley and 4x50 Obstacle relays.

Louise Vandergraf: two silver medals in the Women's 200+ teams for the 4x50 Medley and 4x50 Obstacle relays.

Anni Gardiner: two silver medal in the Women's 200+ teams for the 4x50 Medley and 4x50 Obstacle relays.

Mick Nolan with patient Shayne Baker; Claiming gold in the Men's 55-59 12.5m Line Throw in a RLSSA National Record time of 18.05.

Following the masters, Ela Heiniger stepped up in the Australian Youth team. This team came away victorious taking out the Youth World Rescue Championships for 2014 and Ela personally finished with a swag of medals including her individual bronze medal in the 100m Rescue Medley.

The 2015 Australian Pool Lifesaving Championships

Port Hacking had a huge representative group in this year's State team for Nationals which were held in Hobart in January. Seven members were chosen on the travelling team. The NSW team was successful in withholding the title and as a club coach I was extremely proud of my kids who many experienced their first Royal Nationals. The State team representatives were: Ela Heiniger, Scott Fisher, Georgia Cairncross, Sam King, Philippa Emery, Jake Evans and Ethan Garland as a travelling reserve.



2015 NSW Championships

With a busy summer, we went into state championships with a few competitors down. The athletes that did compete represented with pride. Special mention to our under 19 relay team who stepped up to race in the opens and finished second in the medley relay by a finger nail.

2015 Representative teams

Athletes named in the Aussie Barra Squads for 2015 were selected from the Australian Pool Life Saving Championships.

In the Aussie Barras Squad: Scott Fisher and Ela Heiniger.

In the Under 16 Junior Barras: Philippa Emery.

2016 World Rescue Championship Youth Squad

After the recent surf lifesaving based pool nationals, three Port Hacking Lifeguard members have been added to the Australian Youth team squad for Worlds 2016: Ethan Garland, Sam King and Chris King.

What a roller coaster of a past year.

Words from Gray: Hi all Port Hacking Masters and supporters,

I would assume everyone has received the very sad news of the recent passing of Mick Nolan.

I have put together a few photographs to remember Mick and have included an exceptional poem written by one of Port Hacking's champion supporters (Frances Evans) in Mick's honour, thanks very much Frances for such an amazing piece of writing. Mick being knighted and anointed as a life member of Port Hacking Lifeguards atop of the mountain at Durnstein Castle, Austria, where Richard the Lion Heart was held prisoner for one year following the Crusades. (A tradition for a Port Hacking gold medallist at World Championships). I am sure everyone has their own very fond memories of our Mick. Below I have included **Frances' Evans poem**.



Port Hacking Knight, Mick Nolan and Gray Parkes at Durnstein Castle in Austria with the Danube River in the background.



Felysia and the team training at Sutherland Leisure Centre



Port Hacking Lifeguards would like to thank Sutherland Leisure Centre and the Sutherland Shire Council for their continued support with helping us with allocated lane space. Without this support the younger lifesavers, who are now exceeding all expectations would not have had the opportunity to train and progress their skills at such a quality facility.

Thank-you to the officials, C & C and Royal Lifesaving NSW who help run our state based carnivals, our athletes would not be where they are without your continued support.

Felysia Konakoff

Secretary

How a Legend was Born

A gracious man, a skinny - fit and happy man
With lovely Karen by his side
Plus passports by two and Euros a few
Boarded a Big Plane for the very first time.

His sights were set on a ILS comp
Which will showcase the World's lifesaving best.
The town was Montpellier in the country called France
A tiny town way down in the South.

Wearing the Medallion of the Society clan
Adorned with team uniform, and training achieved
All that was left was to swim and believe
To finish a race as a winning man.

The day arrived, the dream was here
He stood and waited for the start of the gun.
Into the pool with an accomplished plunge
The race of his life had now just begun.

With arms that pulled and legs that kicked
Up to the end and into the turn.
To hold the glide with seconds to think as
He knew the first 50 hadn't been great.

With a heart that was beating, fit to burst
His head went down, breathing was out.
Not even looking, just digging for grit
He was determined to finish - to win.

Touching at last, gasping for air
He turned to look - to see where he came.
Didn't he hear the roar from the Clan
Yelling that he was - 'the winning man'.

Mick the brave, with knowledge of fight
The race was his best and gold was the prize.
The medal and ribbon he wore with pride
Saw him proclaimed as a Port Hacking Knight.

Today is a sad one, with the loss of a man
A husband, a father, an athlete, a friend.
His World win's recorded, his name's in the book
He is a Legend in Lifesaving's lore.

Hail Sir Mickalot - Vale Mick Nolan.

Royal Aquatic Swimming & Lifesaving Club

In this first edition of our new Royal Australian Swimming and Life Saving Club (RASLSC) Management Committee report we will highlight some initiatives undertaken this season. We hope to continue building on what we have and work towards a brighter future for our club.

1. Lifesaving Programs

Working closely with centre management at Aquatic Safety Training Academy (ASTA) in Seven Hills, we have implemented coaching programs and competitive training sessions for our members. RASLSC would like to acknowledge the support of ASTA manager, Matt Griffiths, for the allocated hire of pool lane space for lifesaving training purposes. His continuous support has played a major role in our club's success and without him we would not be where we are today.

RASLSC members also acted as volunteer officials at the Annual NSW Lifeguard Challenge 2015 hosted at ASTA. The Challenge tested competitors' skills across a variety of lifesaving events, focusing on rescue and emergency care. The teams from across Sydney competed in events including the obstacle swim, manikin carry, line throw and a simulated emergency response scenario.

2. Competitive Lifesaving

We had a very successful season with members consistently attending all inter-club championships. This was great effort by all the competitors and coaches. Our members performed brilliantly across all various lifesaving disciplines, achieving amazing results throughout the year.

At the local Hills carnival we had our highest member attendance rate and also our best performance in the season.

Asia-Rose Charity and Teyana La Brooy came 1st and 2nd respectively in the Under 8's obstacle swim, Tiffany Teoh and Emily Kwa came 2nd & 3rd in the Under 9's obstacle swim. Our Under 14's obstacle relay team came in 3rd place in a very competitive race.

We performed equally well in the line throw event, where we achieved amazing results with Harrison Kwa and Glemma Chen both coming in 2nd place for their respective age groups. For the manikin carry event Kaylen La Brooy and Shu-Rong Yow picked up 2nd and 3rd for their races.

The team also achieved overall 4th place in a club challenge at the Woronora Carnival, a super effort by everyone involved.

Club captain Shu-Rong Yow and members Sing Ma and Glemma Chen also attended the NSW State Lifesaving Championships. The three put in their best efforts and achieved encouraging results, breaking many PBs in the process. Congratulations to Glemma & Shu Rong who both won medals. We had a team ranking of 4th for the female under 13 age group and 5th for the overall club championship. Many thanks to Roz Grey for organising intensive training sessions for our members last year, it definitely helped them obtain a great result. Also, congratulations to Sing Ma for competing at the Australian Pool Life Saving Championships 2015 held in Hobart.

3. Election of Committee Members

Many thanks and congratulations to Di Charity, Boon Hong, Terry Kwa, Jocelyn Shi, Set Moy Wong and Sing Ma who have joined as new members of the Management Committee. Our club can not function properly without the help of these volunteers and we are all grateful for your commitment.

Preparation for the new 2015/16 lifesaving season has been started by the new committee.

4. Special Mentions

We must acknowledge the work of our volunteers who have been so generous with their time and effort. Without them, our club will cease to function.

Further thanks are in order for the following people:

Thanks to Geoff Grey for his continuous support throughout the season. Not only did Geoff help us with changes to the formal constitution but he also helped manage our club's safety procedures including all the emergency contact records for our members.

Thank you Carol Baglin for acting as a volunteer coach for all the inter-club championships. All of our members are very appreciative of your efforts which have definitely improved our competitors' results.

We would also like to commend Alison Richardson for her professionalism as a first aid officer when she helped our club captain Shu Rong Yow after she sustained an injury at the Friday Club Night. Due to Alison's quick thinking and expertise, Shu Rong recovered quickly in a mere 2 weeks to compete at the State Championships.

Many thanks to the staff at Royal Life Saving NSW who have always been helpful and supportive. Further thanks to Leane and David Macallister, Matt Griffiths, Emma Macmillan, Roz Grey, Geoff Grey, Scherie McDonnell, Nicola Upton, Roz Hughes, Sandra & Alison Richardson, Ben Fishburn & Rowan Castro (our leading volunteer). Without your help and support over the past 3 years, we would never have made it this far, thank you!

Sing MA

Club Secretary

Royal Aquatic Swimming & Lifesaving Club

Woronora Life Saving And River Patrol Club

The 2014/2015 Season was another successful year for the Woronora Life Saving Club. Our little nippers have had an awesome season enjoying the chance to race, swim and generally have a great time while learning water safety techniques, developing water safety skills and learning how to be safe in their home environment, the Woronora River.

Woronora Life Saving and River Patrol Club was established in 1938 and since then has been providing a valuable service for the local community. The Club caters for children from 2 years to adults.

The 2014/2015 season saw the introduction of the Pink Hi-Viz vests to be worn during all club water activities. Also the Woronora Life Saving Club now has a website up and running:
www.woronoralifesavingclub.org.au



The club had over 200 members this season with most competing during Sunday 2pm pointscore activities and events. Age groups participated in beach sprint, beach flags, rescue throws, swimming or wade events, nipper board races and Iron person.

During the season some members gained Royal Life Saving Swim and Survive Awards, Bronze Star, Bronze Medallion, Resuscitation and Oxygen Resuscitation Awards.

In November 2014 the club had its annual Woronora Carnival Day. Once again it was a great day having other clubs attend. Our club wishes to thank all officials and volunteers who helped out, to make it such a successful day.

In February 2015 the club held its Club Championships Day. The end of season Presentation Day saw all children receive trophies for their participation and achievements throughout the season.



Clare Carroll
Secretary

Armidale & New England District Sub Branch

The sub branch has had a relatively quiet year. All schools have conducted lifesaving and water safety programs as part of their school curriculum. Nearly all these programs are conducted during Term 4 of the school year. While the high schools follow The Society's award program very few primary schools do. These schools use the Intensive swimming scheme offered by the Department of Education.

The abolition of the School Certificate has led to the public high schools winding back their programs as they were based on Year 10 students following this extra-curricular activity. The schools also found that although all the students completed a program suitable to their level of swimming ability only those who completed the higher awards actually purchased the awards.

The period for carrying out the various programs puts a lot of pressure on the Armidale Monckton Aquatic Centre as all schools need pool space. Pool manager Stephen Gollan and his staff must again be thanked for their help during this busy time. Stephen allows the schools to store equipment at the pool and also allows schools to use advanced equipment such as spinal boards and oxygen equipment which belong to the pool.

Staff from all the schools understand each other's programs and are always willing to share the pool space to allow the various activities involved in the awards to be carried out.

The sub branch has been active since 1949 and still has an active and enthusiastic membership. The annual general meeting had 15 members participating and there was no difficulty filling all the executive positions. David Mitchell was elected President. David has held this position continuously since 1986.



Armidale Equipment Officer at work

This season there were some new, younger people attend the AGM. This is encouraging because the trend that I have worried about in the last 2 annual reports of our membership in schools reaching retirement age and being lost to the sub branch as they pursue other interests.

I would like to convey my thanks to Stephen Gollan for assisting and organising the pool time for all the schools but for also carrying out instruction and examining members of the community in lifesaving and first aid awards. His availability has taken the responsibility off other member examiners to conduct these exams.

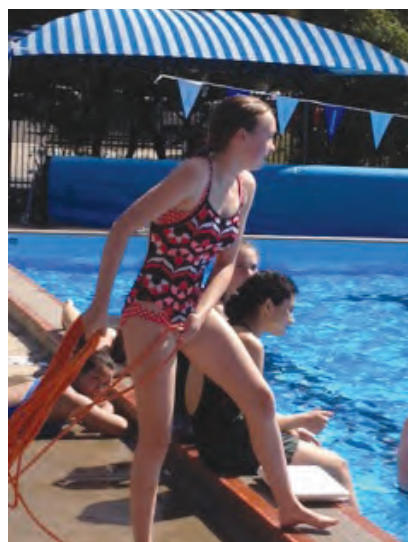
I would also like to thank Jason and Louise from the RLS NSW Northern Office in Coffs Harbour for all their assistance to me in supplying awards and information that will assist our members.

Peter Dooley

Secretary/Treasurer



Armidale High School Life Saving



PLC Armidale Lifesaving

Northern New England

The Sub Branch has had a very quiet season. Indifferent weather and illness among adults and children did not allow a great deal of lifesaving work to be carried out. Some teaching was carried out in the schools in the district but very little public extension was able to be done.

Alterations were made to the Glen Innes Swim Centre, but changes were made and remodelling of the various change rooms and sales centre prior to the opening of the pool in 2014. This included a lecture room which proved very useful during passing showers. The remodelling of the pool (33m) itself as planned would have made it almost useless being only 1.5 m deep all over. However sense prevailed and there are now 2 pools — 25m x13m and up to 2.4 m deep and a teaching pool 6m x 13m up to 1.4 m deep, both heated. The new centre will open in October 2015.

We would like to thank the Glen Innes Swim Centre and its manager for support and assistance during the past season and the Glen Innes Swimming Club for their support and use of facilities.

Thanks also goes to Jason Phillips and the staff at Northern Regional Office for their support and ready answers to any queries.

Thanks must go to swimmers (and parents) who have shown commitment in attending the vacation course.

The local newspaper, Glen Innes Examiner, provided valuable publicity for which we thank them.

Elizabeth Withers
President

Warwick Twigg
Secretary

Balranald and District Sub-Branch

During the 2014-2015 year, Balranald Central School, St Joseph Primary School and Preschool had training days involving First Aid and CPR for students, staff, community and other institutions. The training was implemented by the Borambula Wagga Wagga NSW Royal Life Saving Society and Mr Mick Dasey presented the courses. Training also happens in the classroom from Kindergarten, Primary and Secondary Classes and students are aware of the procedures if an incident arises.

The Balranald Pool Manager and Pool Lifeguard Bill Harben has retired from his position. Bill has been Pool Manager for many, many years and will be sadly missed. He has volunteered to assist with the Sport and Recreation Program and is very much appreciated for his support and expertise.

Balranald Central School implement the Swim and Survive Program before the summer holidays. Most families mainly take their holidays near waterways. Therefore, the program teaches students how to survive when around water environments.

Laurel Stevens

Secretary



Championship and Carnival Trophies

THE JUDGE HARVEY PRIOR MEMORIAL TROPHY

INTERCLUB POINTSCORE

THE HILLS S & LSC

THE SOCIETY CENTENARY SHIELD

OVERALL CHAMPIONSHIPS POINTS SCORE

SERC TESTS & POOL COMPETITION

THE HILLS S & LSC

ROTH SHIELD

OVERALL CLUB SERC POINTSCORE

Enfield LSC

THE LOU STEPHENS MEMORIAL TROPHY

OPEN MENS' SUPER LIFESAVER RACE

KEELAN BRIDGE

THE HILLS S & LSC

THE NERIDA MURRAY TROPHY

OPEN LADIES' SUPER LIFESAVER RACE

ELA HEINIGAR

PORT HACKING LG

THE AREVA SHIELD

U/16 LADIES SUPER LIFESAVER

JEMMA SMITH

THE HILLS S & LSC

THE AREVA SHIELD

U/16 MENS SUPER LIFESAVER

NA

THE SHOEBRIDGE CUP

OPEN MENS' 100m MANIKIN CARRY

THOMAS SIMPSON

THE HILLS S & LSC

THE C W HEYDE TROPHY

OPEN LADIES' 100m MANIKIN CARRY

ELA HEINIGAR

PORT HACKING LG

THE STAMINA TROPHY

OPEN MENS' MANIKIN TOW

ANDREW BOWDEN

THE HILLS S & LSC

THE WILSON REID TROPHY

OPEN LADIES MANIKIN TOW

ELA HEINIGAR

PORT HACKING LG

THE SOCIETY CUP

OPEN RESCUE TUBE RELAY

THE HILLS A S & LSC

GEORGE H. WILLIAMS MEMORIAL TROPHY

OPEN MENS' 200m OBSTACLES

CALLUM LOWE-GRIFFITHS

THE HILLS S & LSC

THE NSW STATE TEAM TROPHY

OPEN LADIES' 200m OBSTACLES

ELA HEINIGAR

PORT HACKING LG

THE 1983 NSW STATE MEN'S TEAM TROPHY

OPEN MANIKIN RELAY

THE HILLS A S & LSC

THE 1983 NSW STATE LADIES TEAM TROPHY

OPEN OBSTACLE RELAY

THE HILLS A S & LSC

THE WALTER SCOTT TROPHY

RESTRICTED FIN RELAY

THE HILLS A S & LSC

THE AMPOL CUP

RESTRICTED 4 PERSON TEAM SERC

ENFIELD B LSC

THE KLEEMO CUP

OPEN 4 PERSON TEAM SERC

THE HILLS A S & LSC

THE FOWLER SHIELD

OPEN MENS' INDIVIDUAL SERC

ROWAN CASTRO

ENFIELD LSC

THE J. FOWLER TROPHY

OPEN LADIES INDIVIDUAL SERC

JENNY WHITELEY

THE HILLS S & LSC

THE CROLICK FAMILY PLATE

U/16 LADIES INDIVIDUAL SERC

JESSICA WINDSOR

SARAH OSBORNE

THE HILLS S & LSC

THE ROBERT WOOD MEMORIAL TROPHY

U/16 MENS INDIVIDUAL SERC

MARK WILLIAMS

ENFIELD LSC

THE AUBURN LSC TROPHY

U/19 MENS INDIVIDUAL SERC

AODHAN HANNIGAN

ENFIELD LSC

THE AUBURN LSC TROPHY

U/19 LADIES INDIVIDUAL SERC

ALANA CASTRO

ENFIELD LSC

PATTERSON CARLEY MEMORIAL TROPHY

U/16 PAIRS SERC

THE HILLS A S & LSC

THE MCLENNAN SHIELD

12-13 YRS BOYS LINE THROW

NATHAN LANGBORNE

ENFIELD LSC

THE MCLENNAN SHIELD

12-13 YRS GIRLS LINE THROW

JESSICA WINDSOR

THE HILLS S & LSC

THE SUE GILMOUR MEMORIAL TROPHY

U/12 YRS MANIKIN RELAY

ENFIELD LSC

THE MIDGET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 8-9 & 10-11 YRS

THE HILLS S & LSC

THE SUB CADET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 12-13 & U/16 YRS

THE HILLS S & LSC

W H WALKER MEMORIAL TROPHY 2010-2011

POINTS SCORE WATER EVENTS U/19 & OPEN YEARS

THE HILLS S & LSC

THE CLUB & COMPETITION TROPHY

POINTS SCORE WATER EVENTS, 30 to 44 & 45 & OVER YEARS

THE HILLS S & LSC

Awards Point Score

THE PRESIDENTS CUP

Tertiary Organisations
University of Newcastle
2810 Points

THE AQUATIC CLUB TROPHY

Girls High Schools
Northern Beaches Secondary College
Mackellar Girls Campus
1899 Points

THE MRS. S. BIDNER CUP

Girls High Schools - 2nd Place
Riverside Girls H.S.
1797 Points

THE CITY TATTERSALLS CLUB CUP

Boys High School
Homebush Boys High School
1665 Points

THE E.A. FRY TROPHY

Co-Educational Secondary Schools
Winmalee High School
2308 Points

THE EKLUND CUP

Girls Independent Schools & Colleges
Tara Anglican School
3595 Points

THE HERBERT WAGSTAFF TROPHY

Girls Independent Schools & Colleges -
2nd Place
Loreto-Normanhurst
3419 Points

THE HENDRY CUP

Boys Independent Schools & Colleges
The Kings School
4210 Points

THE ALAN McCLURE CUP

Co-Educational Independent
Schools & Colleges
Oakhill College
2768 Points

THE R.J. COSHOTT TROPHY

Girls Premier School of the State
Tara Anglican School
3595 Points

THE ARTHUR PARKER CUP

Boys Premier School of the State
The Kings School
4210 Points

THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools
The Kings School
4210 Points

THE VICTOR FROST TROPHY

Metropolitan Schools - 2nd Place
Patrician Brothers College - Blacktown
4002 Points

THE W. MARX TROPHY

Country Schools - 1st Place
Presbyterian Ladies College Armidale
2362 Points

THE K.W. DRAPER TROPHY

Country Schools - 2nd Place
Newman Senior Technical College
2100 Points

THE ALWYNNE WAGSTAFF TROPHY

Primary Schools - 1st Class
Narellan Vale Primary School
530 Points

THE M. CULLEN TROPHY

Primary Schools - 2nd Class
Quakers Hill Primary School
530 Points

THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place
Muswellbrook Primary School
450 Points

THE H.F. PAULL TROPHY

Primary Schools - 3rd Class
Middleton Primary School
615 Points

THE PERCY MARKS CUP

Primary Schools 4th Class
Narrabri West Primary School
465 Points

THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class
Henty Primary School
245 Points

THE BRIGHTON-LE-SANDS RSL CLUB TROPHY

Primary Schools - 6th Class
Cassilis Primary School
150 Points

THE JACK STILWELL FLYNN MEMORIAL CUP

Central Schools - 1st Class
Jindabyne Central School
190 Points

THE HELEN DRAPER TROPHY

Central Schools - 2nd Class
Walcha Central School
1235 Points

THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class
Warren Central School
705 Points

THE ROWLEY VASS MEMORIAL TROPHY

Central Schools - 4th Class
Gulargambone Central School
550 Points

THE CLIVE AUSTIN TROPHY

Central Schools - 8 & 9 Class
Hunter School of Performing Arts
200 Points

THE F.D. LEANEY TROPHY

Schools for Specific Purposes
May Brooksbank School
850 Points

THE BILL ARTHUR CUP

Special Schools - Welfare
Not Awarded

THE R.E. BURGOYNE MEMORIAL TROPHY

RSL Youth Clubs
Rooty Hill RSL YSC
235 Points

THE AUSTRALIA SHIELD

Army, Navy & Air Force Units
T.S. Culgoa - Army, Navy, Cadets
210 Points

THE KELSO KING EXCELLENCE SHIELD

Affiliated Clubs
**The Hills Swimming and Lifesaving
Club**
546 Points

THE MARION McCANN TROPHY

Affiliated Clubs on an Improvement Basis
Engadine Amateur Swimming Club
137.14%

Awards Points Place

PRESIDENT'S CUP

for Tertiary Organisations

University of Newcastle	202	2810	1st
Victory Lutheran College	95	1375	2nd
Total Agricultural Clg	79	1185	3rd
Macquarie University	92	1120	
University New England-Armidale	63	945	
Charles Sturt University-Orange	65	895	
Charles Sturt University - Bathurst	64	835	
Charles Sturt University-Port Macquarie	45	675	
Avondale Clg	42	630	
Charles Sturt University- Albury	42	580	
Charles Sturt University - Wagga	34	510	
Australian Catholic University	54	490	
University of Wollongong	25	360	
Southern Cross University-Lismore	32	305	
Tenterfield TAFE	19	285	
Charles Sturt University-Dubbo	19	275	
Southern Cross Cath Vocational Clg	45	225	
Port Macquarie Community Clg	9	135	

THE AQUATIC CLUB TROPHY

for Girls High Schools

Northern Beaches Sec. College			
Mackellar Girls Campus	269	1899	1st
Riverside Girls H.S.	414	1797	2nd
Sydney Girls H.S.	149	745	3rd
Randwick Girls H.S.	55	695	
East Hills Girls H.S.	50	640	
Macarthur Girls H.S.	120	600	
St. George Girls H.S.	214	580	
Auburn Girls H.S.	102	510	
Blacktown Girls H.S.	46	463	
Moorefield Girls H.S.	60	300	
Hornsby Girls H.S.	49	245	
Canterbury Girls H.S.	29	145	
Asquith Girls H.S.	24	120	
Beverly Hills Intensive English Centre	17	85	

THE CITY TATTERSALLS CLUB CUP

for Boys High Schools

Homebush Boys H.S.	111	1665	1st
Randwick Boys H.S.	27	391	2nd
Asquith Boys H.S.	113	367	3rd
Granville Boys H.S.	52	260	
Farrer Memorial Agricultural Boys H.S.	14	210	
Canterbury Boys H.S.	31	155	
Belmore Boys H.S.	17	85	
Northern Beaches Sec. Clg	1	5	
Balgowlah Boys Campus			

THE E.A. FRY TROPHY

for Co-Educational Secondary Schools

Winmalee H.S.	541	2308	1st
Singleton H.S.	360	1640	2nd
Northern Beaches Sec. Clg	108	1520	3rd
Freshwater Senior C			
Caringbah H.S.	200	1453	
Castle Hill H.S.	97	1445	
Vincentia H.S.	98	1390	
Crestwood H.S.	108	1374	
Killara H.S.	451	1359	
Hurlstone Agricultural H.S.	363	1339	
John Edmundson H.S.	147	1295	

Awards Points Place

Blakehurst H.S.	255	1275	
Armidale H.S.	97	1220	
Mudgee H.S.	175	1215	
Tuggerah Lakes Secondary Clg	90	1200	
Berkeley Vale Campus			
Young H.S.	223	1185	
Holsworthy H.S.	205	1121	
Glenwood H.S.	75	1105	
Greystanes H.S.	71	1065	
Shoalhaven H.S.	137	1045	
Koorringal H.S.	64	960	
Batemans Bay H.S.	102	930	
James Ruse Agricultural H.S.	100	930	
Canobolas Rural Technology H.S.	133	925	
Ulladulla H.S.	125	925	
Woonona H.S.	65	875	
Lake Munmorah H.S.	58	870	
Galston H.S.	98	860	
Wyndham Clg	56	840	
Quakers Hill H.S.	275	831	
Francis Greenway H.S.	59	795	
Cowra H.S.	55	770	
Yass H.S.	94	750	
Pennant Hills H.S.	194	727	
Billabong H.S.	70	720	
Wollongong H.S.of the Performing Arts	69	720	
Northern Beaches Sec. Clg	141	709	
Cromer Campus			
Baulkham Hills H.S.	299	701	
Elizabeth Macarthur H.S.	48	700	
Kogarah H.S.	46	690	
Camden Haven H.S.	96	660	
Bega H.S.	130	650	
Sefton H.S.	231	648	
Keira H.S.	43	645	
Model Farms H.S.	43	645	
Katoomba H.S.	46	640	
James Fallon H.S.	113	631	
Dubbo College Senior Campus	77	575	
Yanco Agricultural H.S.	59	570	
Turrumurra H.S.	184	547	
Taree H.S.	109	545	
Broken Hill H.S.	84	540	
Carlingford H.S.	50	540	
Concord H.S.	108	540	
Coonabarabran H.S.	36	540	
Oak Flats H.S.	108	540	
The Forest H.S.	122	534	
Mosman H.S.	35	525	
Orange H.S.	50	520	
Illawarra Sports H.S.	45	515	
Albury H.S.	102	510	
Lurnea H.S.	34	510	
Picton H.S.	101	505	
Mount View H.S.	83	488	
Tweed River H.S.	96	480	
Canley Vale H.S.	93	465	
Engadine H.S.	93	465	
June H.S.	49	465	
Sylvania H.S.	33	465	
Brisbane Water Secondary Clg	91	455	
Umina Campus			
Macksville H.S.	33	455	
Westfields Sports H.S.	31	455	
Sydney Distance Education H.S.	58	450	
Coonamble H.S.	62	440	
Cabramatta H.S.	29	435	
Temora H.S.	87	435	

	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Wee Waa H.S.	29	435		Deniliquin H.S.	41	205	
Airds H.S.	93	420		Narrandera H.S.	28	198	
Dubbo College-South Campus	82	410		Canowindra H.S.	16	197	
Moss Vale H.S.	82	410		Fort Street H.S.	39	195	
Mullumbimby H.S.	81	405		Gloucester H.S.	39	195	
Chatswood H.S.	41	400		St. Clair H.S.-St. Clair	39	195	
Narrabri H.S.	80	400		Lisarow H.S.	37	185	
Casino H.S.	79	395		Maitland H.S.	19	185	
James Busby H.S.	79	395		Tuggerah Lakes Secondary Clg	37	185	
Bourke H.S.	52	390		The Entrance Campus			
Tenterfield H.S.	26	390		Bowral H.S.	20	184	
Merrylands H.S.	38	389		Fairfield H.S.	12	180	
Maitland Grossmann H.S.	52	388		Orara H.S.	12	180	
Campbelltown Performing Arts H.S.	35	385		Nowra H.S.	22	173	
Kiama H.S.	76	380		Coffs Harbour H.S.	11	165	
Elderslie H.S.	75	375		Cronulla High School	41	165	
Murray H.S.	73	365		Finley H.S.	11	165	
Gorokan H.S.	26	360		West Wyalong H.S.	32	160	
Miller Technology H.S.	24	360		Crookwell H.S.	31	155	
Mitchell H.S.	24	360		Leumeah H.S.	25	155	
Bomaderry H.S.	26	350		Nyngan H.S.	31	155	
Cobar H.S.	70	350		Endeavour Sports H.S.	10	150	
Sydney Secondary College	68	340		Richmond H.S.	29	145	
Leichhardt Campus				Belmont H.S.	9	135	
Westport H.S.	68	340		Gilgandra H.S.	9	135	
Forbes H.S.	67	335		Port Hacking H.S.	27	135	
Girraween H.S.	22	330		The Henry Lawson H.S.	27	135	
Kirrawee H.S.	66	330		Camden H.S.	26	130	
Warilla H.S.	41	325		Kelso H.S.	18	130	
Dungog H.S.	23	320		Menai H.S.	21	126	
Kempsey H.S.	50	320		Evans H.S.	24	120	
Sydney Technical H.S.	54	320		Cherrybrook Technology H.S.	20	100	
Inverell H.S.	21	315		Narrabeen Sports H.S.	10	100	
Marsden H.S.	21	315		Lithgow H.S.	17	85	
Cecil Hills H.S.	115	301		Rutherford Technology H.S.	17	85	
Bulli H.S.	20	300		Ashcroft H.S.	5	75	
Corrimal H.S.	32	300		Wingham H.S.	15	75	
Killarney Heights H.S.	60	300		Hay War Memorial H.S.	9	74	
Dubbo Clg-Delroy Campus	86	295		Cammeraygal H.S.	13	65	
Leeton H.S.	59	295		Robert Townson H.S.	12	60	
Wellington H.S.	39	295		Ku-ring-gai H.S.	53	59	
Georges River Clg Peakhurst Campus	57	285		Chatham H.S.	10	50	
Wauchope H.S.	19	285		Tumbarumba H.S.	10	50	
Blayney H.S.	54	280		Sarah Redfern H.S.	8	40	
Callaghan Clg Wallsend Campus	18	270		The Jannali H.S.	8	40	
Figtree H.S.	20	270		Coffs Harbour Senior College	2	30	
Illawarra Senior College	54	270		Great Lakes Clg Tuncurry Senior Campus	6	30	
Lismore H.S.	53	265		Whitebridge H.S.	4	30	
Kotara H.S.	48	263		Kingsgrove H.S.	5	25	
Corowa H.S.	52	260		Kurri Kurri H.S.	4	20	
Narromine H.S.	44	260		Smith Hills H.S.	4	20	
Springwood H.S.	35	260		Hunter Sports H.S.	3	15	
St. Ives H.S.-St. Ives	20	260		Jamison H.S.	3	15	
Condobolin H.S.	22	257		Kincumber H.S.	3	15	
South Grafton H.S.	17	255		West Wallsend H.S.	3	15	
Parkes H.S.	50	250		Irrawang H.S.	1	10	
Goulburn H.S.	40	245		Merewether H.S.	2	10	
Albion Park H.S.	16	240		Scone H.S.	2	10	
Newcastle H.S.	16	240		Woollooware H.S.	2	10	
Thomas Reddall H.S.	16	240		Wyong H.S.	2	10	
J.J. Cahill Memorial H.S.	47	235		Brisbane Water Secondary Clg	1	5	
Terrigal H.S.	47	235		Woy Woy Campus			
Eden Marine H.S.	42	230		Casula H.S.	1	5	
Mount Austin H.S.	46	230		Northmead H.S.	1	5	
Riverstone H.S.	38	230		Penrith H.S.	1	5	
Eagle Vale H.S.	14	210		Sydney Secondary Clg	1	5	
Muirfield H.S.	14	210		Blackwattle Bay Campus			
Heathcote H.S.	32	206					

Awards Points Place

THE EKLUND CUP

for Girls Independent Schools & Colleges

Tara Anglican School	435	3595	1st
Loreto-Normanhurst	328	3419	2nd
Pymble Ladies Clg	296	2928	3rd
Wenona School	521	2852	
Presbyterian Ladies College-Armidale	368	2362	
Monte Sant Angelo Mercy Clg Ltd - North Sydney	393	1965	
Kambala School	167	1885	
Loreto-Kirribilli	290	1744	
Kincoppal-Rose Bay School	148	1385	
Cerdon College	540	1300	
Marist Sisters College-Woolwich	83	1245	
Presbyterian Ladies College-Croydon	448	1245	
Roseville College	497	1234	
Bethany College	138	1220	
Our Lady of Mercy Clg Burraneer-Cronulla	147	1192	
Ravenswood School for Girls	133	1152	
Mary Mackillop Clg-Wakeley	126	1120	
MLC School	110	1120	
Catherine McAuley-Westmead	118	1030	
Domremy Clg	110	1005	
Meriden School	191	987	
Kildare Catholic Clg	149	970	
Mount St. Benedict Clg-Pennant Hills	125	885	
Our Lady of The Sacred Heart Clg - Kensington	53	795	
St. Scholasticas College Ltd - Glebe	105	795	
St. Marys Star of the Sea Clg Ltd - Wollongong	52	780	
New England Girls School	41	615	
Nagle College	115	575	
St. Euphemia College	38	570	
Danebank Anglican School For Girls	94	551	
St. Patricks Clg - Campbelltown	35	525	
All Saints Catholic Girls Clg-Liverpool	63	315	
Bethlehem College	54	270	
Mount St. Joseph-Milperra	22	196	
St Catherine's School	29	185	
St. Joseph's Catholic Clg - East Gosford	11	165	
SCEGGS-Darlinghurst	10	150	
Our Lady of Mercy Clg-Parramatta	14	80	
Caroline Chisholm Clg-Glenmore Pk	5	25	
Abbotsleigh School	2	20	
Brigidine College - Randwick (St.Pauls)	3	15	

THE HENDRY CUP

for Boys Independent Schools & Colleges

The Kings School	718	4210	1st
Patrician Brothers Clg - Blacktown	554	4002	2nd
Trinity Grammar School	512	3961	3rd
St. Patricks Clg - Strathfield	606	2797	
St. Josephs College-Hunters Hill	278	2235	
St. Ignatius College-Lane Cove	218	2015	
St. Pauls Catholic College - Greystanes	133	1995	
St. Edwards Christian Brothers Clg-Gosford	92	1380	
De La Salle Clg-Caringbah	164	1354	
St Aloysius College	163	1295	
Parramatta Marist H.S.	62	860	
Newington College	65	555	
The Scots College-Bellevue Hill	43	525	
La Salle Catholic Clg-Bankstown	99	495	
Patrician Brothers Clg - Fairfield	92	460	
St. Gregorys College-Campbelltown	25	375	

Awards Points Place

Marist College-Kogarah	70	350
Marist College-Eastwood	64	320
Marcellin College	58	290
St. Marys Cathedral Clg - Sydney	58	290
Holy Cross Clg-Ryde	55	275
Marist College-Penshurst	49	245
St. Stanislaus College	23	225
St. Pius X College- Chatswood	36	180
Christian Brothers H.S.-Lewisham	2	10
Trinity Grammar Prep School	1	5

THE ALAN McCURE CUP

for Co-Educational Independent School & Colleges

Oakhill College	409	2768	1st
Newman Snr Tech College	140	2100	2nd
Barker College	341	1896	3rd
St. John Bosco College-Engadine	131	1885	
Redeemer Baptist School	400	1621	
The Illawarra Grammar School	212	1610	
Belmont Christian College	109	1605	
Red Bend Catholic College	148	1570	
James Sheahan Catholic H.S.	339	1511	
St. Johns College-Dubbo East	159	1415	
Marian Catholic College-Kenthurst	298	1402	
St. Josephs Hastings Regional School-Port Macquarie	84	1260	
Hunter Christian School	80	1200	
Santa Sabina Clg-Strathfield	175	1155	
Nowra Anglican Clg	75	1125	
Kinross Wolaroi School	77	1115	
St. Pauls College - Walla Walla	89	1085	
Macarthur Anglican School	66	990	
O'Connor Catholic College-Armidale	235	979	
Clancy Catholic Clg-West Hoxton	120	970	
Chevalier College	64	960	
John Therry Catholic H.S.-Rosemeadow	63	945	
Bede Polding College	182	910	
St. Patricks P.S. - Griffith	93	905	
St. Francis De Sales Regional Clg-Leeton	113	885	
Shellharbour Anglican College	57	855	
Mater Dei Catholic Clg - Wagga	80	830	
Moriah College	54	810	
Scone Grammar School	80	791	
The Hills Grammar School	283	791	
Magdalene Catholic H.S.	53	785	
Mount Carmel H.S.-Varroville	52	780	
St. Patricks P.S. - Sutherland	133	775	
St. Patricks Marist Clg - Dundas	60	770	
Coffs Harbour Christian Community Secondary School	50	750	
St. Philomenas School - Moree	45	675	
Pacific Hills Christian School	208	666	
Our Lady of the Roseary P.S - Kellyville	44	660	
Trinity Anglican Clg - Albury	50	650	
St. Peters Anglican Clg - Broulee	42	630	
St Joseph's Clg-Tweed Heads	41	615	
All Saints Clg - St. Josephs Campus-Lochinvar	97	610	
Henschke P.S.	44	600	
St Peters Anglican P.S.	40	600	
St. Pauls H.S. - Port Macquarie	38	570	
The Scots School-Albury	105	565	
Carroll College	37	555	
St. Patrick Parish School-Albury	37	555	
Good Shepherd P.S. Hoxton Park	152	548	
De La Salle Clg-Cronulla	97	530	

	Awards	Points	Place		Awards	Points	Place
Trinity Catholic Clg-Lismore	36	520		Rouse Hill Anglican College	18	176	
Mater Dei Catholic P.S.-Wagga	35	515		St. Felix P.S.-Bankstown	34	170	
Good Samaritan Catholic College - Hinchinbrook	38	510		St. Charles P.S.-Ryde	33	165	
Macquarie College-Wallsend	99	495		St. Marys P.S. - Concord	33	165	
Trinity Catholic Clg-Auburn	89	491		All Saints Catholic Senior College Casula	32	160	
Mackillop Catholic College-Warnervale	45	475		Immaculate Heart of Mary P.S.-Sefton	32	160	
Hennessy Catholic Clg	76	470		Lutheran P.S. Wagga Wagga Inc.	32	160	
Gilroy College	90	450		St. Catherine Laboure P.S.-Gymea	32	160	
Hunter Valley Grammar School	30	450		St. Josephs P.S. - Culcairn	24	160	
Toongabbie Christian School	30	450		St. Josephs P.S. - Enfield	32	160	
William Clarke College	75	449		St. Angelas P.S.	30	150	
Linuwel School	35	440		St. Francis Xaviers Clg-Hamilton	30	150	
Sacred Heart Central School - Cootamundra	33	435		St. Josephs P.S. - Moorebank	30	150	
Xavier Catholic Clg-Ballina	29	435		The Scots School - Bathurst	16	150	
Australian Christian College	28	420		St. Marys P.S.-Armidale	29	145	
Holy Spirit College-Lakemba	82	410		St. Thomas Mores P.S. - Brighton-Le-Sands	65	145	
John Paul College-Coffs Harbour	27	405		St. Declans P.S.-Penshurst	28	140	
Montgrove College	27	405		St. Vincents P.S.-Ashfield	28	140	
St. Clares H.S.-Taree	72	405		St. Josephs P.S. - Oatley	74	138	
Holy Spirit P.S.-Carnes Hill	26	390		St. Johns P.S.-Dubbo	27	135	
St. George Christian School-Hurstville	26	390		St. Josephs P.S. - Belmore	27	135	
Marian Catholic Clg-Griffith	75	375		St. Marys P.S. - Orange	27	135	
San Clemente H.S.	75	375		St. Marys P.S. - Young	11	135	
St. Josephs P.S. - Leeton	25	375		St. Michaels P.S. - Coolamon	9	135	
Kempsey Adventist School	24	360		St. Ambroses P.S.-Concord	26	130	
St. Mark's Coptic Orthodox College - Wattle Grove	24	360		St. Anthonys P.S.-Marsfield	26	130	
Bishop Druitt College	23	345		St. Francis Xaviers P.S.-Lurnea	26	130	
Penrith Anglican College	39	345		St. Michaels P.S. - Meadowbank	26	130	
St. Marks College	23	345		St. Annes P.S.-Albury	25	125	
Xavier H.S.-Albury	23	345		St. Annes School-Temora	25	125	
Blue Mountains Grammar School	54	335		St. Joan of Arc P.S. - Haberfield	25	125	
Dubbo Christian School	22	330		Holy Trinity P.S.-Wagga	24	120	
Our Lady Queen of Peace School - Greystanes	149	329		Our Lady of the Rosary P.S.-Kensington	24	120	
St. Marys P.S. - Batlow	21	315		St. John Vianneys P.S.-Greenacre	24	120	
St. Gertrudes P.S.-Smithfield	146	314		St. Johns P.S.-Auburn	24	120	
St. Philip's Christian Clg-Salamander Bay	59	295		St. Thereses P.S. - Sadleir	24	120	
Our Lady of Fatima P.S.-Caringbah	58	290		St. Thomas Aquinas P.S. - Springwood	24	120	
St. Agnes Catholic H.S.-Rooty Hill	58	290		Sutherland Shire Christian School	8	120	
St. Josephs P.S. - Wagga	28	290		Wagga Wagga Christian College	8	120	
Casimir Catholic College	19	285		Condell Park Christian School	21	115	
Chrysalis Steiner School	19	285		Sacred Heart PS- Koorringal	17	115	
All Saints Catholic P.S.	57	281		Our Lady of Lourdes- Baulkham Hills	22	110	
Rosebank College	55	275		St. Aloysius P.S.-Cronulla	22	110	
St. Peters Catholic Clg - Tuggerah Lakes	32	260		St. Brendans P.S.-Ganmain	12	110	
All Saints Clg - Bathurst	17	255		St. Laurences School - Forbes	22	110	
Northern Beaches Christian School	17	255		St. Marys C.S.-Wellington	22	110	
St. Catherine's Catholic Clg - Singleton	29	250		St. Raphaels C.S. - Cowra	16	110	
Our Lady of the Rosary P.S. - Fairfield	48	240		Illawarra Christian School-Cordeaux	15	106	
Southern Highlands Christian School	16	240		Avondale High School	11	105	
St. Brendan's P.S.-Bankstown	48	240		Holy Cross PS-Woollahra	21	105	
Delany Clg	47	235		St. Joseph The Worker P.S. - Auburn South	21	105	
Christadelphian Heritage Clg-Sydney	38	232		St. Marys P.S. - North Sydney	21	105	
Our Lady of Mount Carmel P.S. Mt Pritchard	46	230		St. Columbas P.S. -Leichhardt	19	95	
St. Marouns College - Dulwich Hill	45	225		Bellfield College	6	90	
St. Josephs H.S. - Aberdeen	21	205		Our Lady of Lourdes P.S.-Earlwood	18	90	
Catherine McAuley P.S.-Orange	40	200		St. Marys Star of the Sea P.S.-Hurstville	18	90	
Riverina Anglican College	39	195		St. Michaels P.S. - Stanmore	18	90	
Holy Trinity School-Inverell	38	190		St. Patricks P.S.-Lithgow	18	90	
St. Lukes P.S. - Revesby	38	190		St. Pius X P.S. - Dubbo	6	90	
Sacred Heart P.S.-Cabramatta	37	185		Christ The King P.S.-Bass Hill	17	85	
St. Peter Chanel P.S. - Regents Park	73	185		St. Gabriels P.S.-Bexley	17	85	
Macquarie Anglican Grammar School	12	180		St. Mary - St. Joseph P.S. - Maroubra	17	85	
St. Michaels P.S. - Lane Cove	36	180		St. Francis of Assisi Regional P.S. - Paddington	16	80	
				St. Nicholas of Myra P.S. - Penrith	16	80	
				St. Thereses P.S. - Padstow	16	80	
				St. Dominics College	5	75	

	Awards	Points	Place
St. Francis De Sales P.S.-Woolooware	15	75	
St. Josephs C.S.-Blayney	15	75	
St. Thereses P.S. - Yenda	5	75	
St. Fiaccres P.S.-Leichhardt	14	70	
St. Josephs P.S. - Narrandera	14	70	
St. Michaels P.S. - Daceyville	14	70	
Holy Innocents P.S.-Croydon	13	65	
Holy Saviour School-Greenacre	13	65	
St. Josephs P.S. - Junee	13	65	
St. Marys P.S. - Corowa	13	65	
Freeman Catholic Clg	12	60	
St. Agnes P.S. - Matraville	12	60	
St. Marys War Memorial School - West Wyalong	12	60	
Trinity School - Murrumburrah (Harden)	12	60	
St. James P.S.- Forest Lodge	11	55	
St. Marys P.S. - Bellingen	11	55	
St. Patricks P.S. - Trundle	11	55	
St. Thereses P.S. - Lakemba	11	55	
St. Johns Junior School-Armidale (NEGS)	38	53	
McAuley Catholic C.S. - Tumut	5	50	
St. Josephs P.S. - Boorowa	9	50	
St. Josephs P.S. - Jerilderie	8	50	
St. Patricks P.S. - Summer Hill	9	45	
Sacred Heart P.S.-Wagga/Koorlingal	8	40	
St. Patricks P.S. - Holbrook	8	40	
Sacred Heart P.S.-Tocumwal	6	30	
St. Peters P.S. - Coleambally	6	30	
All Saints Clg - St. Marys Campus-Maitland	5	25	
M.E.T.School	21	25	
Mount St. John P.S.-Dorrigo	5	25	
La Salle Academy-Lithgow	4	20	
St. Columbas P.S. -Berrigan	4	20	
Lakes Grammar an Anglican School	2	15	
Mary Immaculate P.S.-Bossley Pk	3	15	
St. Finbars P.S. - Sans Souci	3	15	
St. Pauls College - West Kempsey	1	15	
St. Pius X H.S. - Adamstown	3	15	
Wycliffe Christian School	2	10	
Xavier College	1	10	
St. Josephs P.S. - Grenfell	1	5	
St. Patricks P.S. - Kogarah	1	5	
St. Thereses P.S. - Mascot	1	5	

THE ALWYNNE WAGSTAFFE TROPHY

for Primary Schools 1st Class

Narellan Vale P.S.	106	530	1st
Harrington Street P.S.	97	485	2nd
Hurstville P.S.	94	470	3rd
Matthew Pearce P.S.	90	450	
Hassall Grove P.S.	86	430	
Greenacre P.S.	76	380	
Bankstown P.S.	73	365	
Harbord P.S.	66	330	
Hampden Park P.S.	62	310	
Auburn P.S.	61	305	
Canley Vale P.S.	58	290	
Artarmon P.S.	57	285	
Blacktown South P.S.	55	275	
Strathfield South P.S.	55	275	
Forster P.S.	53	265	
Jerrabomberra P.S.	53	265	
Caddies Creek P.S.	51	255	
Orange P.S.	49	245	
Auburn West P.S.	48	240	
Castle Hill P.S.	45	225	

	Awards	Points	Place
Newport P.S.	41	205	
Lindfield East P.S.	38	190	
Harrington Park P.S.	37	185	
Fairfield Heights P.S.	25	125	
Budgewoi PS	18	90	
Narrandera Easts Infants School	9	45	
Cabramatta P.S.	1	5	
Georges Hall P.S.	1	5	

THE M CULLEN TROPHY

for Primary School-2nd Class

Quakers Hill P.S.	106	530	1st
Muswellbrook P.S.	30	450	2nd
Floraville P.S.	63	415	3rd
Glenmore Park P.S.	83	415	
Cabramatta West P.S.	75	375	
Nowra P.S.	69	345	
Chester Hill P.S.	67	335	
Marayong P.S.	67	335	
Punchbowl P.S.	61	305	
Whalan P.S.	61	305	
Tamworth P.S.	60	300	
Liverpool P.S.	59	295	
Carlingford West P.S.	58	290	
Flinders P.S.	44	290	
Maitland East P.S.	58	290	
Barnier P.S.	57	285	
Smithfield P.S.	56	280	
Wiley Park P.S.	56	280	
Eastwood P.S.	55	275	
Granville P.S.	55	275	
Colyton P.S.	54	270	
Parkes P.S.	53	265	
Randwick P.S.	53	265	
Ulladulla P.S.	53	265	
Macquarie Fields P.S.	52	260	
Terrigal P.S.	52	260	
Batemans Bay P.S.	51	255	
Parklea P.S.	51	255	
Sherwood Ridge P.S.	51	255	
Casino P.S.	50	250	
Mount Terry P.S.	50	250	
Sylvania Heights P.S.	50	250	
Yagoona P.S.	50	250	
Bidwill P.S.	50	246	
Burwood P.S.	49	245	
Campsie P.S.	49	245	
Hornsby North P.S.	49	245	
Rosemeadow PS	49	245	
Birrong P.S.	48	240	
Mount Annan P.S.	48	240	
Robert Townson P.S.	48	240	
Wattle Grove P.S.	48	240	
Guildford West P.S.	47	235	
Hayes Park P.S.	47	235	
Illaroo Road P.S.	47	235	
Mudgee P.S.	47	235	
Waitara P.S.	47	235	
Blue Haven P.S.	46	230	
Camden South P.S.	46	230	
Manly West P.S.	46	230	
Quakers Hill East P.S.	46	230	
Cherrybrook P.S.	45	225	
Haberfield P.S.	45	225	
Holsworthy P.S.	45	225	
Lake Munmorah P.S.	45	225	

THE BRIGHTON-LE-SANDS RSL CLUB TROPHY

for Primary School-6th Class

Cassilis P.S.	14	150	1st
Louth P.S.	8	120	2nd
Wattle Flat P.S.	20	100	3rd
Ilford P.S.	19	95	
Cootamundra H.S.	41	87	
Wollar P.S.	14	70	
Hill End P.S.	13	65	
Cumnock P.S.	8	50	
Glen Alice P.S.	9	45	
Enngonia School	4	40	
Lue P.S.	8	40	
Neville P.S.	8	40	
Trunkey Creek P.S.	8	40	
Greenethorpe P.S.	6	30	
Khancoban P.S.	6	30	
Stuart Town P.S.	6	30	
Ballimore P.S.	5	25	
Humula P.S.	5	25	
Beckom P.S.	4	20	
Eumungerie P.S.	4	20	
Bylong Upper P.S.	3	15	
Crossmaglen P.S.	3	15	
Goolma P.S.	3	15	
Hermidale P.S.	3	15	
Mumbil PS	3	15	
Tooraweenah P.S.	3	15	
Rand P.S.	2	10	
Capertee P.S.	9	9	
Lowesdale P.S.	1	5	

THE JACK STILWELL FLYNN MEMORIAL CUP

for Central Schools-1st Class

Jindabyne C.S.	38	190	1st
Dubbo School Of Distance Education	9	45	2nd

THE HELEN DRAPER TROPHY

for Central Schools-2nd Class

Walcha C.S.	137	1235	1st
Balranald C.S.	52	380	2nd
Lightning Ridge C.S.	65	325	3rd
Braidwood C.S.	5	30	

THE H.C. BAMFORD TROPHY

for Central Schools-3rd Class

Warren C.S.	47	705	1st
Coolah C.S.	114	463	2nd
Batlow Technology C.S.	29	435	3rd
Brewarrina C.S.	48	304	
Lake Cargelligo C.S.	46	230	
Dunedoo C.S.	33	165	
Barraba C.S.	8	120	
Coleambally C.S.	6	60	

THE ROWLEY VASS MEMORIAL TROPHY

for Central Schools-4th Class

Gulargambone C.S.	50	550	1st
Oaklands C.S.	36	305	2nd
Ardlethan C.S.	18	270	3rd
Tooleybuc C.S.	36	251	
Tullibigeal C.S.	16	240	
Barellan C.S.	39	185	
Trundle C.S.	38	181	
Ariah Park C.S.	28	140	
Yeoval C.S.	26	130	
Menindee C.S.	11	106	
Mendooran C.S.	7	105	
Binnaway C.S.	6	90	
Ungarie C.S.	18	90	
Quandialla C.S.	12	80	
Tullamore C.S.	14	70	
Collarenebri C.S.	5	50	

THE CLIVE AUSTIN TROPHY

for Central Schools-8th & 9th Class

Hunter School of Performing Arts	40	200	1st
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THE F.D LEANEY TROPHY

for Schools for Specific Purposes

Mary Brooksbank School	34	850	1st
Cairnsfoot School Arncliffe	54	270	2nd
Tangara School	16	240	3rd
Anson Street School	47	235	
Holman Place School	16	230	
Kurrambee School	44	220	
Halinda School	41	205	
Carenne School	40	200	
Tallowood School	40	200	
Aspect Hunter School	39	195	
Sir Eric Woodward Memorial Sch.	37	185	
William Rose School	36	180	
(Formally North Rocks Blind School)			
Wewak Street School	34	170	
Bates Drive SSP	30	150	
Lawrence Hargrave SSP	30	150	
Bullimbal School	28	140	
Cook School	26	130	
Minerva School	25	125	
Passfield Park School	25	125	
Carinya School	22	110	
Mian School	20	100	
Redbank School	20	100	
Willans Hill School	20	100	
Hunter River Community SSP	19	95	
(South Street SSP)			
Aspect Wetherill Pk School	13	65	
Lakeside School	13	65	
Five Islands School	12	60	
Verona School	12	60	
Budawang School	9	45	
Kandeer School	9	45	
Karningul School	8	40	
Palm Avenue SSP	6	30	
John Hunter Hospital School	5	25	
Fisher Road School	2	10	
Hopetown School	2	10	
The Crescent School	1	5	

THE R.E BURGOYNE MEMORIAL TROPHY

for RSL Youth Clubs

Rooty Hill RSL YSC	25	235	1st
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THE AUSTRALIA SHIELD

for Army, Navy & Air Force Units

T.S. Culgoa - Army, Navy Cadets	14	210	1st
Kapooka ARTC	17	170	2nd
Australian Air Force Cadets 313 Squad.	4	60	3rd

THE KELSO KING EXCELLENCE SHIELD

for Affiliated Clubs

The Hills S & LSC	62	546	1st
Engadine ASC	83	461	2nd
Enfield LSC	55	358	3rd
Woronora LS&RPC	31	207	
Port Hacking Lifeguard Club	14	136	
Wellington A.S.C.	19	95	
Royal Aquatic S & LSC	9	58	

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ORANA DISTRICT

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Acknowledgements

The Royal Life Saving Society Australia New South Wales Branch would like to acknowledge and thank the following Government Departments, New South Wales Registered Clubs, Schools, Partnerships, Sponsors and organisations for their continued support of the Society, its teachings and ideals throughout the 2014/2015 year:

PARTNERS

Sport and Recreation
Communities NSW
NSW Ministry of Police and
Emergency Services
NSW Department of Education &
Communities
NSW Department of Local
Government
NSW Health
NSW Maritime
NSW Water Safety Advisory
Council
Hills Shire Council
Laerdal Pty Limited
Australian Training Company
Sydney Olympic Park Aquatic
Centre
Aquatic & Recreation Institute
Service Skills Australia
NSW Austswim Inc.
NSW TAFE
Canopi eLearning – Greg
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Jimmy Too – Rick Carter
Janison – Wayne Houlden
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Chatswood RSL
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Harbord Diggers Freshwater
Mortdale RSL
NSW Seniors Week
Penrith Panthers
Penshurst RSL
Petersham RSL
Seven Hills-Toongabbie RSL
Club
Smithfield RSL Club
St George Masonic Club
The Pratt Foundation
Wentley Leagues Club

NSW SCHOOLS

Abbotsleigh School
Albury North PS
Albury West PS
Armidale City PS
Armidale HS
Artarmon PS
Ashbury PS
Ashcroft HS
Ashcroft PS
Auburn Girls HS
Auburn PS
Bankstown PS
Barellan CS
Barker College
Barnsley PS
Barraba CS
Batemans Bay PS
Bellevue Hill PS
Berowra PS
Bishop Druitt College
Blaxland East PS
Bourke St PS
Braidwood CS
Burnside PS
Cabramatta PS
Campbelltown Performing Arts
HS
Carlton South PS
Cawdor PS
Chevalier College
Claremont Meadows PS
Colyton PS
Condobolin HS
Corowa PS
Crestwood HS
Crookwell HS
Croydon PS
De La Salle College Caringbah
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Dubbo Christian College
Earlwood PS
Eastwood PS
Eden Marine Technology HS
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Engaine HS
Engadine PS
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Forster PS
Glendenning PS
Glendore PS
Good Samaritan Catholic
College
Gosford PS
Great Lakes Senior College
Tuncurry
Greenthorpe PS
Guildford West PS
Holman School
Holsworthy HS
Homebush Boys HS
Homebush PS
Hopetown School

Hunter School of Performing Arts
Illawarra Christian College
Immaculate Heart of Mary PS
Ingleburn PS
Iona PS
James Fallon HS
James Sheahan Catholic HS
Jamison HS
Jannali PS
Keira HS
Kings St PS
Kingsgrove HS
Kinross Wolaroi
Kirrawee HS
Kogarah HS
Lakemba PS
Lakeside School
Leeton PS
Leonay PS
Lisarow PS
Macquarie University
Magdalene Catholic HS
Marayong PS
Marist College Eastwood
Marrickville PS
Matthew Pearce PS
Mendooran PS
Merrylands PS
Melford PS
Mittagong PS
MLC School
Monte Sant Angelo College
Morgan St PS
Moss Vale HS
Mount Annan PS
Mount Ku-Ring-Gai PS
Mount Terry PS
Mount View PS
Mt St Benedict's College
Mudgee PS
Murray HS
Nabiac PS
Nagle College
Newman Technical College
Northern Beaches Secondary
College
Mackellar Campus
Northmead PS
Nowra Hills PS
Oatley PS
Orange HS
Our Lady of Fatima PS
Caringbah
Our Lady of Mercy College
Burraneer
Our Lady of Mercy College
Parramatta
Our Lady of the Sacred Heart
Kensington
Parramatta East PS
Parramatta Marist HS
Pennant Hills HS
Pennant Hills PS
Penrith PS
Penshurst PS
Plattsburg PS
Presbyterian Ladies' College
Sydney
Quakers Hill HS
Red Bend College
Riverside Girls HS
Robert Townson HS
Rutherford Tech HS
Sans Souci PS
Santa Sabina College
Seaforth PS
Seven Hills HS
Shelley PS
Shoalhaven HS
South Wagga Wagga PS
St Aloysius College
St Anthony's POS Marsfield
St Brendan's PS Ganmain
St Catherine Labourer's PS
Gymea
St Clare HS Taree
St Declan's PS
St Edward's Christian Brothers
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St Felix PS
St Francis de Sales HS Leeton
St Francis de Sales PS
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The Royal Life Saving Society New South Wales Branch offers its sincere thanks and appreciation for the support of the New South Wales Government, primarily through:

- Office of Sport, Sport and Recreation
- Ministry for Police and Emergency Services
- The Honourable Stuart Ayres MP, NSW Minister for Sport
- The Honourable David Elliott MP, NSW Minister for Emergency Services

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Royal Life Saving

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