

# ANNUAL REPORT 2017-2018

A Nation Free From Drowning



**ROYAL LIFE SAVING**  
NEW SOUTH WALES



## ANNUAL REPORT 2017-2018

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### OUR VISION

“A NATION  
FREE FROM  
DROWNING”

### OUR GOALS

- 01 A strong and vibrant organisation with a focus on community safety and well-being
- 02 Improving aquatic standards that in turn provide for enjoyable aquatic experiences
- 03 Continued sustainability and growth









## GOVERNANCE

The Royal Life Saving New South Wales Board of Directors is responsible for the transparent, accountable governance, policy making and the setting of strategic direction.

## PATRON

**General The Honourable  
David Hurley AC DSC (Ret'd)**

Governor of New South Wales

## BOARD OF DIRECTORS

Mr James Whiteside (President)

Mr Christopher Baldwin MPE JP

Mr James Borbone

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Ms Melissa Tooke BA. MIntS,  
GradCertRiskMgt, GradDipOHS

## MESSAGE FROM THE GOVERNOR



**“I commend and thank the Royal Life Saving Society for its tireless contribution and efforts to engage and support our vast communities across New South Wales.”**

As Patron of the Royal Life Saving Society – Australia (New South Wales Branch) I am extremely proud of the Society’s ongoing commitment to eliminate the fatal and non-fatal drowning toll that impacts our communities.

Drowning and near-drowning incidents leave significant and long-lasting trauma for not only the individual concerned, but for their family and friends. The efforts of the Society’s volunteers, employees and community partners are therefore critical in providing the valuable insight, awareness and preventative solutions to ensure that our waterways can be safely enjoyed and celebrated by all.

Our increasing population and diverse communities require ongoing engagement and education. Our children are often most at risk and require ongoing active vigilance particularly around swimming pools and spas. The burden of drowning also heavily impacts our regional and remote communities and a sustained effort is underway to ensure the delivery of safety messages on inland waterways, as well as ready access to programs and services.

Over the last 12 months, of particular note is the work being undertaken by the Society in encouraging older Australians to refresh their aquatic skills and proficiencies. Understanding one’s own limitations in water is vitally important as we continue to experience and encourage active lifestyles and are exposed to a range of aquatic recreational choices across our landscape.

Swimming and aquatic recreation are important to the Australian lifestyle. By continuing to support collaborative efforts, we can ensure all children have access to balanced swimming and water safety education in order to safely share in the health and community-building benefits of aquatic activities.

Finally, I commend and thank the Royal Life Saving Society for its tireless contribution and efforts to engage and support our vast communities across New South Wales. I look forward to the coming year and joining the Society in celebrating its 125th year.

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



## MESSAGE FROM THE MINISTER FOR SPORT



**“I would like to congratulate and acknowledge the vast contributions of Royal Life Saving and its network of facilitators and educators who continue to develop the water safety skills and knowledge of our communities.”**

Over the last 12 months the NSW Government has made a strong commitment to supporting community organisations and local sporting groups to drive participation and reduce barriers to healthy activity. We congratulate Royal Life Saving Society – Australia (New South Wales Branch) for encouraging hundreds of people across the state to participate in swimming, lifesaving and water safety programs.

Each year too many Australians lose their lives to preventable aquatic incidents and accidents. This highlights the necessity and importance of the Society’s education and training activities across all of New South Wales.

We congratulate the Society on continuing to prioritise innovative and flexible solutions to address fatal and non-fatal drownings which is necessary to meet the changing and busy lifestyles we experience today. With more than 250,000 people having participated in one of the Society’s programs in the last year in NSW, there are significant benefits this level of confidence around water safety brings to the community.

The NSW Government remains committed long term to water safety across NSW and continues to financially support the objectives and ideals of the Society. Evidence suggests the trend in fatal drownings continues to decrease in New South Wales. However, it is important that we don’t become complacent as we witness increased diversity of our communities, cleaner and more accessible waterways and an increasing, active population.

Aquatic sport, recreation and active lifestyles provide many social, cultural and health benefits. The Office of Sport is working in collaboration with key partners, including the Society, to develop appropriate opportunities to ensure swimming, water safety and lifesaving programs are encouraged and that appropriate infrastructure is available to support future participation.

Lastly, I congratulate and acknowledge the vast contributions of Royal Life Saving and its network of facilitators and educators who continue to develop the water safety skills and knowledge of our communities.

The work you undertake is greatly appreciated and will ensure our communities remain resilient and skilled, ensuring the ongoing enjoyment of our aquatic environments.

**The Hon. Stuart Ayres, MP**  
Minister for Sport

## MESSAGE FROM THE MINISTER FOR EMERGENCY SERVICES



**“I thank all Royal Life Saving volunteers, partner organisations and staff across NSW for your dedication to advocacy, training and educating aquatic user groups.”**

It is with great pleasure as the Minister for Emergency Services that I wish to commend the Royal Life Saving Society – Australia (New South Wales Branch) for its significant contribution to water safety.

It is important that aquatic user groups understand the inherent risks that many of our waterways and aquatic environments possess and never over-estimate their abilities or undertake risk taking activities. It is only through our collaborative efforts that we can bring about change in behaviours and attitudes of NSW communities in regard to water safety.

To appropriately address these concerns, the NSW Government in partnership with Royal Life Saving and other peak water safety organisations launched a new water safety campaign – Be Water Safe, Not Sorry. This initiative utilised strong imagery to elevate the understanding of our communities to the tragic loss of life encountered at our beaches, in backyard swimming pools, and in rivers, lakes and streams.

The Be Water Safe, Not Sorry campaign was based on the findings of the Royal Life Saving Summer Drowning Report and aims to educate people of the very real risks associated with water, and what they can do to ensure they stay safe.

In May this year, I hosted the second NSW Water Safety Forum at NSW Parliament House. The forum provided a valuable opportunity for water safety practitioners, rescue organisations and community groups to collectively review the latest data and share insights and ideas on how to reduce the number of drowning deaths in NSW. The outcomes of the forum greatly assist in determining future drowning prevention strategies and priorities as we approach another summer.

Finally, on behalf of the NSW Government, I thank all Royal Life Saving volunteers, partner organisations and staff across NSW for your dedication to advocacy, training and educating aquatic user groups.

It is important that we continue to work together to ensure our communities are aware of the importance of water safety.

**The Hon. Troy Grant, MP**  
Minister for Emergency Services

## PRESIDENT'S REPORT

It is with a great deal of pleasure that I report on the 2017-2018 Royal Life Saving Society - Australia (New South Wales Branch) Annual Report.

Over the last year we have continued to implement our strategic plan which is focussed on establishing a strong, vibrant and knowledgeable community network with diverse aquatic skills. Our research shows that we can improve health outcomes within our communities by providing innovative swimming, water safety and lifesaving initiatives.

Our network of community lifesavers has been extended and enhanced with over 70,000 community members undertaking a CPR or First Aid course and over 100,000 children completing a Swim and Survive program. This is further supported by 5,000 accredited Pool Lifeguards who protect our public pools and over 1,000 new Swimming Teachers providing vital learn to swim and water safety instruction.

While the vast majority of our aquatic experiences are positive and enjoyable it is with continued concern that each year we experience an unacceptable number of fatalities in our aquatic environments. Tragically, 87 people drowned in New South Wales during this reporting period. While this figure is the lowest fatal drowning toll on record it is important to reflect on the impact these deaths have on our communities. It is with this in mind that we are reminded of the importance of our role in ensuring all New South Wales constituents are appropriately resourced and equipped to undertake safe aquatic participation.

To ensure our ongoing relevance it is vital that we consider our changing community environment. Increasing and ageing population, changing lifestyles and expectations and the need to provide broader and more inclusive agendas requires planning and collaborative consultations. It is important that the Society continues to work with the aquatic, education and community sectors to achieve shared outcomes. That is, agreed priorities for action to continue to reduce fatal and non-fatal drowning in New South Wales. In addition, with ageing aquatic infrastructure, complementary industry wide investment is necessary to ensure healthy aquatic participation is available to all in the future.

The Society has continued its investment into research and acquiring a strong evidence base in which to support its key policy and advocacy positions. This also ensures our facilitators of lifesaving information are doing so with confidence and accuracy. Post the recent summer period the Society was commissioned by the NSW Government to undertake a report involving the collation, investigation and analysis of fatal drowning deaths for the period. The findings of this report have been utilised to establish a state-wide communication strategy and also identify aquatic related community funding priorities. Our continued commitments in this area will help shape our developments and strategies.

I would like to use this opportunity to recognise and thank the contributions of government, the community and our key partners. The New South Wales Government through the Office of Sport, Sport and Recreation have continued to support Royal Life Saving NSW through the provision of core funding. In particular I would like to acknowledge the NSW Minister for Sport, The Honourable Stuart Ayres MP.

I would also like to thank the Office of Emergency Management and the NSW Minister for Emergency Services, The Honourable Troy Grant MP for key project support under the Government's Water Safety Fund Community Grants initiative.

A sincere thank you to our Patron, His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales who shows great interest in the Society's activities and activations.

This year we have witnessed strong demand for services and programs across our regional and remote networks. Fatal drownings in inner and outer regional locations exceed those in metropolitan areas. The work being undertaken in these regions is critical if we are to ensure the aquatic resilience and protection of these communities. I therefore wish to acknowledge and thank the contribution of our Regional Offices and their networks. You collectively perform great deeds and contribute to many successes.

After 32 years of service, including 17 years as our CEO, David Macallister remains on a period of extended leave. I know that David is enjoying this well deserved break. A new management team of Michael Ilinsky (CEO) and Penny Hodggers (GM Training & Education) were appointed in September and I thank them for their continuing contributions.

Finally, thank you to all our Board of Directors, volunteers, members, staff, supporters and stakeholders who continue to work collaboratively and with the sincere interests of the communities across NSW to ensure safe and enjoyable aquatic outcomes.

**Jim Whiteside**  
President



## CHIEF EXECUTIVE OFFICER'S REPORT

Welcome to the Annual Report for the Royal Life Saving Society – Australia (New South Wales Branch) for 2017-2018. This year has been another successful year with a comprehensive range of innovative programs and services delivered across New South Wales communities.

Swimming and aquatic recreation represent key parts of the Australian lifestyle. In order for all Australians to safely share in the health and community-building benefits of these activities it is important that we continue to provide opportunities to develop skills and confidence necessary to enjoy our abundant waterways.

In the last 12 months more than 250,000 New South Wales residents participated in a Royal Life Saving swimming, lifesaving or water safety program. This human network of community lifesavers is the cornerstone of our vision – a nation free from drowning.

To ensure the ongoing relevance of our services we have continued to invest and lead research commitments resulting in a number of published reports. This evidence platform provides strong direction and priority recommendations that requires creative and appropriate solutions. The next 12 months will provide opportunities to act and implement new initiatives to address emerging concerns and priorities.

During 2017-18, 87 people drowned in New South Wales, and 75% were male. Rivers, creeks and streams were the leading location with males accounting for 75% of the total. This is the lowest number of drowning deaths ever recorded in Australia. The figures show that drowning prevention initiatives continue to reduce the impacts of drowning across most waterways and age groups. However, we cannot be complacent about water safety and need to ensure our communities are informed and aware of the risks involved when in, on or around water as they transition across life-stages.

It is estimated that one life lost to drowning costs the NSW community \$4.56 million. Over the last 14 years, 1313 people have drowned in New South Wales aquatic environments bringing the fatal drowning total cost to just under \$6 billion. This does not include the burden associated with the trauma caused to the immediate family, extended family, the community and emergency services nor does it include the costs of a survivor of non-fatal drowning.

It has been a year of great progress in regard to our communication plans. Our use of traditional media sources continues to expand but it is the work within the social media domain that we are achieving

significant engagement. These platforms provide opportunities to directly target particular groups ensuring relevance of messaging. Our “It's only safe while you're watching” and “Respect the River” campaigns reached millions of people and greatly assisted in creating discussion amongst new audiences.

During 2017-18, Royal Life Saving continued to receive strong support from the NSW Government for many of our drowning prevention objectives. This support came in the form of core funding via the Office of Sport and Water Safety Community funds through the Office of Emergency Management. These contributions have directly supported a range of campaigns to address water safety around pools, rivers, lakes and dams.

To achieve our organisational objectives and goals the Society is reliant on many factors including the contributions from our many supporters. The Society was the beneficiary of community grants via the ClubGRANTS scheme which allowed for a range of local community education and training initiatives. These programs bring about a range of water safety education opportunities for many who normally would go without. Our sincere thanks to these Registered Clubs and their members.

To our vast number of volunteers, my sincere thanks for your contributions, enthusiasm and dedication to the New South Wales community.

I'd like to thank the New South Wales Government for providing support for policy development and funding to assist in addressing important water safety initiatives, including our diversity initiatives, industry developments and regional and remote strategies.

To our staff members, thank you for your tireless work in pursuit of our organisational objectives. Much of our work and activity is highlighted further in this report.

Finally, I wish to thank the Board and our President Jim Whiteside for your continued commitment, support and expertise over the last 12 months.

**Michael Ilinsky**  
Chief Executive Officer

To ensure our relevance we need to keep focus on key issues whenever we make decisions and/or apply priority.

### OUR FOCUS

1. Leading advocacy to reduce fatal and non-fatal drowning and facilitate healthy, active and skilled communities through innovative, reliable and evidence-based policy and practice targeted at Government, the Community, the Aquatic Industry and Corporate New South Wales.
2. Building strong and effective partnerships, collaborations and alliances that support Royal Life Saving strategic objectives, expand our influence and reduce fatal and non-fatal drowning.
3. Ensuring quality, targeted, evidence based and impactful Royal Life Saving strategies, programs, products and services.
4. Building and supporting a cohesive, sustainable, secure organisation.

### OUR PRIORITIES

- Drowning Prevention Leadership
- Research, Policy and Advocacy
- Community Awareness and Action
- Swimming, Water Safety and Lifesaving Pathways
- Regional and Remote Communities
- Safer Aquatic Locations
- Organisational Cohesion and Growth
- Our People and Culture

### OUR CURRENT ACHIEVEMENTS

Royal Life Saving operates as NSW's leading water safety educator – a not for profit charitable organisation, public benevolent institution and volunteer community service organisation. Royal Life Saving prides itself on leading advocacy to reduce fatal and non-fatal drowning and building strong, effective partnerships and alliances that expand our influence. We achieve many of our goals by ensuring quality, targeted, evidence based and impactful training services, education programs, consultancy and development services.

### OUR CHALLENGES

Royal Life Saving is committed to building off our enhancements and progress and together with the New South Wales community, develop a resourceful and knowledgeable network of community lifesavers. We are faced with increasing population growth, greater access and utilisation of clean waterways, broadening cultural diversity, increased domestic and international arrivals and an elevated appetite for healthy and active aquatic pursuits. These developments reinforce the need to continue our focussed investment in the communities of New South Wales.

### OUR FUTURE MEASURES

Royal Life Saving will measure its future success by:

- Quantifiable reductions in drowning
- Measurable increases in adoption of swimming, water safety and lifesaving programs
- Adoption of Royal Life Saving positions, publications, research and data
- Recognition of Government, the community and our peers
- Impacts across our network, amongst members and key stakeholders
- Increased support applied to our vision of a state free from drowning
- Measurable increases in issue awareness and attribution in the media.





**“WE WILL BE INNOVATIVE,  
INVESTING IN OUR FUTURE &  
DEVELOPING OUR PEOPLE”**







# DROWNING PREVENTION LEADERSHIP

In the past year Royal Life Saving has provided expert witness testimony and advice to Coroners. In addition, Royal Life Saving staff contributed to a range of committees and advisory groups including the New South Wales Water Safety Advisory Council and associated sub-committees, AUSTSWIM NSW Advisory Council, Aquatic and Recreation Institute, Australian Resuscitation Council, National Aquatic Industry Safety Committee and the NSW Sport and Recreation Industry Skills Committee.

It is important that Royal Life Saving works with and shapes its intellectual content, expertise and commitment to change community behaviours and attitudes.



## SECTOR LEADERSHIP



Minister for Emergency Services, the Hon. Troy Grant, MP and Minister for Sport, the Hon. Stuart Ayres, MP with Michael Ilinsky, Chief Executive Officer.

“Royal Life Saving NSW continued to work alongside the NSW Government to create and communicate evidence-based policy and innovative strategies to address fatal and non-fatal drowning and improve community health outcomes. The Society provided guidance and input into legislative processes, the formation of best practice policy and the development of guidelines that underpin aquatic environmental safety.”

## LEADING POLICY DIRECTION

Summer 2016-2017 in NSW saw an increase in fatal drowning, particularly between Christmas and New Year, resulting in extensive media coverage. In response to the increase in drowning deaths, the NSW Government commissioned a report investigating drowning deaths over the summer period.

The key findings of the 'NSW Summer Drowning Report 2016-2017' were presented at the inaugural NSW Water Safety Forum, with stakeholders invited to discuss the findings and strategies for reducing the summer drowning toll in future years.

Following the 2017-2018 summer season, the NSW Government again commissioned an investigation into drowning over summer (1 December 2017 to 28 February 2018). By analysing these events, the investigation sought to bring clarification and insight to the period, and inform prevention efforts.

Key trends relating to sex, age, ethnicity, location, activity and risk factors are identified, as well as emerging issues related to high-risk populations, locations and activities.



The NSW Summer Drowning Report can be downloaded at [royallifesaving.com.au](http://royallifesaving.com.au)

Above: A section from the NSW Summer Drowning Report showing headlines promoting the “secret”, “hidden” and “best” swimming locations in the lead up to, and during summer

## NSW DROWNING REPORT

There were 87 people who drowned in New South Wales in 2017-2018. This is a 7% reduction on last year and an 11% reduction on the 10-year average, see Figure NSW1.

Males continue to dominate the New South Wales figure accounting for 75% of those who drowned. Risk-taking behaviours and the consumption of alcohol are major contributing factors to fatal and non-fatal drowning.

Rivers, creeks and streams were the leading location for drowning in New South Wales and almost one quarter (24%) of deaths occurred while swimming and recreating.

The 45-54 years age group recorded the highest number of drownings with 16 deaths (see Figure NSW2) and almost half of all drowning deaths in New South Wales (47%) occurred in the Summer months.

### KEY NEW SOUTH WALES DROWNING STATISTICS

- 87 drowning deaths occurred in New South Wales in 2017-2018
- This is a reduction of 7% on last year and a reduction of 11% on the ten-year average
- 75% of those who drowned in New South Wales in 2017-2018 were male
- Rivers, creeks and streams accounted for 29% of New South Wales drowning deaths
- Almost one quarter (24%) of all drowning deaths in New South Wales occurred as a result of swimming and recreating
- Almost half (47%) of all drowning deaths in New South Wales occurred in Summer



The 2017-2018 New South Wales Drowning Report can be downloaded at: [royallifesaving.com.au](http://royallifesaving.com.au)

87



**PEOPLE DROWNED  
IN NEW SOUTH WALES  
IN 2017-2018**



**RIVERS, CREEKS AND STREAMS  
WERE THE LEADING LOCATION FOR  
DROWNING IN NEW SOUTH WALES**



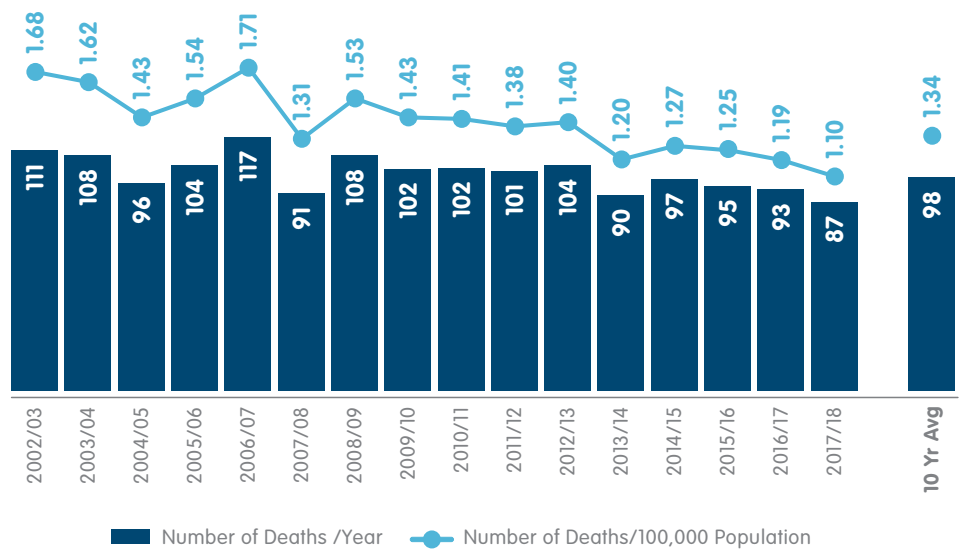


Figure NSW1: Unintentional Drowning Deaths and Crude Death Rates, New South Wales, 2002/03 to 2017/18, 10 Year Average

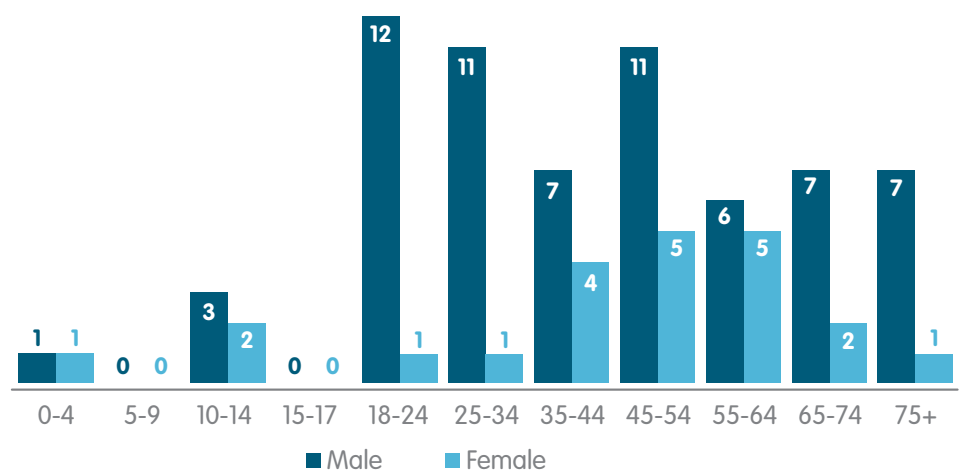


Figure NSW2: Drowning Deaths by Age Group and Sex, New South Wales, 2017/18

“FATAL AND NON-FATAL DROWNING COST AUSTRALIA A MASSIVE \$1.7 BILLION (2017-2018)”



# RESEARCH, POLICY AND ADVOCACY

Our position on an extensive array of water safety agenda in New South Wales has been developed through a commitment to research and ground level engagement. Our challenge is to ensure all our evidence-based recommendations and our policy responses are understood and supported by Government, Industry, Community and Education sectors.

Our staff have actively participated in state and national water safety forums and symposiums.

Royal Life Saving is working hard to eliminate drowning. We believe that through coordinated and locally driven campaigns we can reduce the number of drowning incidents.





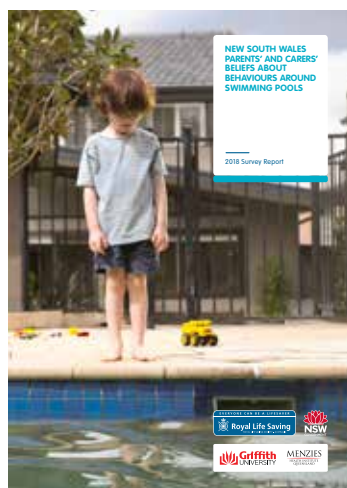




In order to gain a greater understanding of drowning deaths in private swimming pools, this study was undertaken using a fifteen-year dataset. This project has allowed for discrete analysis into the causal factors for swimming pool drowning deaths among young children, with a focus on known risk factors in the domestic environment. By analysing long term trends and patterns, targeted evidence-based prevention strategies have been developed.

This study:

- Provided a better understanding of the scale of drowning in children aged 0-4 years in NSW across a fifteen-year period (2002/03-2016/17), with a focus on drowning deaths in private swimming pools.
- Identified key trends related to child drowning in NSW, including the observation of trends over time in relation to drowning deaths in private swimming pools.
- Investigated the known risk factors for child drowning in private swimming pools, including a lack of adequate supervision and absent or faulty barriers.
- Proposed recommendations going forward, including targeted prevention strategies and suggested next steps regarding policy, programs and advocacy.

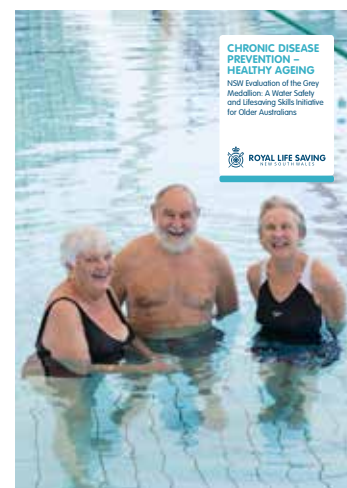


While the strategies for preventing child drowning are widely agreed (e.g. supervision, restricting a child's access to water, water awareness and resuscitation), lapses in adult supervision and faulty or propped open gates continue to be common causal factors implicated in cases of fatal child drowning in home pools.

In order to increase understanding of the knowledge, behaviours and attitudes of parents and carers of children under five with access to a home pool; Royal Life Saving Society – Australia (RLSSA) and Griffith University conducted a representative survey of those residing in NSW, with a particular focus on the two pool related behaviours of supervision and restricting access to water through the use of pool fencing.

This study:

- Provided an understanding of parents' and carers' beliefs about behaviours around swimming pools and strategies to reduce child drowning risk, in particular supervision and restricting access to water through the use of pool fencing.



Over the last fifteen years 1,517 people have drowned in New South Wales, including 423 people aged 60 years and over. Drowning deaths among this demographic accounted for 27.9% of fatalities during this time period, despite making up only 19.7% of the total NSW population.

Although some progress has been achieved in reducing the drowning rate among people aged 65 years and older nationally, this progress has been markedly less than that achieved among younger age groups.

This study:

- Gathered demographic and behavioural information for a group of older Australians, including:
  - Existing water safety knowledge and swimming ability.
  - Aquatic behaviour (e.g. frequency of aquatic activities, locations visited and activities undertaken).
  - Health status (e.g. medical conditions, regular medications).
- Identified changes in participant's self-reported:
  - Knowledge of water safety, emergency care actions and drowning prevention strategies
  - Physical, mental and social health status, including quality of life, satisfaction with social relationships, ability to carry out every day physical activities, emotional wellbeing, fatigue and pain.



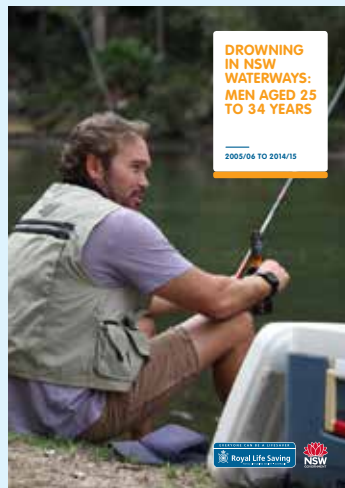
Rivers are the leading location for drowning in Australia, with more people drowning in New South Wales rivers than any other state. Previous research revealed the top ten river drowning blackspots around the country, with three of the top ten in NSW.

These were the Hawkesbury River (number five), the Murrumbidgee River (number six) and the Macquarie River (number ten).

In order to gain a greater understanding of drowning deaths in NSW, four rivers (Hawkesbury River, Macquarie River, Murrumbidgee River and Nepean River) were investigated.

This study:

- Provided a better understanding of the scale of drowning in NSW rivers (Hawkesbury River, Macquarie River, Murrumbidgee River and Nepean River) across a ten-year period.
- Identified key trends related to demographics (sex, age, ethnicity), time of drowning deaths (season, day of the week, time), location (specific river, remoteness classification), activity and risk factors (alcohol and drug consumption, lifejacket usage).
- Proposed recommendations going forward, including targeted prevention strategies and suggested next steps regarding policy, programs and advocacy.



Over the past 10 financial years (1 July 2005 – 30 June 2015), 121 men aged 25 - 34 years drowned in NSW waterways. This represents 11.8% of all drowning deaths in NSW during this time period with a crude drowning rate of 2.38 per 100,000 men aged 25-34 years. In comparison, 20 females drowned during the same period, at a crude rate of 0.39 per 100,000 population.

The highest number of drowning deaths in this demographic were of males aged 25 years (15.7%) and 30 years (14.0%), with 47.1% occurring in major cities.

The majority of people who drowned were local residents (i.e. not visitors) to the location of the drowning incident (74.4%). Nearly half had been born overseas (43.8%), of which 37.2% were from non-English speaking countries.

This study:

- Provided an in-depth understanding of the burden of drowning among males aged 25-34 years across the last 10 financial years (1 July 2005 to 30 June 2015) in NSW, including the circumstances of drowning deaths and key risk factors.
- Proposed recommendations going forward, including future directions and prevention strategies targeted males aged 25-34 years specifically in relation to alcohol and drug use around water.

**“Establishing an evidence platform is important to assist with ensuring that messages and prevention strategies are appropriate and relevant.**

**Royal Life Saving has addressed key findings within these reports to implement targeted campaigns and educational solutions to build community resilience, improved liveability and healthier, more active people.”**





# COMMUNITY AWARENESS AND ACTION

Royal Life Saving uses modern and innovative methods to reach key audiences. The increasing use of mobile technologies and instant messaging between peers provides a powerful tool to change and/or modify behaviour.

Beliefs are strengthened if an individual believes others share the same opinion. So, if a post condemns an activity or supports a particular behaviour they are more inclined to adopt these norms and beliefs.

The use of well planned community awareness campaigns encourages our audience to move from listening to a message to exhibiting a desired behaviour.





## KEEP WATCH: WATER. IT'S ONLY SAFE WHILE YOU'RE WATCHING

Royal Life Saving has been urging parents not to be complacent about their child's safety around water. Between 1 July 2002 and 30 June 2017 (a period of 15 financial years), 148 children aged 0-4 years drowned in NSW across all aquatic locations, including 91 in private swimming pools.

The 2017-2018 Keep Watch campaign focussed on parental complacency and messaging around supervision and restricting access. Active adult supervision is the key to preventing children from drowning in backyard swimming pools.

A Royal Life Saving study of child drowning deaths in home swimming pools over the last 15 years showed that in 62% of cases, the child gained access to the pool area through a faulty fence or gate, or a gate which had been deliberately propped open, allowing the child to enter the pool area unaccompanied.

It is important in today's society that innovative solutions are considered to ensure target audiences are informed. Royal Life Saving utilised traditional and social media platforms to communicate during the summer.



PRINT AND  
BROADCAST ITEMS



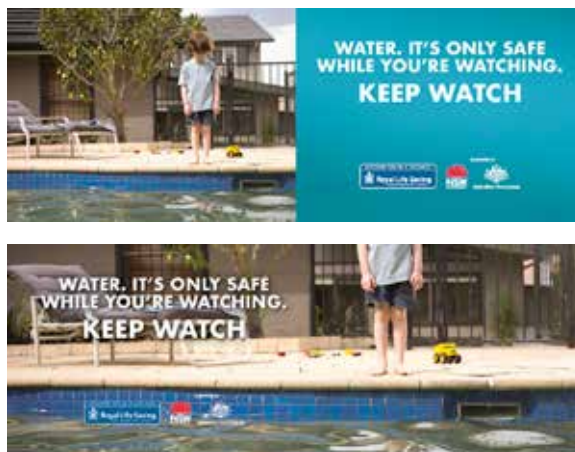
PRINT AND  
BROADCAST CUMULATIVE  
AUDIENCE

ONLINE INFLUENCER	FOLLOWERS
Jessica Smith	10,300 Facebook
Brittany Noonan	42,900 Instagram
The Grace Tales	11,434 Facebook
Kyal and Kara (The Block)	115,445 Facebook 181,000 Instagram
Roxy Jacenko	212,000 Instagram
Kidspot	842,910 Facebook
	<b>1,415,989++</b>



Watch the Keep Watch video:  
[youtube.com/RoyalLifeSavingAust](https://youtube.com/RoyalLifeSavingAust)

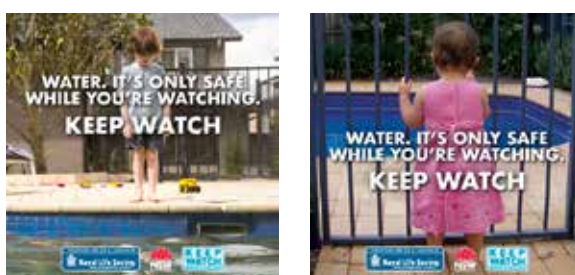
### Facebook Cover Tiles



### Social Media Posts



### Facebook Tiles



## RESPECT THE RIVER PROGRAM

In order to educate people about the hidden hazards at inland waterways, Royal Life Saving launched the 'Respect the River' program. Rivers often look calm and serene from the surface, with flat, still water, leading people to underestimate the unseen dangers. Inland waterways are not patrolled by lifeguards and weather conditions can change rapidly.

There may be strong currents, submerged objects and steep or crumbly banks. The program has four key safety messages; wear a lifejacket, avoid alcohol around water, never swim alone and learn how to save a life.

With support of the NSW Government, Royal Life Saving in 2017-2018 implemented a range of activities with a focus on the communities around the Hawkesbury, Macquarie, Murrumbidgee and Nepean Rivers.

**“Between 1 July 2005 and 30 June 2015, 43 people drowned in the Hawkesbury, Macquarie, Murrumbidgee and Nepean rivers.”**



**MORE THAN 1 MILLION PEOPLE REACHED THROUGH SOCIAL MEDIA ACTIVITY**



Watch the Respect The River videos:  
[youtube.com/RoyalLifeSavingAust](https://youtube.com/RoyalLifeSavingAust)



**OPEN WATER RISK AUDITS ADDRESSING RISKS AND PROVIDING IMPROVEMENT STRATEGIES FOR AQUATIC USER GROUPS**



**STUDENTS COMPLETING LIFESAVING PROGRAMS INCLUDING THE BRONZE MEDALLION AND CPR TRAINING**



**OPEN RESOURCE KITS DISTRIBUTED TO REGIONAL SWIMMING POOLS FOR WATER SAFETY EDUCATION**



**SCHOOLS PARTICIPATING IN THE ROYAL LIFE SAVING ONLINE OPEN WATER PROGRAM**



**PROFESSIONAL RIVER SAFETY DEVELOPMENT SESSIONS FOCUSING ON PRACTICAL ACTIVITIES**



**PRIMARY SCHOOL STUDENTS TAUGHT ABOUT OPEN WATER SAFETY**



**POP UP COMMUNITY EVENTS AT KEY RIVER LOCATIONS**



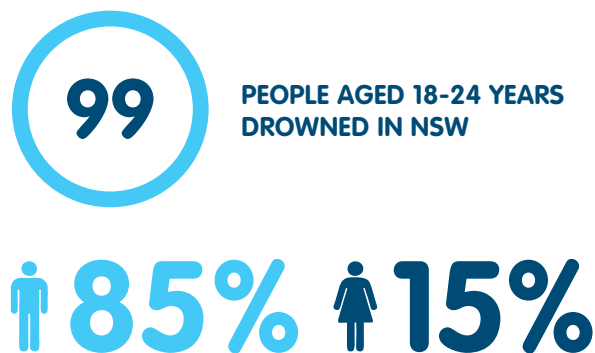
**REGIONAL TEACHERS TRAINED IN SWIMMING AND WATER SAFETY COURSES**

## RISK TAKING IN YOUNG PEOPLE 18-24 YEARS

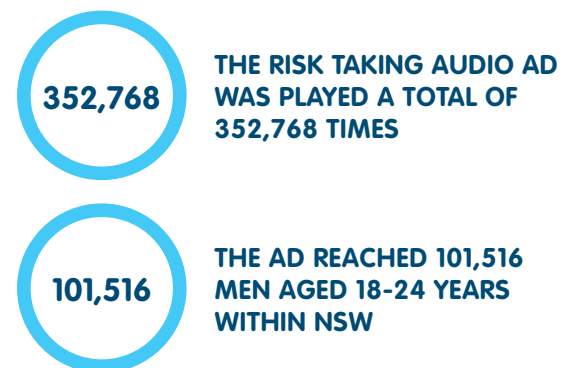
Males continue to drown at a higher rate than females, which is particularly evident in this age group. The use of alcohol and illegal drugs whilst undertaking aquatic activity is an ongoing challenge, particularly around rivers, creek and streams which claim most lives. This campaign used Spotify and Instagram platforms.

“The use of alcohol and illegal drugs whilst undertaking aquatic activity is an ongoing challenge...”

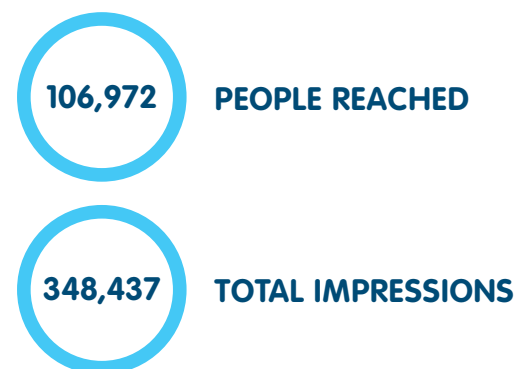
### OVERVIEW OF DROWNING DEATHS IN NSW BETWEEN 1 JULY 2007 AND 30 JUNE 2017



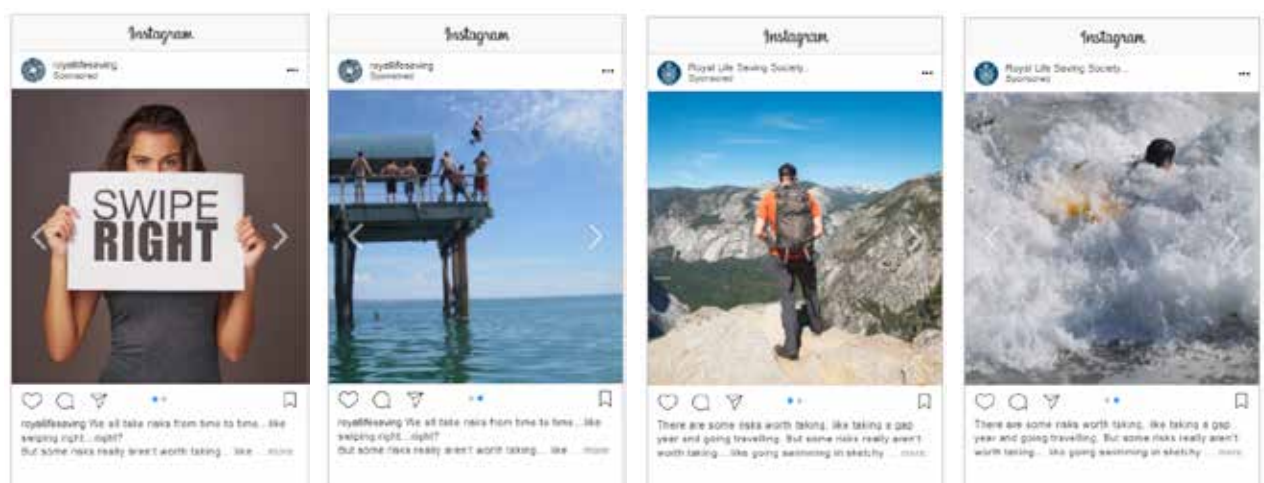
### SPOTIFY RESULTS



### INSTAGRAM RESULTS



### Social Media Posts







# SWIMMING, WATER SAFETY AND LIFESAVING PATHWAYS

In the last 12 months more than 250,000 New South Wales residents participated in a Royal Life Saving swimming, lifesaving or water safety program. This human network of community lifesavers is the cornerstone of our vision – a nation free from drowning.

Many of our programs instil strong personal survival elements and a respect for the aquatic environments we encounter. These ingrained values and skills provide a foundation on which to enhance and develop more complex swimming, rescue and lifesaving proficiencies. Many participants turn these assets into a job such as a lifeguard or swim teacher.



## COMMUNITY LIFESAVER - COMMUNITY SPIRIT PROGRAM

The provision of programs for our children continues to be a priority for Royal Life Saving. Within the Sydney metropolitan region, a range of water safety programs were provided to early childhood and school aged children for free. This was made possible by the generous support of our community partners.

The school-based programs provide for an ongoing series of educational engagements that have been designed around the developmental age and characteristics of the target group. This ensures that the content remains relevant to their lives and their local environments. Children learn about the importance of water safety and safe decision making when in and around a range of waterways. The programs also seek to increase children's awareness of safe and unsafe behaviours while enjoying our aquatic environments.

The Youth Community Lifesaver Program provides Year 10 and 11 students with access to our First Aid program and incorporates activities around peer influence and risk-taking behaviours around water via our online Swim Safe Swim Sober initiative. These skills help prepare them to respond with confidence to emergency scenarios in the future and better equip them with strategies to deal with difficult peer-related aquatic encounters as they progress into early adulthood.

“  
Secondary students are provided with a balanced lifesaving experience that prepares them for a lifetime of aquatic activities.”

22,500

CHILDREN

300+

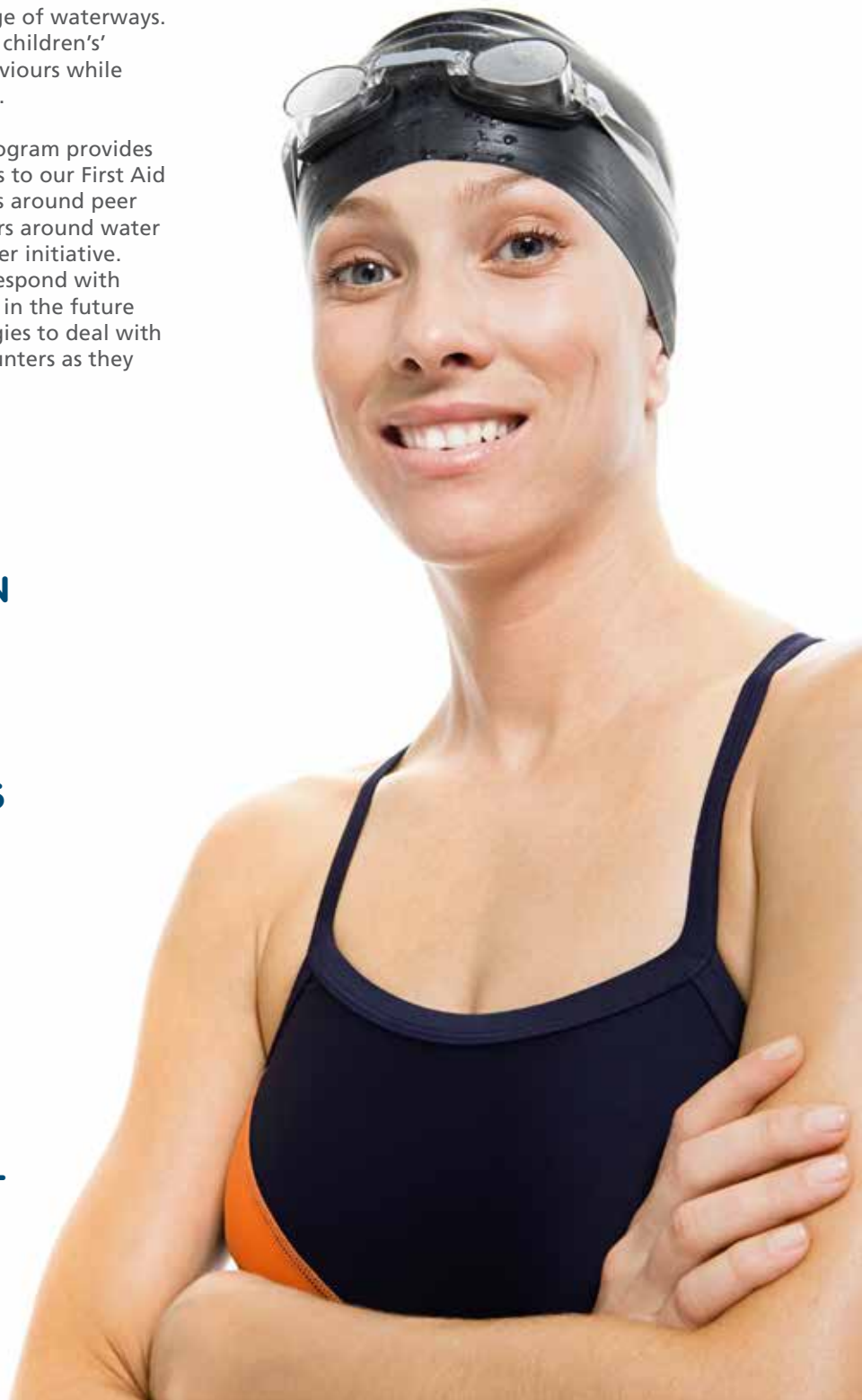
SCHOOLS

15

COUNCIL  
AREAS

\$350,00

IN DIRECT  
SUPPORT





## VOCATIONAL OUTCOMES AND CHALLENGES

Royal Life Saving is the leading authority and provider of vocationally aligned education and training programs to service the aquatic industry. As a Registered Training Organisation, the Society prides itself on high quality, sector specific training and assessment systems via traditional and flexible learning options. While providing skilled employees for our public and managed pools is an ongoing commitment, the aquatic industry and our communities are faced with a range of diverse and challenging issues that impact on services.



### POOL LIFEGUARDS

Over the last 12 months 5,048 Pool Lifeguards have been accredited and deemed competent to work at public pools across New South Wales. Pool Lifeguards play an important role in supervising a diverse range of user groups, responding to minor and major incidents, reinforcing appropriate behaviours and enforcing rules.

Public swimming pools are a valuable resource for local communities, providing space for physical activity, lifelong learning, social interaction and employment opportunities.

There is a strong perception of safety at public pools due to the presence of lifeguards. However, a recent Royal Life Saving study (10 Year Analysis of Drowning in Aquatic Facilities) has demonstrated that parents and carers often take this to mean that adult supervision is not required, leaving children unattended for a period of time.

Royal Life Saving's Keep Watch @ Public Pools program addresses this popular misconception with the tagline "Lifeguards are not babysitters". Unfortunately, it would appear that this message has not been received by all visitors to public pools, suggesting a renewed focus in the future is needed as part of a broader public awareness campaign.

Mahony, A, Peden, AE, Roberts, C, Barnsley, P (2018) A 10 Year Analysis of Drowning in Aquatic Facilities: Exploring risk at Communal, Public and Commercial swimming pools, Royal Life Saving Society – Australia. Sydney.



### SWIM TEACHERS

Royal Life Saving plays a vital role in the provision of qualified swim teachers across NSW. In partnership with AUSTSWIM, Royal Life Saving delivers swim teacher training programs across regional and remote NSW. This year the Society trained over 900 new teachers to service some of our most isolated communities.

The provision of swimming and survival programs across communities is quite complex and are often faced with organisational and financial barriers. Common barriers cited by schools include program cost, crowded curriculum, transport costs, and risk management procedures.

Specific issues include a lack of qualified aquatics teachers, particularly in regional areas; areas whilst cultural barriers have emerged as an issue in metro areas. Anecdotal evidence suggests that lack of facilities in regional and remote areas may be an issue as pools may only be open on a seasonal basis in some areas.

11%

OF PARTICIPANTS WHO PARTICIPATED IN A VOCATIONAL PROGRAM WERE BORN OVERSEAS

1,338

OF PARTICIPANTS WERE ABORIGINAL AND TORRES STRAIT ISLANDER



For a copy of the full report visit:  
[royallifesaving.com.au](http://royallifesaving.com.au)



## INNOVATION E-LEARNING

Over the last 10 years Royal Life Saving has provided a comprehensive range of content onto our learning management system. From vocationally recognised first aid programs to educational solutions such as the Open Water Program, the demand for flexible solutions has continued to increase.

As our lifestyles change and demand for flexible learning options increases it is important that Royal Life Saving provides exciting and engaging programs that meet the needs of the people we service.

Over the ten-year period more than 100,000 people have enrolled and completed an online training program with Royal Life Saving. The next 12 months will see a fresh, new range of options launched.

## 2017-2018 HIGHLIGHTS

250,000+	TOTAL NUMBER OF EDUCATION & TRAINING PARTICIPANTS
100,000+	SWIM AND SURVIVE
75,125	RESUSCITATION & FIRST AID
40,000+	WATER SAFETY EDUCATION
37,131	ANAPHYLAXIS & CPR TEACHER PROGRAM

## STRENGTHENING AND RECOGNISING OUR FIRST RESPONDERS

Often the arrival of emergency services to an accident scene can be delayed placing the health and well-being of casualties at risk. The skills of first responders makes a significant difference to the outcome of an injured or ill person. The acquisition of these life skills provides a protective network of life savers who can and do assist.

John Welch was at his home in Korora when he heard his neighbour scream uncontrollably. He ran straight to the property next door where he found his neighbour in a distraught state, holding her three-year-old child in her arms. John immediately deduced that the little girl had been in the family swimming pool and contacted emergency services.

John went to her immediate assistance, placing the little girl on the grass. After checking her vital signs and finding that she was not breathing, he rolled her onto her side to make sure her airway was clear then rolled her onto her back and commenced Cardiopulmonary Resuscitation (CPR) which he continued for approximately five minutes until she began to breathe on her own. Ambulance officers arrived and conveyed her to hospital for further treatment and observation.

John Welch was awarded a Royal Life Saving Commendation Certificate by the General The Honourable David Hurley AC DSC (Ret'd) Governor of New South Wales at Government House in 2018. There was no doubt in the minds of every member of the emergency services who were on the scene and also those at the hospital, that the immediate actions of John Welch were instrumental in saving the life of this little girl.

## AED – COMMUNITY TRAINING PARTNERSHIP

Marc Arcuri was a seemingly healthy 15-year old boy when he took the field for Austral FC on 19 July, 2014. Marc collapsed during the match, suffering sudden cardiac illness. A nurse performed CPR on Marc during the 30 minutes they waited for the ambulance, but he could not be revived.

A few months later, Marc's family and friends organised a small six-a-side football tournament at Francesco Crescent Reserve, Bella Vista with the aim of raising enough money to purchase a defibrillator for Austral FC. Throughout the day \$6,500 was raised – enabling the purchase of three defibrillators.

Since then, the Marc Arcuri Foundation was formed, and the annual Marc Arcuri Cup has exploded in popularity. What began as a small competition among 12 men's teams is now a two-day festival of football at Marconi Stadium, with the last tournament featuring 32 men's teams, 12 women's teams and 8 boys teams.

Over the three Cup events, more than \$96,000 has been raised and more than 50 defibrillators have been delivered to community football clubs across the state in partnership with the Royal Life Saving Society of NSW.

In April 2018, one of those defibrillators was used to revive 64-year-old Ian Rae, who suffered a heart attack while playing for West Pymble. Two cardiologists confirmed that Ian would not have survived if a defibrillator was not present.

## OLDER AUSTRALIANS – KEEPING ACTIVE

Over the last fifteen years 1,517 people have drowned in New South Wales, including 423 people aged 60 years and over.

People in this demographic are overrepresented in drowning statistics, with only slow progress made in reducing the drowning rate among older people. The slow progress in this demographic has, in part, been influenced by Australia's ageing population.

Increasing age is associated with reduced muscle mass, strength and physical endurance, reduced coordination and balance, reduced flexibility and mobility, reduced cardiovascular and respiratory function and reduced bone strength. However, regular exercise is known to have many benefits for older people. Swimming in particular is often ideally suited to older people as it is low impact.

Royal Life Saving's Grey Medallion program is a water safety and lifesaving skills initiative for older adults, aiming to encourage healthy, independent and active lifestyles. It has four key components: Water Safety Knowledge, Resuscitation and Emergency Care, Aquatic Exercise and Personal Survival and Lifesaving Skills.

Via a partnership with COORDINARE – South Eastern NSW PHN and funding under the Primary Health Networks Programme - an Australian Government initiative, Royal Life Saving advertised to local residents aged 60 years and over within the SENSW PHN area.

Participants responded to the advertisement by contacting their nearest participating aquatic centre and booking a place within one of the courses. Local newspapers also ran stories promoting the program, as well as local councils advertising the program on their websites. The program was fully funded, with no cost to participants. The first course began in May 2017, with the last course commencing in April 2018.

The program was funded as part of continued efforts to "promote healthy and active ageing to residents to enable them to stay well and remain living in their communities as they age".

The program was delivered at 12 aquatic centres within the region:

- Beaton Park Leisure Centre – Gwynneville
- McKeon's Swimming – Unanderra
- Oak Flats Pool
- Kiama Leisure Centre
- Bay & Basin Leisure Centre – Vincentia
- Bomaderry Aquatic Centre
- Ulladulla Leisure Centre
- Sapphire Swim Centre – Pambula
- Cooma Pool
- Bungendore Swimming Pool
- Q-One Aquatic Centre - Queanbeyan Aquatic Centre
- Moss Vale Aquatic Centre

**“Program facilitators perceived there to be numerous benefits to participants, including physical, mental and social benefits. In addition to providing increased value to their centre's existing patrons, the program also allowed facilities to increase their patronage by attracting new visitors. Facilities who ran the program believed they were providing a valuable service to the local community and highlighted the importance of engaging with older people in the community.”**



## BUILDING CONFIDENCE IN THE WATER

Fifteen students from the Special Needs Support Unit at Murwillumbah High School have been one of the first groups to take part in a new initiative by Royal Life Saving and UNCLE TOBYS to get more Australians swimming and active in the water.

The program has been designed to get more Aussies active, having fun and growing their confidence in the water. The program supports a variety of swimming-based activities across Australia. The Murwillumbah High School students, aged 14-18 years, have had limited experience with formal swimming and water safety lessons.

Royal Life Saving, Murwillumbah High School and Tweed Regional Aquatic Centre, have developed a specially tailored program to encourage a lifelong love of the water. Important skills such as floating, using floatation devices, and improving their swimming strokes have been included.

Pamela Matthews, Teacher at Murwillumbah High School said, **“Initially the students only felt comfortable where they could stand in the pool. Thanks to the program the students are receiving structured lessons to extend their swimming ability and build their confidence.”**

Swimming is not only important for drowning prevention but also good for health. Pamela hopes the students feel more confident in the water, and learn the skills to be able to join the other students in school swimming carnivals and continue to swim independently.



**“Learning how to swim is an important milestone for the students to work towards their own independence. Swimming and water safety lessons are not just a valuable life-skill, it’s such an important part of being part of the community. Being able to swim and safely recreate around water opens up many new opportunities.”**

## DIVERSITY AND INCLUSIVITY

For many individuals in our community the prospect of entering or falling into a pool, beach or river is frightening. Providing opportunities for those who often miss out was an important priority for Royal Life Saving during 2017-18.

We have created some inspirational videos on the Adult Learn to Swim Program at our Aquatic Safety Training Academy in Seven Hills and of the Students Learn to Swim Program at Holsworthy Aquatic.



Watch the Learn to Swim videos at:  
[youtube.com/RoyalLifeSavingAust](https://youtube.com/RoyalLifeSavingAust)





# REGIONAL AND REMOTE COMMUNITIES

Some of our more significant achievements occur away from our major cities. The communities of regional and remote New South Wales are exposed to some of our most treacherous aquatic locations. It is therefore paramount that these communities have access to our programs, services and support.

Our Regional Offices provide an important link and network across the state. Strong collaborative regional partners and individuals create a special lifesaving bond that is uniquely Australian. With many remote communities isolated from medical and emergency support it is important that we continue to develop the skills of our people to ensure help is always available – everyone can be a lifesaver.



## REGIONAL OFFICES OVERVIEW

There were 87 people who drowned in New South Wales in 2017-2018. Rivers, creeks and streams accounted for 29% of this total. It is important that communities are engaged at the local level to ensure there is clarity and an understanding of the key water safety issues that impact such communities.

Being aware of a range of established networks and evidence-based options that work assists with choosing what has the greatest chance of preventing or reducing fatal and non-fatal drowning.

“  
**WHAT WE ARE  
ACHIEVING TODAY  
BUILDS FOR  
TOMORROW.**”



## WESTERN REGIONAL OFFICE Orange

### REMOTE SUPPORT PROGRAM

During 2017-2018 the Royal Life Saving Western Regional Office partnered with the Northern Borders Senior Access Program (NBSA), which is one of five access clusters of schools in rural and remote areas of NSW. The NBSA Program provides a shared curriculum for senior secondary students across four schools including Boggabilla, Collarenebri, Goodooga and Mungindi located in the far north of the state. The program provides support for the students and teachers of the remote schools, encouraging a broad curriculum and retention of students through to senior high school years.

The Western Regional Office provided resources and support to enable the teaching staff of the schools involved to deliver Resuscitation and First Aid training to their students as well as the wider community. Thanks must go to teacher Malcolm Banks, based out of the Goodooga Central School, for his enthusiasm and determination to provide his students with the opportunity to learn first aid and resuscitation skills through this partnership.

Regional Manager – Alison Middleton



## ILLAWARRA REGIONAL OFFICE

### Wollongong

#### PARTNERING WITH CALD COMMUNITIES

The recent Royal Life Saving Drowning Report identified approximately 29% of people who drowned in NSW were born outside of Australia. With this in mind the Illawarra Regional Office collaborated with local Council, numerous multicultural organisations and water safety organisations to form the Illawarra Culturally and Linguistically Diverse (CALD) Water Safety Committee. The joint partnership provided newly arrived immigrants to our region with access to information on water safety.

Multiple CPR awareness sessions were held in conjunction with beach water safety days and pool orientation visits. With interpreters to assist in spreading the message, no age limits or monetary barriers, the Illawarra Office conducted multiple hands on CPR sessions for families in the region.

In addition to CPR, participants were taught how to access and utilise a defibrillator and how to contact emergency services. This program provided additional social and community benefits and an appreciation for local water safety issues.

Regional Manager – Ian Kennerley

## NORTHERN REGIONAL OFFICE

### Coffs Harbour

#### OPEN WATER – SKILLS FOR LIFE

Marine Studies students at Coffs Harbour High School undertook vital lifesaving and water safety skills in the harbour and on the jetty, as part of their practical course work.

The Bronze Rescue program was facilitated by Coffs Harbour High School staff who hold Bronze Medallion qualifications and undertake development and skill training with the professional staff of the Northern Regional Office.

Students undertook a range of activities including survival swimming, patient rescues and CPR training. Many of these activities and skills were contextualised to the natural waterways around the jetty precinct, where staff supervised the students as they worked their way towards achieving a Royal Life Saving Bronze Medallion qualification.

The inclusion of the harbour as an essential element of this program allowed the students to develop their aquatic skills and rescue capability in an environment they live and recreate around. The knowledge, skills and activities within the Bronze Rescue program were developed over numerous lessons and students were assessed at the end of term.

Regional Manager – Jason Phillips

Below: Students completing their Bronze Medallion in Coffs Harbour.





## RIVERINA REGIONAL OFFICE

### Wagga Wagga

#### DEVELOPING LOCAL WATER SAFETY SKILLS

In partnership with the Wagga Multicultural Society, the Riverina Office provided a range of programs over summer to support local CALD communities. Royal Life Saving Riverina Office provided first aid training, CPR and water safety knowledge relevant to local aquatic conditions. The CPR and first aid programs were coordinated to tie in with learn to swim sessions that were held for many new and existing migrants who are now settled in the Wagga region.

The high incidence of river tragedy in the area involving those from CALD backgrounds has been highlighted and the programs provided significant benefit to these communities.

Various community members were involved including those from Burma, Afghanistan, Spain, Philippines, Sudan, Sierra Leone and Iraq.

Language and communication were significant barriers but were overcome with guidance and assistance from younger participants. These local resilience and leadership opportunities provided important outcomes considering many had never undertaken any form of water safety education.

Regional Manager – Michael Dasey

## HUNTER REGIONAL OFFICE

### Newcastle

#### LEARN TO SWIM 4 KIDS WHO MISS OUT

While many children grow up learning how to swim, for many this simply is not possible due to the financial burden.

All children deserve the right to learn how to swim. With financial support from the Office of Sport and the Royal Life Saving Swim and Survive Fund, the Hunter Regional Office together with The Smith Family in Newcastle provided an intensive learn to swim program for 50 children from low socio-economic backgrounds.

The project was a huge success with great progress made by all participants who powered through the Swim and Survive levels. For the majority of these children aged 5 – 14 years, it was their first ever formal swimming lesson. Confidence levels improved dramatically. Several of the children are now ready to participate in their annual school swimming carnival, something which they had not done in the past.



Watch the Hunter program:  
[youtube.com/RoyallifeSavingAust](https://youtube.com/RoyallifeSavingAust)

Regional Manager – Tanya Brunckhorst

Below: Learning vital water safety skills in the Hunter.





# SAFER AQUATIC LOCATIONS

Our private swimming pools and spas provide immense enjoyment to many across New South Wales. They host many social and family occasions and bring great relief against our hot summers. As with any aquatic environment, each possesses its own risks. It's vitally critical that pool owners regularly inspect and maintain their pools. Royal Life Saving has worked with both Local and State Government to provide resources and support via the provision of checklists and publications.

In addition, our professional auditing and consultancy services have been heavily utilised by public pool operators and land owners across the state.





## PRIVATE SWIMMING POOLS

Across the summer period 2017-2018 Royal Life Saving worked in partnership with New South Wales Councils and child-related networks to ensure pool owners were constantly reminded of their obligations in and around swimming pools and spas.

The Resource Guide for Pool Owners provides information on the four key safety actions to prevent children from drowning. These are: Supervise, Restrict Access, Water Awareness and Resuscitate.

These are not individual strategies but should be used together for maximum safety – if one line of defence fails there are other prevention measures actively working to prevent a child from drowning.

**“In New South Wales there are more than 350,000 swimming pools. If these were placed end to end they would stretch from Melbourne to Cairns. They are not patrolled by professional lifeguards nor are they located in isolated locations. They are at our back doors and require respect and consideration.”**



## ADOPTING A LIFE STAGES APPROACH

As our children grow they become exposed to various risks. As they become “mobile” they have a greater awareness of their surroundings and seek to explore these at every opportunity.

This exploratory phase can lead to a child coming into contact with the swimming pool area. These areas are normally associated with fun and activity and therefore are a highly desirable location for young children. By understanding a child’s developmental life stage, parents and carers can be better prepared to deal with the various risks and hazards that impact specific age groups.

### 3 TO 5 YEARS

Always actively supervise children around water. An average of 9 children between the ages of 3 and 5 years drown every year in Australia. Almost 50% of all drowning deaths occurred in home swimming pools. Boys in this age group are twice as likely to drown as girls.

Restricting access to water, particularly in homes with swimming pools or easy access to water is vital. Correctly install and regularly maintain pool fencing and create a safe play area near the home. These years are a good time to enrol in Learn to Swim classes.

### ACTIONS TO PREVENT A 3-5 YEAR OLD FROM DROWNING INCLUDE:

- Always actively supervise children around water
- Supervising adult should always be within arms’ reach of the child in and around water
- Ensure pool fence is correctly installed, regularly maintained & gate is never left open
- Create a safe play area to restrict a child’s access to water
- Enrol children in water familiarisation lessons and learn to swim classes
- Establish simple rules such as no going near water without an adult
- Learn CPR. Enrol in a course or update your skills



## NATIONAL AQUATIC INDUSTRY SAFETY AWARDS

Two representatives from New South Wales' Aquatic Industry were recognised in the National Aquatic Industry Safety Awards during 2017. Presented by Royal Life Saving Society – Australia, they have been recognised for their significant contribution to aquatic safety within their community.

The awards are an initiative of the National Aquatic Industry Safety Committee to acknowledge the achievements of aquatic facilities and individuals towards improving health and safety outcomes.

Between 1 July 2005 and 30 June 2015, there were 293 drowning incidents in public and commercial pools across Australia. Thirty-six of these were fatal (12%).

A series of videos have been produced of each winner, showcasing their work and contribution to their community through their aquatic health and safety initiatives.



Watch the winner's videos at:  
[youtube.com/RoyalLifeSavingAust](https://youtube.com/RoyalLifeSavingAust)

In 2001, whilst working as a lifeguard, Gary went through the experience of losing a swimmer. A 2-year-old boy was recovered from the pool but couldn't be revived. That day, the funeral and the ensuing Coroner's Inquest became the catalyst for Pool Super Vision™.

Pool Super Vision continues to be developed utilising the lessons learnt that day, and now the experiences of other Pool Lifeguards around the world.

**“Prevent drowning and prepare for drowning; do everything in your power to prevent it and then prepare your team like it's inevitable.”**

**Gary Johnson**

**The 2017 Award winners were:**



**EXCELLENCE IN AQUATIC SAFETY  
BY AN INDIVIDUAL**

**GARY JOHNSON**



**EXCELLENCE IN AQUATIC SAFETY  
BY A FACILITY**

**GOULBURN AQUATIC CENTRE**



## ANALYSIS OF CAUSAL FACTORS FOR DROWNING OF CHILDREN UNDER FIVE IN NSW PRIVATE SWIMMING POOLS

Children under the age of five are at the highest risk of drowning, with home swimming pools the leading location for fatalities. Strategies for the prevention of child drowning include active adult supervision, restricting a child's access to water, water awareness and resuscitation.

Between 1 July 2002 and 30 June 2017, 91 children aged 0-4 years drowned in NSW private swimming pools.

- Peak drowning times
  - 41% in summer
  - 42% on weekends
  - 45% during the afternoon
- Supervision was completely absent in 64% of cases
- A further 6% of children were left to be supervised by siblings or other children
- Supervision was absent for 5-10 minutes in 35% of cases and 3-5 minutes in 24% of cases
- In 71% of cases the child drowned in the pool located at their primary residence
- The most common means of access were:
  - 38% faulty fence or gate
  - 26% lack of fence
  - 24% gate propped open
- In 67% of cases the parents of the child were the ones to commence CPR

Source: Mahony, A, Peden, AE (2017) NSW Child Drowning Report: A 15 year analysis of causal factors for drowning of children under 5 years in private swimming pools 2002/03-2016/17, Royal Life Saving Society – Australia. Sydney

## Economic Benefits of Australia's Public Aquatic Facilities

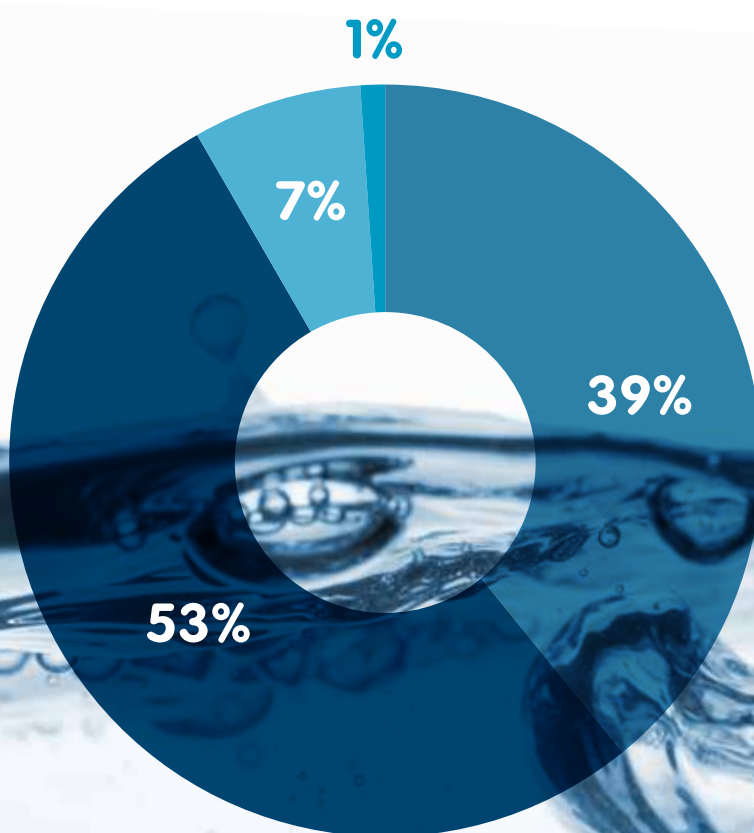
Many Australians are physically inactive, putting them at risk of death and disability and leading to burdens on Australia's health care system. Aquatic facilities provide Australians with opportunities for safe, low impact physical activity, and can generate significant health benefits for Australian society.

### Key findings

- The average aquatic facility creates \$2.72 million a year in value to the community
- The average Australian visits a public aquatic facility 4.4 times a year
- Every year in Australia physical inactivity costs the health system \$3.7 billion and leads to death and disability costing \$48 billion
- Insufficient physical activity is responsible for 5% of all death and disability in Australia
- Nearly 40% of the Australian population is classified as "physically inactive" according to the World Health Organization's physical activity scale
- A weekly visit to a pool is enough to take most people out of the "physically inactive" category
- Increased risk of disease is heavily concentrated among the "physically inactive" category
- As a result of these health benefits, every aquatic facility visit creates economic benefits worth an average of \$26.39, in addition to the leisure value gained by users

Figure 1: How much exercise do Australians do?

- Low activity
- Inactive
- High activity
- Moderate activity





### Estimating the dollar value of health gains

Royal Life Saving used the Australian government's Value of a Statistical Life Year to estimate the dollar value of the costs of physical inactivity – \$48 billion a year – as well as the health care costs and reduced productivity stemming from physical inactivity. Overall, we estimate that the additional ill health of someone who falls in the “physically inactive” bracket can expect costs society an additional \$4,576 each year, compared to \$1,185 for people in the low activity group. This means that additional exercise which moves someone from inactive to low activity leads to health gains worth \$3,391 in that year alone.

Based on a data-set provided by the Australian Institute of Health and Welfare showing exactly how much Australians currently exercise, we simulated the effect of an average pool visit's worth of exercise to a randomly selected person. Calculating the average impact on health burden over millions of simulations, we found that, on average, a swimming pool visit leads to health benefits worth \$26.39. The graph below shows how those gains break down in the case of a single person moving from inactive to low activity.

### Results

Based on the dollar value of these improved health outcomes, the report shows that an extra swimming pool visit by a randomly selected Australian is worth, on average, \$26.39, meaning that Australia's aquatic facilities produce \$2.8 billion in health benefits each year, over and above their value as sources of recreation, community and aquatic education.

Source: Barnsley, P. Peden, A. Scarr, J. (2017) Economic Benefits of Public Aquatic Facilities, Royal Life Saving Society – Australia, Sydney.

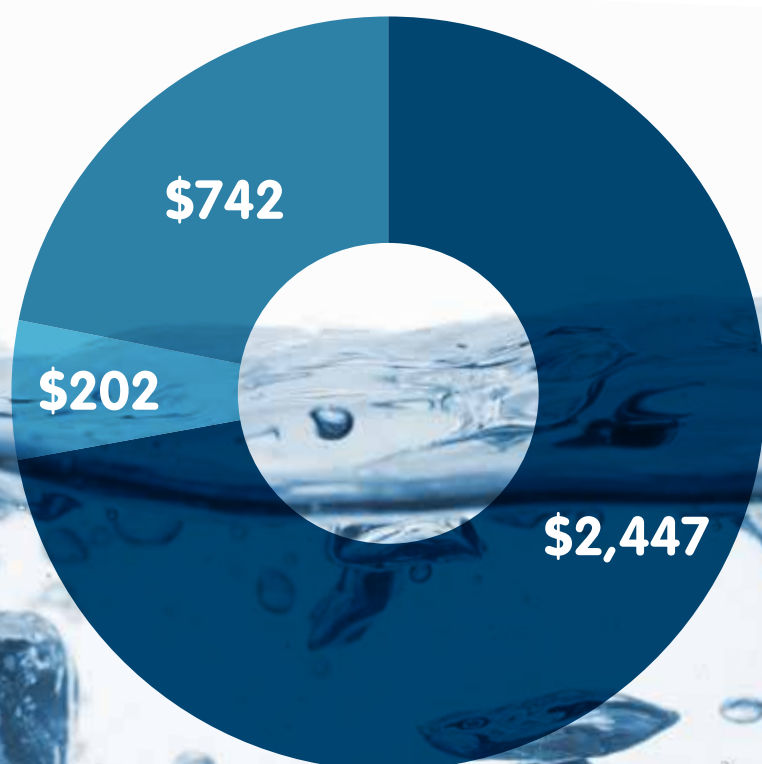


Figure 2: Breakdown of financial gains from becoming active

- Health value
- Health care costs
- Absenteeism



## ORGANISATIONAL COHESION AND GROWTH

New South Wales is experiencing substantial population growth, increasing diversity and urban expansion. These community changes lead to an increased demand for services and appropriate aquatic infrastructure. There are genuine concerns across New South Wales with ageing aquatic facilities and a changing community seeking active recreation and flexible health and wellness solutions.

Royal Life Saving continues to engage with the aquatic industry to ensure offerings to the community are relevant and suitable to changing demands. Our facility at Seven Hills continued to provide a comprehensive and professional service to Western Sydney communities.





## AQUATIC SAFETY TRAINING ACADEMY

The Aquatic Safety Training Academy (ASTA) is now in its 8th year of operations. ASTA's purpose is to:

1. Provide accessible and affordable water safety education to the communities of Western Sydney
2. Provide a hub for vocational and community education that supports drowning prevention efforts across NSW.

### LEARN TO SWIM

In 2017-2018 ASTA delivered more than 27,438 swimming lessons to 2,246 unique participants through its Swim and Survive program. In 2016-2017 there was an average 2.87 participants per class increasing to 3.11 participants per class in 2017-2018. This represents an overall growth in participation in swimming and water safety of 8.36%.

### SCHOOL SWIMMING

Facilitating swimming and water safety education to local schools in Western Sydney is significant to ASTA's mission in creating communities free from drowning. Working with 12 local schools, Royal Life Saving NSW delivered Swim and Survive, Aquatic Survival Challenge, Bronze Star and Bronze Medallion programs. 1637 local kids benefited from 21,000 class sessions ensuring a generation of local children with foundation water safety skills.

### SUPPORTING COMMUNITIES

In 2017-2018 ASTA continued its long-standing relationship with a number of its community partners including the Horn of Africa Relief and Development Agency (HARDA), Westmead Community Hub and Sydwest Multicultural Services.

A range of programs were offered from beginner to advanced learn to swim. Of note was the achievement of a Bronze Medallion qualification by 10 teenagers who had participated in learn to swim programs via HARDA over previous years. A fantastic achievement for not only the individuals, but the HARDA community as a whole.

### ADULT PROGRAMS

Learning to swim is a rite of passage for Australians. In recent years ASTA has seen a surge in enrolments of new Australians in adult learn to swim programs through both community organisations and directly with ASTA. In 2017-2018 ASTA provided swimming lessons to 381 adults throughout the year across 2086 lessons. Adults comprise 16.96% of ASTA's total learn to swim participation and highlights the significant need for increased opportunities for migrant communities to participate in swimming and water safety education.

### RAINBOW CLUB

Supporting people with a disability to access water safety education is important to ensure no child misses out and is free to safely participate in aquatic activity.

Over the past 8 years ASTA has supported Rainbow Club through the provision of water space to deliver water safety education to people with a disability.

Rainbow Club continues to grow and reported 28 members participating at ASTA in 2017-2018.

We are proud to support a strong community organisation providing such a valuable service to our community.

**“Our facility at Seven Hills continued to provide a comprehensive and professional service to Western Sydney communities.”**







# OUR PEOPLE AND CULTURE

Our members, volunteers and facilitators are essential if we are to achieve our objectives. They work in our schools, aquatic facilities, communities and corporate sectors.

Our people are everywhere in the community. They can be teachers, students, mums, dads, plumbers or accountants. They service and patrol the houses, streets, workplaces and parks of the communities in which they live. They don't always wear a uniform, but they can and do save lives, educate the community and inspire our children and adults alike. Royal Life Saving has more than 10,000 Members who each and every year lead our community lifesaver agenda.



## THE HILLS SWIMMING AND LIFESAVING CLUB

Each Tuesday night at Waves Fitness and Aquatic Centre in Baulkham Hills a team of Instructors volunteer over summer to deliver swimming and lifesaving programs to local children. Ben Fishburn, Jordan Hodggers, Olivia Osborne, Sarah Osborne, Cameron Smalley and Jayme Cline are at the forefront of these activities and are responsible for establishing the next generation of community lifesavers.

These activities could not occur without the support of a loyal group of individuals including Sandra Richardson, Andrew Bowden, Pam Stanley, Graham Taylor, Norm Stanley and Melanie Williams.



Opp: Hills Members at the Royal Life Saving State Presentation.

## ARMIDALE AND NEW ENGLAND SUB BRANCH

The Armidale and New England Sub Branch has been a long-time advocate and supporter of Royal Life Saving education and training programs. Membership of the Sub Branch is still strong and a number of traditional lifesaving awards are issued each year.

In March 2018, the Sub Branch participated in the University of New England Life Saver day, to directly engage with students and showcase the offerings of the Society. With over 1,000 students visiting the event it provided a great opportunity to discuss vocational training and aquatic career pathways.



Opp: Lifesaver Day – Peter Dooley, David Mitchell, Jason Phillips and Stephen Gollan.

**“Royal Life Saving has more than 10,000 Members who each and every year lead our community lifesaver agenda.”**



## 2018 AUSTRALIAN POOL LIFESAVING CHAMPIONSHIPS

Top lifesavers from around the country came together to compete at the 2018 Australian Pool Life Saving Championships. The Championships took place from Thursday 11th January to Saturday 13th January 2018 at the South Australia Aquatic and Leisure Centre.

The event was a great success with a broken world record, two new world records set, new personal bests, and a wave of new talent.

New South Wales retained the coveted champion state title for the second year in a row, ahead of Queensland in second place, and Western Australia in third place.

Blake McCrindle, NSW Team Coach, was ecstatic about the team's result saying, "It was a truly team effort from this very young group of athletes. They came together and helped out wherever needed and got the job done. Winning the interstate competition as a coach means so much more than as an athlete. We could not have done this without the support of the other great coaches from NSW who put in the countless hours before handing their athletes over to me."

The national event tests competitor's abilities in lifesaving, with each event directly simulating real situations and emergencies that lifesavers encounter. National Sport Advisor for Royal Life Saving, Robert Reid, said "This national event sees the very best pool lifesavers getting together. Competition in the pool is tight with a very high standard of athleticism demonstrated across the five events."

The Australian Pool Life Saving Championships are held every year in a different state across the country. The 2019 Australian Pool Life Saving Championships will be held in Sydney.



UNDER 16	UNDER 19	OPEN LADIES	OPEN MENS	COACH	MANAGER
Kaylah Holmes	Bronte Smith	Rachel Wood	Ethan Garland	Blake McCrindle	Max Gonzales
Zara Sharman	Keeley Booth	Phillipa Emery	Jett Garland	RESERVES	CHAPERONE
Blake Hessel	Callum Lowe-Griffiths	Noemi Busan	Bailey Proud	Holly Holmesby	Nadine Hennessy-Rassmussen
Keaton Pollington	Jack Curran	Karli Musarra	Blake McCrindle	Lachlan Braddish	

### ROZLYNN GREY OAM

On the 26th January 2018, Mrs. Rozlynn Grey was awarded the Medal of the Order of Australia (OAM) for her significant contributions to lifesaving.

Roz acquired her Bronze Medallion, Award of Merit, and Life Saving teaching qualifications in the 1960s and subsequently became a Royal Life Saving Examiner. She instructed local community and swimming club members in water safety, survival, rescue, resuscitation and CPR. Initially this was at Enfield Pool and then at Engadine Pool from the mid-1980s until today.

With a love of the sport, Roz competed in Pool Life Saving competitions until approximately 1992 when she represented NSW in the Masters at the Royal Life Saving Society – Australia (RLSSA) National Pool Lifesaving Championships.

Roz has been an active volunteer at lifesaving competitions since 1972, and is recognised as one of Australia's leading Royal Life Saving officials. Current NSW Chair of the Club and Competition (Sport) Committee, Roz's reputation now extends to Commonwealth and international level with her appointment as one of the Chief Referees at the 2016 World Championships.

Roz has displayed an extraordinary commitment to lifesaving over a long period of time and has been a significant contributor to its development and expansion across the globe. In all of her contributions Roz has exhibited substantial dedication, and empathy, as well as strong leadership. Roz has been the cornerstone of many lifesaving activities nationally and is therefore a worthy recipient of an Australian Honour.





Royal Life Saving Society – Australia (New South Wales Branch) presents Honours each year at New South Wales, Australian and Commonwealth levels. Annually, Honours are presented to individuals, groups, schools and/or organisations to recognise the continued commitment, dedication and voluntary work of the Society's members, examiners, competitors, officials and supporters in promoting lifesaving, water safety, survival, rescue, resuscitation and first aid. The Society would like to thank and congratulate the following Honour recipients for their ongoing support.

## AUSTRALIAN HONOURS

### RLSSA Certificate of Thanks (2016/17)

Felysia Konakoff

### RLSSA ASSOCIATE

Jennifer Perry  
Glenn Nott

### RLSSA Companion (2016/17)

Dr Matt Winslade

### Meritorious Service Medal (2016/17)

Roz Grey

### RLSSA Long Service Order

Anne Muir (2016/17)  
Lisa Savli (2016/17)  
Samantha Martyn  
Nicola Jamieson  
Jackie Downie  
Verity Smith

### RLSSA Outstanding Service Order

Jason Phillips  
Ian Kennerley  
Tracey McMaster  
Kathy McLean  
Penny Hodgers  
David Macallister

### RLSSA Australian President's Award (2015/16)

Merrylands High School

### RLSSA Service Medal (2016/17)

Jeff Collier  
Jim Whiteside

### RLSSA Companion (2016/17)

Pam Stanley

## NEW SOUTH WALES HONOURS

### Long Service Star

Francis Quinn  
Tony Stanley  
Gail Phillips

### Distinguished Service

Denise Williams  
Mavi Giacomello  
Karen Barbey  
Gus Borman  
Margaret Cunninghame

### Associate Award

Cameron Smalley  
Simon Lee  
Anthony Hood  
Monique Sneddon  
Leanne Duck  
Bruce Holland

### Russell Crane Cup

Sandra Richardson

### Derek Emery Memorial Trophy

Jayne Cline

### John Stacpoole Memorial Trophy

Norm Dixon

### NSW President's Award

Seven Hills Group

### Certificate of Appreciation

David Field  
David Hurt  
Loreto Kirribilli  
Trinity Grammar School  
John Edmondson High School  
Mackellar Girls' High School  
St John's College Lismore  
Bingara Public School  
Kinross Wolaroi School  
Cudal Public School  
Swansea High School  
Shortland Public School  
Trinity Anglican College  
Parkview Primary School  
Belgravia Leisure Centre  
Sutherland Shire Council  
YMCA

### Mosman Swim Centre

Stan Wall  
Stuart Crane  
Andrew Beamer  
Kelly Fettel  
Mark Rutledge  
Rae Andrews  
Angus Westaway  
Adele Berry  
Michele Alison  
Sporties Health & Fitness  
Paul Kinning  
Robert Murray  
John Riboldi  
Dennis Parker  
Jenifer Adams  
Peter Swan  
Wayne Gallagher  
Wesley Hamilton  
Craig Williams  
Steve Kirby  
Joanne Hoolihan  
Sandy Heyeh  
Our Lady of Lourdes  
St Patrick's Primary School  
Seven Hills North Public School  
Metella Road Public School  
Westmead Community Hub  
Horn of Africa Relief & Development Agency  
Laerdal Medical  
FastAid  
COORDINARE  
Canopi  
Hardings Lawyers  
Australian Training Company  
Studio One Another  
Media Key Pty Ltd  
Marc Arcuri Foundation  
Family & Community Services – NSW Government

## LIFE GOVERNORS

T. Cross  
W. Twigg  
R. McLennan  
K. Abernethy  
B. Deitz  
S. Bidner  
B. Clifton  
K. Draper  
A. Hilliard  
K. Lofts  
R. Vass  
E. Fry  
D. Parsons  
J. Fowler  
G. Duncan  
P. Marquet  
A. Stephens  
C. Heckenberg  
V. Frost  
G. Bassingthwaighte  
B. Colquhoun  
P. Joske  
F. Henry  
E. Vass  
R. Jiear  
J. Eyles  
G. Turnbull  
W. Blakeney  
H. Bamford  
J. Cummine  
P. Hunter  
D. Knox  
M. McCann  
W. McKell  
J. Parsons  
H. Prior  
R. Burgoyne  
N. Rose  
W. Scott  
H. Stoyles  
R. Crane

## LIFE MEMBERS

R. Byrnes  
F. Simpson-Lee  
P. Dooley  
D. Beaupeurt  
E. McGrath  
B. Dixon  
P. Forbutt  
H. Douglas  
P. Midson  
J. Misson  
D. Kilpatrick  
J. Pascoe  
J. Brooks  
D. Brown  
N. Harrison  
R. Smith  
C. Stewart  
T. Cross  
G. Bryant  
R. McLennan  
T. Brenton  
D. Bennetts  
L. Burwell  
R. Firkin  
K. Laffey  
J. McDonald  
P. Neenan  
I. Newley  
M. Slade  
J. Slade  
W. Leonard  
B. Vines  
A. Denny  
B. Trevenar  
J. Manning  
J. McCoy  
N. McKnight  
J. Spencer  
W. Twigg  
P. Barrie  
D. Johannes  
B. Prideaux  
A. Tonkin  
G. J. Vesperman  
G. Vesperman  
B. Frame  
K. Hawthorne  
A. Vockler  
A. Hilliard  
K. Lofts  
B. Clifton  
K. Draper  
B. Deitz  
M. Burn

M. Fitzsimmons  
J. Grimsley  
W. Parker  
P. Marquet  
K. Abernethy  
K. Carley  
H. Gillard  
C. Heckenberg  
G. Duncan  
A. Stephens  
F. Brett  
G. Clarke  
J. McLean  
L. Buchanan  
R. Vass  
E. Vass  
R. Faraday  
H. Fountain  
B. Colquhoun  
J. Fowler  
F. Dunncliffe  
D. Thompson  
J. Barden  
J. Carney  
J. Eyles  
E. Arnold  
D. Banks  
C. Black  
B. Bowen  
J. Breakspear  
F. Brett  
A. Brown  
A. Castleman  
J. Chalmers  
N. Chelman  
C. Claggett  
J. Coleman  
H. Cremmer  
M. Cullen  
D. Dunstan  
L. Fall  
W. Fowler  
A. Fraser  
M. Goodman  
A. Gorst  
C. Griffiths  
J. Hague  
W. Harries  
J. Hawe  
N. Hayton  
J. Henderson  
B. Hocker  
J. Holme

C. Hopkins  
W. Humphries  
M. Jarrett  
W. Jarvesson  
J. Jenkins  
R. Judge  
C. Lauder  
F. Leaney  
D. Lindsay  
W. London  
M. Matheson  
A. McClure  
C. McKenzie  
R. McQueen  
T. Monckton  
H. Paull  
J. Perry  
C. Phillips  
K. Prien  
F. Ramsay  
L. Randall  
E. Redfern  
L. Reid  
D. Richardson  
W. Riding  
H. Rose  
F. Sandon  
F. Saunders  
E. Smiles  
R. Stacey  
P. Stephens  
J. Stewart  
J. Waterer  
B. Weir  
J. Whitebrook  
M. Wylie  
H. Bamford  
J. Cummine  
J. Parsons  
H. Prior  
W. Scott  
W. Blakeney  
G. Turnbull  
R. Jiear  
R. Burgoyne  
F. Henry  
G. Bassingthwaighte  
V. Frost  
S. Bidner  
D. Parsons  
J. Collier  
R. Brettell

Jill Collier  
W. Howitt  
M. Booby  
B. McLennan  
G. Samanc  
P. Cronin  
D. Gallaway  
D. Hofman  
J. Teagle  
L. Purcell  
C. Austin  
P. Wiebe  
N. Adams  
J. Dooley  
D. Mitchell  
N. Stuart  
G. Campbell  
G. Keifer  
K. O'Connor  
E. Fry  
B. Farlow  
H. Aitken  
R. Arnold  
P. Cousins  
D. Jones  
C. Ninness  
S. Martin  
H. Notley  
F. Kelly  
H. Woodley  
P. Allan  
M. Bergin  
R. Grey  
B. Edgecock  
D. Gross  
L-D. Kinscher



## ROYAL LIFE SAVING NSW PRESIDENTS

1907/08	Colonel Reuter E Roth
1929/30	Sir Kelso King
1937/38 to 1940/41	Mr. C W Heyde
1951/52	Mr. Stuart Thorpe
1955/56 to 1957/58	Mr. P E Joske
1958/59 to 1970/71	His Honour Judge J. Harvey Prior
1971/72 to 1979/80	Sir P.E. Joske
1980/81 to 1982/83	Sir Walter Leonard
1983/84 to 1993/94	Sir Eric McClintock
1993/94 to 2007/08	Mr. Clive Austin
2008/09 to 2011/12	Mr. Peter Cronin
2012/13 to present	Mr. James Whiteside

## VALE – SIR ERIC McCLINTOCK

Sir Eric Paul McClintock (13 September 1918 – 27 March 2018) was an Australian public servant and businessman. He was notable for serving as chairman of Woolworths Limited from 1980 to 1987.

McClintock was born on 13 September 1918 in Gulgong, New South Wales, to Robert Emanuel McClintock (d. 1979) a newspaper proprietor and his wife, Ada Marion McClintock (née Whitton; 1888–1987). He was educated at De La Salle College, Armidale, and the University of Sydney.

Sir Eric McClintock worked in the Naval Supply Office, Department of the Navy, 1935–1947. He joined the Australian Trade Commissioner Service, serving in Washington as Commercial Attaché on various international emergency food council committees.

He was appointed an Assistant Trade Commissioner in 1948, based in New York. He returned to Australia in 1951 as Director of Trade Promotion in the Department of Commerce and Agriculture.

He was a speech writer for future Prime Minister John McEwen, then Minister for Trade, and served as First Assistant Secretary, Department of Trade, 1958–1961.

He was also associated with the Australian Industry Development Corporation. After leaving the Public Service, he was chairman of Woolworths Limited from 1980 to 1987. During his tenure, the Dick Smith electronics business and Victorian supermarket chain Safeway were acquired, and the “Fresh Food People” slogan was instituted.

Sir Eric served as Royal Life Saving New South Wales President from 1983/84 to 1993/94.

## OUR COMMITTEES

### Technical Review Committee

James Whiteside  
Frances Simpson-Lee  
Lisa Critoph  
Roz Grey  
Terry McCallum

### Honours Committee

James Whiteside  
Roz Grey  
Frances Simpson-Lee  
David Macallister  
Michael Ilinsky

### Club and Competition Committee

Chair: Roz Grey  
Registrar: Geoff Grey

## COMMUNITY SUPPORTERS REGISTERED CLUBS

The following Clubs have been generous supporters of Royal Life Saving community education programs throughout 2017-18:

Balmain Tigers  
Club Burwood RSL  
Cabravale Diggers Club  
Campsie RSL Club  
Canada Bay Club  
Canterbury League Club  
Castle Hill RSL Club  
Chatswood RSL Club  
Club Five Dock RSL  
Club Marconi  
Club Merrylands Bowling  
Drummoyne Sailing Club  
EBP Club  
Fairfield RSL Club  
Kemps Creek Bowling Club  
Masonic Club  
North Ryde RSL  
Penrith Panthers  
Petersham RSL Club  
Seven Hills-Toongabbie RSL  
St John's Park Bowling Club  
Sydney Rowing Club  
Wenty Leagues Club

## 5 YEARS OF CONTINUOUS SUPPORT

The following schools or institutions have undertaken Royal Life Saving programs and / or services for five consecutive years or more.

Airds High School  
All Saints Catholic Primary School  
Appin Primary School  
Asquith Boys High School  
Bedgerabong Primary School  
Bidwill Primary School  
Burwood Primary School  
Camden Haven High School  
Canobolas Rural Technology High School  
Caringbah High School  
Charlestown Primary School  
Cherrybrook Primary School  
Christian Brothers High School  
Lewisham  
Clancy Catholic College West Hoxton  
Cranbrook School  
Danebank Anglican School for Girls  
De La Salle College Cronulla  
Douglas Park Primary School  
Dubbo West Primary School  
Eglington Primary School  
Flinders Primary School  
Galston High School  
Glenwood High School  
Gloucester High School  
Holy Spirit College Lakemba  
Illaroo Road Primary School  
Jesmond Primary School  
Kiama High School  
Kildare Catholic College  
Koorringal High School  
Loreto Normanhurst  
Maitland Grossmann High School  
Maitland High School  
Marian Catholic College Kenthurst  
Marist Sisters College Woolwich  
Mater Dei Catholic College Wagga Wagga  
Mater Dei Catholic Primary Wagga Wagga  
Mullumbimby High School  
Newcastle High School  
Newington College  
North East P.S. of Distance Education  
Oaklands Central School  
Oatlands Primary School  
Orange East Primary School

Passfield Park School  
Patrician Brothers Blacktown  
Penrith High School  
Randwick Girls High School  
Randwick Primary School  
Roseville College  
Sacred Heart Central School  
Cootamundra  
Scone Grammar School  
Singleton High School  
St. Charles Primary School Ryde  
St. Josephs College Hunters Hill  
St. Maroun's College Dulwich Hill  
St. Marys Cathedral College  
St. Patricks Marist College Dundas  
Sylvania Heights Primary School  
Tara Anglican School  
Toongabbie Primary School  
Tower Street Primary School  
University of Wollongong  
Wee Waa High School  
William Dean Primary School  
Woodland Road Primary School  
Wyndham College

## AWARDS

### AWARDS POINT SCORE

The Society's historical Award Point Score is utilised each year to recognise schools and institutions who participate in our certification programs.

#### THE PRESIDENTS CUP

Tertiary Organisations  
University of Newcastle  
2060 Points

#### THE R.J. COSHOTT TROPHY

Girls Premier School of the State  
Wenona School  
2922 Points

#### THE PERCY MARKS CUP

Primary Schools 4th Class  
John Palmer Primary School  
335 Points

#### THE AQUATIC CLUB TROPHY

Girls High Schools  
Northern Beaches Secondary College  
Mackellar Girls Campus  
1710 Points

#### THE ARTHUR PARKER CUP

Boys Premier School of the State  
Trinity Grammar School  
4875 Points

#### THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class  
Booral Primary School  
350 Points

#### THE MRS. S. BIDNER CUP

Girls High Schools - 2nd Place  
Riverside Girls High School  
1525 Points

#### THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools  
Trinity Grammar School  
4875 Points

#### THE BRIGHTON LE SANDS RSL CLUB TROPHY

Primary Schools - 6th Class  
Belltrees Primary School  
195 Points

#### THE CITY TATTERSALLS CLUB CUP

Boys High School  
Homebush Boys High School  
825 Points

#### THE VICTOR FROST TROPHY

Metropolitan Schools - 2nd Place  
Patrician Brothers College Blacktown  
4356 Points

#### THE JACK STILWELL FLYNN MEMORIAL CUP

Central Schools - 1st Class  
Jindabyne Central School  
405 Points

#### THE E.A. FRY TROPHY

Co-Educational Secondary Schools  
Castle Hill High School  
2975 Points

#### THE W. MARX TROPHY

Country Schools - 1st Place  
Kinross Wolaroi School  
5069 Points

#### THE HELEN DRAPER TROPHY

Central Schools - 2nd Class  
Lightning Ridge Central School &  
Norfolk Island Central School  
410 Points

#### THE BOB KALNIN AWARD

Co-Educational Secondary Schools  
-2nd Place  
Westfields Sports High School  
1675 Points

#### THE K.W. DRAPER TROPHY

Country Schools - 2nd Place  
St Phillips Christian College Cessnock  
2580 Points

#### THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class  
Batlow Technology Central School  
420 Points

#### THE EKLUND CUP

Girls Independent Schools & Colleges  
Wenona School  
2922 Points

#### THE ALWYNNE WAGSTAFF TROPHY

Primary Schools - 1st Class  
Cabramatta Primary School  
485 Points

#### THE ROWLEY VASS MEMORIAL TROPHY

Central Schools - 4th Class  
Tooleybuc Central School  
323 Points

#### THE HERBERT WAGSTAFF TROPHY

Girls Independent Schools & Colleges  
- 2nd Place  
Loreto Normanhurst  
2889 Points

#### THE M. CULLEN TROPHY

Primary Schools - 2nd Class  
Epping West Primary School  
550 Points

#### THE F.D. LEANEY TROPHY

Schools for Specific Purposes  
Holroyd School  
500 Points

#### THE HENDRY CUP

Boys Independent Schools & Colleges  
Trinity Grammar School  
4875 Points

#### THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place  
Samuel Gilbert Primary School  
485 Points

#### THE KELSO KING EXCELLENCE SHIELD

Affiliated Life Saving Clubs  
Engadine ASC  
647 Points

#### THE ALAN McCLURE CUP

Co-Educational Independent Schools  
& Colleges  
Kinross Wolaroi School  
5069 Points

#### THE H.F. PAULL TROPHY

Primary Schools - 3rd Class  
Leeton Primary School  
410 Points



## CHAMPIONSHIP AND CARNIVAL TROPHIES

Each year our affiliated Clubs compete for a range of Championship trophies.

The Judge Harvey Prior Memorial Trophy Interclub Pointscore 2017-2018	The Hills Swimming and Life Saving Club
The Lou Stephens Memorial Trophy Open Mens' Super Lifesaver Race 2017-2018	ROWAN CASTRO Enfield Lifesaving Club
The Nerida Murray Trophy Open Ladies' Super Lifesaver Race 2017-2018	RACHEL WOOD The Hills Swimming and Life Saving Club
The Areva Shield U/16 Ladies Super Lifesaver 2017-2018	ZARA SHARMAN Engadine Amateur Swimming Club
The Areva Shield U/16 Mens Super Lifesaver 2017-2018	BLAKE HESSEL The Hills Swimming and Life Saving Club
The Shoebridge Cup Open Mens' 100M Manikin Carry 2017-2018	ETHAN GARLAND Port Hacking Lifeguard Club
The C W Heyde Trophy Open Ladies' 100M Manikin Carry 2017-2018	RACHEL WOOD The Hills Swimming and Life Saving Club
The Stamina Trophy Open Mens' Manikin Tow 2017-2018	ETHAN GARLAND Port Hacking Lifeguard Club
The Wilson Reid Trophy Open Ladies Manikin Tow 2017-2018	RACHEL WOOD The Hills Swimming and Life Saving Club
The Society Cup Open Rescue Tube Relay 2017-2018	The Hills Swimming and Life Saving Club – Team A
George H. Williams Memorial Trophy Open Mens' 200M Obstacles 2017-2018	ETHAN GARLAND Port Hacking Lifeguard Club
The Nsw State Team Trophy Open Ladies' 200M Obstacles 2017-2018	RACHEL WOOD The Hills Swimming and Life Saving Club
The 1983 Nsw State Men's Team Trophy Open Manikin Relay 2017-2018	The Hills Swimming and Life Saving Club – Team A
The 1983 Nsw State Ladies Team Trophy Open Obstacle Relay 2017-2018	The Hills Swimming and Life Saving Club – Team A
The Walter Scott Trophy Restricted Fin Relay 2017-2018	The Hills Swimming and Life Saving Club – Team A
Patterson Carley Memorial Trophy U/16 Pairs Serc 2017-2018	The Hills Swimming and Life Saving Club – Team B
The Mclennan Shield 12-13 Yrs Boys Line Throw 2017-2018	JAMES SEGON The Hills Swimming and Life Saving Club
The Mclennan Shield 12-13 Yrs Girls Line Throw 2017-2018	TEANA HODGERS The Hills Swimming and Life Saving Club
The Sue Gilmour Memorial Trophy U/12 Yrs Manikin Relay 2017-2018	The Hills Swimming and Life Saving Club
The Midget Championship Trophy Points Score Water Events, 8-9 & 10-11 Yrs 2017-2018	The Hills Swimming and Life Saving Club
The Sub Cadet Championship Trophy Points Score Water Events, 12-13 & U/16 Yrs 2017-2018	The Hills Swimming and Life Saving Club
W H Walker Memorial Trophy Points Score Water Events U/19 & Open 2017-2018	The Hills Swimming and Life Saving Club
The Club & Competition Trophy Points Score Water Events, 30 To 44 & 45 & Over 2017-2018	The Hills Swimming and Life Saving Club

## OUR SUPPORTERS

Royal Life Saving Society – Australia (New South Wales Branch) would like to thank the following organisations for their continued support.

### New South Wales Government



### Corporate Supporter



### Industry Partners



### Design Partners



### Technology Partners





**ROYAL LIFE SAVING**  
NEW SOUTH WALES

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#### FOR MORE INFORMATION

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E: [hunter@royalnsw.com.au](mailto:hunter@royalnsw.com.au)

**Illawarra** T: 02 4225 0108  
E: [illawarra@royalnsw.com.au](mailto:illawarra@royalnsw.com.au)





**Northern** T: 02 6651 6266  
E: [northern@royalnsw.com.au](mailto:northern@royalnsw.com.au)

**Riverina** T: 02 6921 7422  
E: [riverina@royalnsw.com.au](mailto:riverina@royalnsw.com.au)

**Western** T: 02 6369 0679  
E: [western@royalnsw.com.au](mailto:western@royalnsw.com.au)

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#### CONNECT WITH US

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-  [royallifesaving.com.au](https://royallifesaving.com.au)