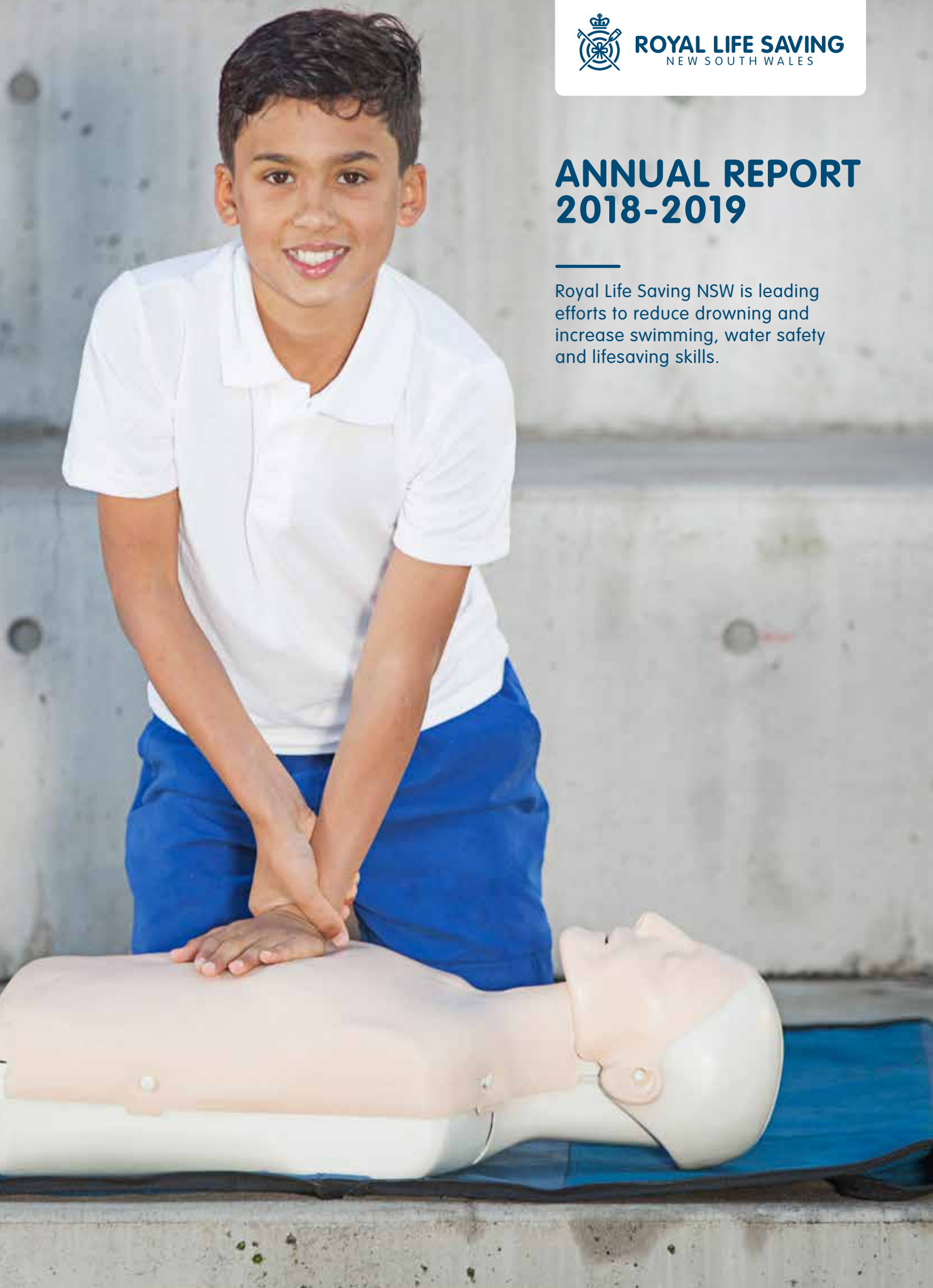




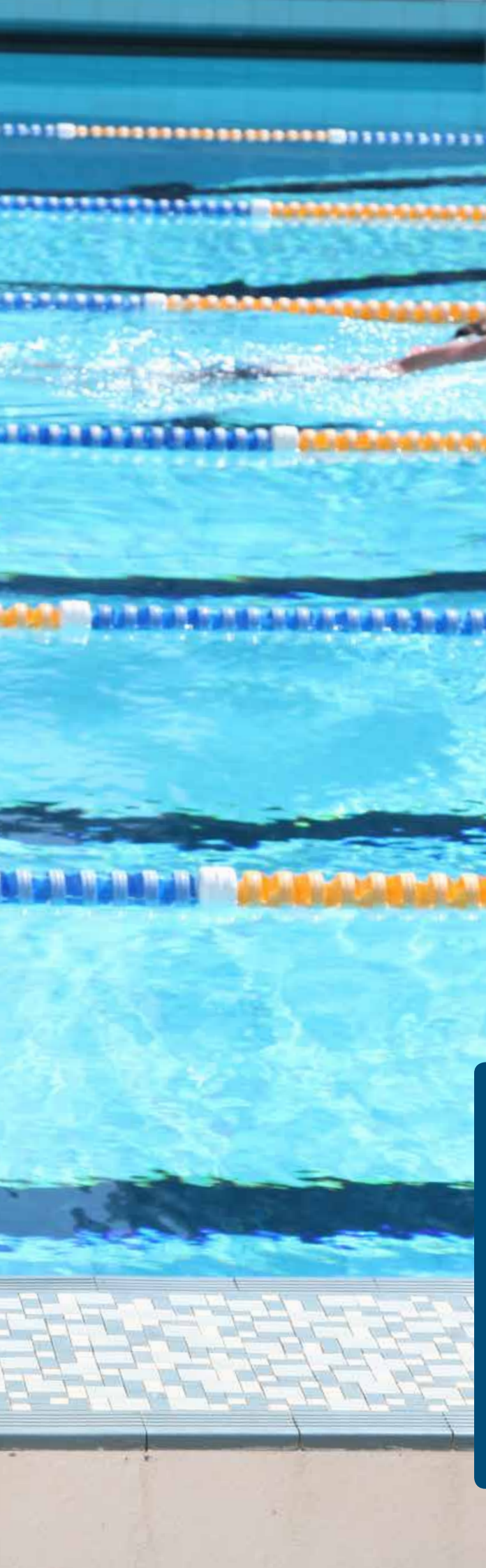
ROYAL LIFE SAVING
NEW SOUTH WALES

ANNUAL REPORT 2018-2019

Royal Life Saving NSW is leading efforts to reduce drowning and increase swimming, water safety and lifesaving skills.







OUR VISION

“A NATION FREE FROM DROWNING”

OUR PURPOSE

To lead efforts to reduce drowning and increase swimming, water safety and lifesaving skills.

Royal Life Saving Society Australia New South Wales Branch (RLSNSW) has been actively engaging the community with water safety agendas for more than 125 years. It is due to the ongoing commitment, dedication and professionalism of its board, employees and volunteers that we have continued to be relevant and purposeful.

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MESSAGE FROM THE GOVERNOR



As Patron of the Royal Life Saving Society – Australia (New South Wales Branch), I congratulate the Society on 125 years of community service to the people of New South Wales.

Our vast coastline and waterways provide many benefits, but also contain inherent risks. The work of the Society is paramount in ensuring a continued reduction in fatal and non-fatal drowning, particularly amongst our most vulnerable.

Our children remain most susceptible to aquatic injury and fatal drowning. A lack of carer supervision around water continues to be the leading causal factor contributing to an immersion incident. The Society's work in this area has brought about an increased understanding of the importance of remaining vigilant at all times around water.

With increasing diversity across our communities there lies significant water safety challenges which require unique and innovative education strategies to increase awareness and ensure skills are readily acquired and developed.

Our regional and remote communities, whilst experiencing drought, cannot be forgotten. It is important that we collectively support such communities and ensure continuing education through water-safety services and programs.

Over the past 125 years, millions of Australians have participated in one of the Society's swimming, water safety or lifesaving programs. The work of the Royal Life Saving volunteer facilitators in our schools, pools and across communities has been instrumental in achieving the Society's goals. Their contribution to aquatic safety is admirable and ensures the continuing growth of community-based lifesavers across New South Wales.

I wish the Society every success as it continues to safeguard the safety of the people of New South Wales in, on or around our pools, beaches, rivers, creeks, lakes, dams and waterways.

**Her Excellency the Honourable
Margaret Beazley AO QC**

Governor of New South Wales

“The work of the Royal Life Saving volunteer facilitators in our schools, pools and across communities has been instrumental in achieving the Society's goals.”

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

2 October 2014 – 1 May 2019

His Excellency General The Hon. David Hurley AC, DSC (Ret'd)

Governor of New South Wales

2 May 2019 - Current

Her Excellency the Honourable Margaret Beazley AO QC

Governor of New South Wales

BOARD OF DIRECTORS

Mr James Whiteside (President)

Mr Christopher Baldwin MPE JP

Mr James Borbone

Mr Selwyn Brown BA Edu

Ms Anita Collins BApp Sc (OT) AccOT

Ms Lynette Harrison BEc. LLB

Mr Mark McLennan Adv Dip DP (Syd)
Dip DT (Syd)

Dr Holly Smith MDCM, FRACP

Ms Melissa Tooke BA, MIntS, GradCert
RiskMgt, GradDipOHS, FGIA, AMIIA

Mr Andrew Hill

- resigned 31 August 2018

Ms Rebecca Shaw BA (Marketing)

- appointed 22 November 2018



PRESIDENT'S REPORT

It is with a great deal of pleasure that I report on the achievements of Royal Life Saving Society-Australia (New South Wales Branch) for 2018/19.

The Society continues to operate as a leading water safety advocate, not for profit charitable organisation, public benevolent institution and volunteer community organisation. Our activations continue to spread priority water safety skills and knowledge across the state to ensure our communities continue to utilise our aquatic environments in an appropriate and enjoyable manner.

Our vast network of community lifesavers has continued to expand. The Society's facilitator network and industry partners have delivered vital swimming and lifesaving outcomes including more than 500,000 individual Swim and Survive lessons to children across New South Wales. These foundation skills provide a proven and balanced education that underpins all future aquatic participation. The Society is immensely proud of the key role it plays in preparing Australians for a lifetime of safe aquatic engagement.

In the last 12 months the Society has continued to lead strategies to prevent lives lost or impacted by drowning. The increase in fatal drownings over this period is of a continuing concern and our future actions will continue to seek to change behaviours and ensure a robust and resilient community. Our research and advocacy commitments ensure emerging trends and changing demographics are strongly considered in preparing our future strategies and agendas.

The Society remains a strong advocate for the development of strategically located aquatic and recreation infrastructure to support the needs of our 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, we need to ensure all have genuine access where aquatic confidence, skill and well-being can be achieved.

Ageing infrastructure continues to plague the industry and communities. It is paramount that we seek to bring about modern infrastructure solutions in identifiable growth corridors to ensure future populations are appropriately serviced.

Royal Life Saving continues to invest in this belief and eagerly awaits the completion of its new aquatic precinct at Denistone East in 2020.

Many of our communities in regional and remote locations continue to be burdened by intense drought conditions. The work being undertaken in these regions is critical if we are to ensure future aquatic preparedness and protection of these communities. I wish to acknowledge and thank the contribution of our Regional Offices and their networks. Your outstanding efforts, in difficult circumstances are exceptional.

Our partnership with the New South Wales Government remains vitally important in ensuring collaborative outcomes that benefit the broader community. Together, we face changing community expectations and health and well-being needs that impact our aquatic experiences. We need to better connect our education sector, health providers and community recreation networks to ensure flexible and innovative solutions are available to cater for busy and diverse lifestyles.

The New South Wales Government via the Office of Sport, Sport and Recreation has continued to support Royal Life Saving NSW through the provision of core funding. Presiding over the portfolio for the majority of the year was The Honourable Stuart Ayres MP. I would like to sincerely thank the Minister for his support and vision across the water safety agenda.

In addition, 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. I wish the Minister all the best with his future endeavours as he vacates the New South Wales parliament.

A sincere thank you to our Patron, His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales who showed great interest in the Society's work. We wish His Excellency all the best with his recent appointment as Governor General of Australia and welcome the new Governor Her Excellency the Honourable Margaret Beazley AO QC.

It would be amiss if I didn't reflect on the Society's 125th year. Our strengths as an organisation today resonates the passionate and dedicated people of our past. You can all be reassured that the Society remains vibrant and focused on modern water safety challenges and its vital role within our community.

The lure of retirement proved too inviting for David Macallister, our long servicing CEO and an employee of more than three decades. The good standing of the Society is thanks to David's tireless efforts and we wish him well for the future. Our new management team of Michael Ilinsky (CEO) and Penny Hodggers (GM Training and Education) have settled into their respective roles and I thank them for the amazing work that they continue to produce.

Finally, and importantly I would like thank our Board of Directors, volunteers, members, staff, supporters and stakeholders who continue to work together to strengthen our resolve and ensure positive, enjoyable aquatic experiences.

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 2018/2019.

This year has been another successful year with strong participation numbers and delivery of innovative solutions and programs. Our team has been working extremely hard to ensure the reputation and value that is attributed to the Society is maintained. Together we are working on the implementation and delivery of our strategy to ensure ongoing vibrancy, growth, influence and expansion to bring about a strengthening of our communities.

Our strategic vision is clear, a nation free from drowning. In striving for this vision, the Society has four key priorities including:

- Strong vibrant organisation
- Effective partnerships
- Quality programs and services
- Increasing stability and growth.

These priorities provide a clear organisational pathway to achieve our goals and targets. A more detailed overview is included in this report.

Upon reflection of the last 12 months we immediately turn our thoughts to the fatal and non-fatal drowning report. This year New South Wales recorded 98 deaths which is an increase of 20% from the previous year. While this figure remains unacceptable, it is the second lowest (population corrected) in our modern history. Increased focus needs to turn to those demographics and activities which claim lives.

A large portion of our fatal drownings occur amongst individuals over 45 years of age. As we age, we are encouraged to maintain an active and healthy lifestyle. This often places individuals in aquatic situations which are unfamiliar. In addition, our aquatic proficiency decreases as we age adding to the risk of fatal or non-fatal drowning.

Of great concern is the number of fatal drownings occurring amongst our multicultural communities. The scenic nature and allure of our abundant waterways is understandable but often local aquatic conditions are unknown. Close to 80% of drownings amongst this cohort are reported as poor or non-swimmers. Our future strategies will ensure these two groups in particular receive increased attention.

To bring about widespread education the Society utilised a range of media campaigns at key times. In the lead up and throughout the “schoolies” period a social media campaign was undertaken using Spotify, a digital music streaming service that gives access to millions of songs, podcasts and videos. From the 12th November – 1 January 2019, a purposely developed advertisement was played 344,846 times, reaching 111,877 unique users within the selected demographic.

During 2018/19 our community programs continued to evolve, with more children participating in our water safety initiatives. With drowning of children under 5 years of age a continual focus for the Society we implemented a new Pre-school program utilising an animated storybook to reinforce aquatic behaviour. 313 Pre-schools across New South Wales have registered into the program and utilised a range of resources to educate children and their parents and carers.

To achieve our organisational 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. In excess of 20,000 children received free water safety programs as a result of this support. Our sincere thanks to these Registered Clubs and their members.

Our education sector relationships bring about substantial opportunities to increase and expand our lifesaver influence. Over the past 12 months more than 32,000 teachers participated in a CPR and Anaphylaxis program at Government schools alone. In addition, these schools often engage their student population further providing a far more expansive lifesaving network.

We are truly fortunate to have a comprehensive network of facilitators and members who provide local programs and services. You are truly remarkable and clearly reflect the ethos of the Society.

During 2018/19, 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 our staff members, thank you for your tireless efforts and dedication. Much of their work and activity is highlighted further in this report.

Finally, I wish to thank the Board and our President Jim Whiteside for your continued passion and enthusiastic commitment to our organisation.

Michael Ilinsky
Chief Executive Officer





OUR HISTORY

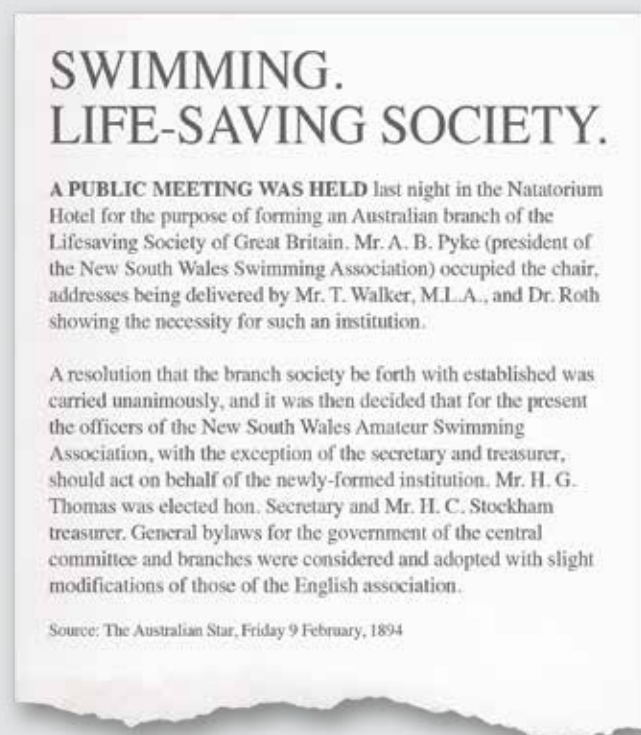
2019 marks 125 years since Royal Life Saving first formed in Australia.

During 1892 and 1893, following a number of drowning events across New South Wales, meetings were held amongst a number of New South Wales swimming clubs to address the issue. It was unanimously decided at a public meeting to form an Australian Branch of the Life Saving Society of Great Britain on 8 February 1894.

During 2018/19 a number of events and opportunities were utilised to celebrate our 125th year. Our work today is not too dissimilar to the ideals established back in 1894 re the establishment of a community lifesaver network to reduce fatal and non-fatal drowning across New South Wales.



PDHPE Conference Homebush, 19-20 October 2018



VIP Function at Dick's Hotel Balmain, 8 February 2019



Royal Life Saving NSW Life Members and Jim Whiteside (President) at Dick's Hotel Balmain, 8 February 2019



Opposite: Australian Pool Lifesaving Championships, Pymble, 11-13 January 2019

“Royal Life Saving NSW operates as a leading water safety advocate, not for profit charitable organisation, public benevolent institution and volunteer community organisation. Royal Life Saving prides itself on leading strategies 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.”



STRATEGIC PLAN 2019-2023

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

OUR PRIORITIES

STRONG VIBRANT ORGANISATION

A strong vibrant organisation with a focus on community safety and well-being.

A vibrant organisation 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 Sector.



OUR TARGETS

- Continued strategic relationships and support to meet community needs and water safety priorities.
- Increased support for regional and remote communities.
- Increased organisational messaging and presence amongst priority audience.

EFFECTIVE PARTNERSHIPS

Collaborative leadership and undisputable reputation across the community and with key stakeholders.

Building strong and effective partnerships, collaborations and alliances that support strategic objectives, expand our influence and increase aquatic participation skills and knowledge and reduce fatal and non-fatal drowning.



OUR TARGETS

- Continued recognisable status as a peak authority.
- Increased co-branding and recognition with key stakeholders.
- Increased number of communiques and audience.

PROGRAMS & SERVICES

Improving our standards and solutions that in turn provide for enjoyable aquatic experiences.

Ensuring quality, targeted, evidence based and impactful strategies, programs, products and services.



OUR TARGETS

- Over 1 million individuals partaking in a Royal Life Saving training or education program.
- Increased community development programs servicing the community.
- Increased participation in our sporting active recreation agenda.
- Increased utilisation of our risk management expertise.
- Continued commitment to sector research and evidence gathering.

STABILITY & GROWTH

Continued stability and growth.

Building and supporting a cohesive, sustainable, financially secure organisation.



OUR TARGETS

- Increased regional and remote community activations.
- Maintain sustainable assets to service communities.
- Maintain a skilled workforce.

“Royal Life Saving NSW is committed to ensuring our communities embrace and engage with our aquatic environments in pursuit of healthy and active lifestyles. We believe by delivering a new strategic direction and working with sector partners, government and communities to implement the plan, we can elevate aquatic participation levels and understanding of the importance of aquatic skill acquisition and appropriate aquatic behaviour.”





OUR STRATEGIC PILLARS

Working towards a nation
free from drowning.



STRONG VIBRANT ORGANISATION

RESEARCH

-  Data and insights
-  Innovation
-  Theory and knowledge
-  Building and testing solutions
-  Change in knowledge,
policy and practice






ADVOCACY

-  Policy analysis
-  Advice, engagement with
policy makers
-  Facilitating policy forums
-  Developing, guiding strategies,
plans and actions
-  Change in awareness,
policy and behaviours



EFFECTIVE PARTNERSHIPS

PARTNERSHIPS

-  Community
-  Vulnerable populations to drowning
-  Government at all tiers
and portfolios
-  Water safety and aquatic sector
-  Change in support, action
and effort

CAMPAIGNS

-  Media campaigns
-  Community service
announcements
-  Social media and
communications
-  Change in awareness
and behaviour

“Royal Life Saving needs to continue to provide leadership to the drowning prevention sector by encouraging all water safety agencies to consider the full burden of drowning when developing and implementing prevention strategies.”








PROGRAMS & SERVICES

SAFE VENUES

-  Industry partnership
-  Informing safety culture
-  Standards and guidelines
-  Process improvement
-  Changes in policies, practice and behaviours




EDUCATION

-  Swimming and water safety skills
-  Lifesaving and survival skills
-  Classroom and community
-  Workforce training
-  Sport development



STABILITY & GROWTH

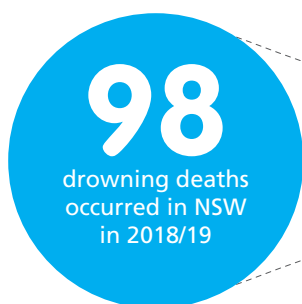
PEOPLE

-  Community development
-  Recognising our people
-  Community networks

GROWTH

-  Regional and remote communities
-  Aquatic Safety Training Academy (Seven Hills)
-  Aquatic Safety Training Academy (Denistone East)
-  Workforce development

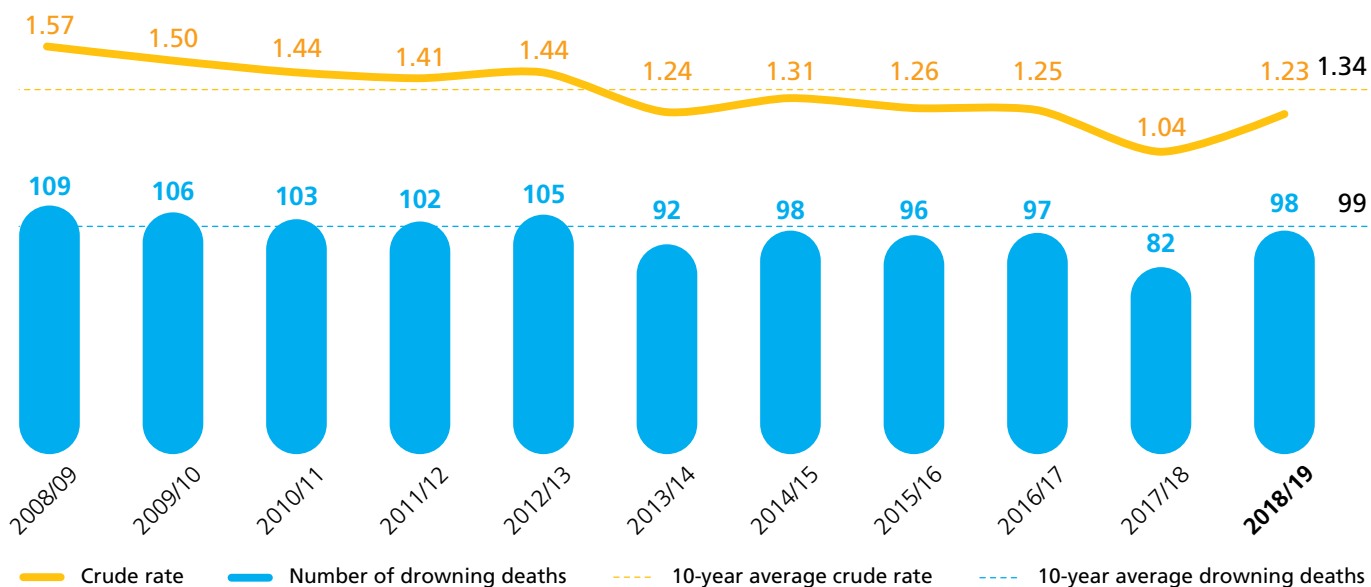
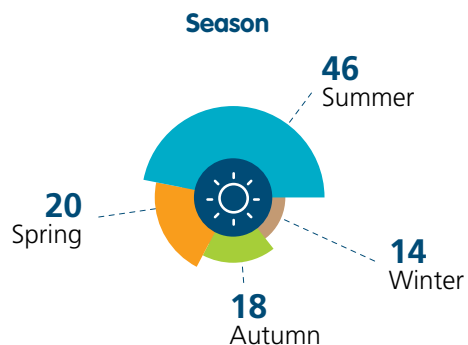
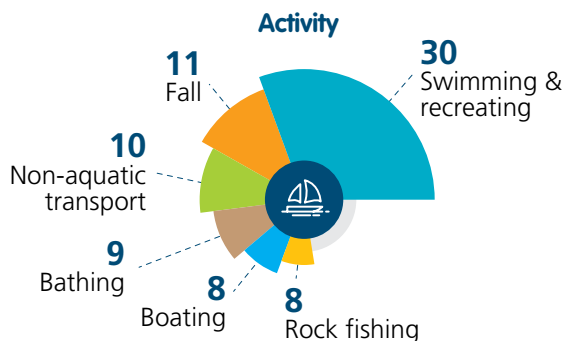
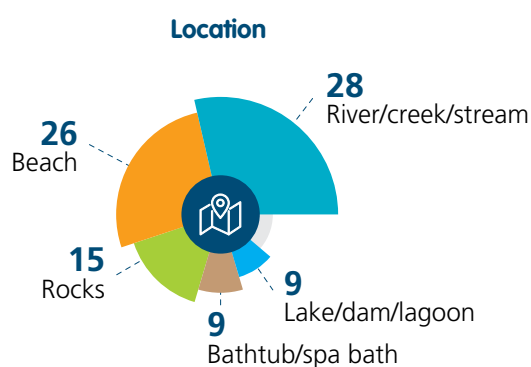
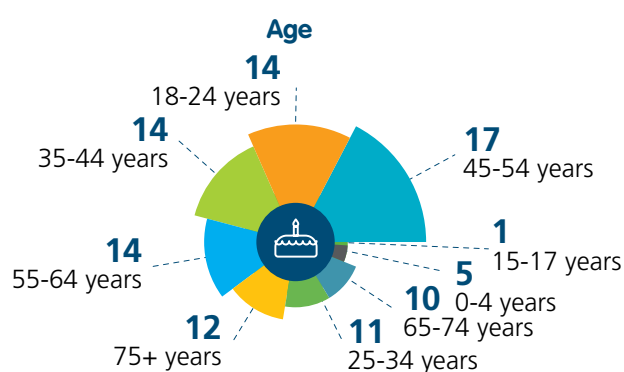
OUR FATAL DROWNING STATUS 2018 /19



This is a
20% increase
on 2017/18

and a
1% reduction
on the 10-year
average

79% of those who drowned in New South Wales were male



Drowning deaths and death rates in New South Wales from 2008/09 to 2018/19 and the 10-year average



NEW SOUTH WALES SUMMER INVESTIGATION

42



PEOPLE DROWNED IN NSW
BETWEEN 1 DECEMBER 2018
& 28 FEBRUARY 2019



The New South Wales Drowning
Report can be downloaded at:
royallifesaving.com.au

SUMMER CAUSAL FACTORS

Swimmable days

Swimmable days were defined as days where the temperature was over 27°C without any rainfall. There were 39 such days recorded over the 2018/19 summer months, with the highest number recorded in January (n=17). Between the Christmas and New Year period (25 December 2018 to 2 January 2019), six of the nine days were swimmable days – compared to two during the same time period over 2017/18 summer, and the 10 year average of 2.3 days. This is the highest number of swimmable days recorded during the 10-year period and is on par with the 2016/17 Christmas holiday period (n=6).

Weather

The Bureau of Meteorology estimated that the 2018/19 summer was likely to be the warmest on record nationally and for NSW. With below average rainfall, it was also among the driest of summers nationally and across the state. Specifically, daytime temperatures in summer across Greater Sydney were generally one to three degrees warmer than normal. A record run of nine consecutive hot days of 35°C or higher was experienced at Penrith Lakes, from 25 December to 2 January.

January was the warmest month on record, with overnight temperatures around one to two degrees warmer than average for sites across Greater Sydney.

SUMMER DROWNING STATS

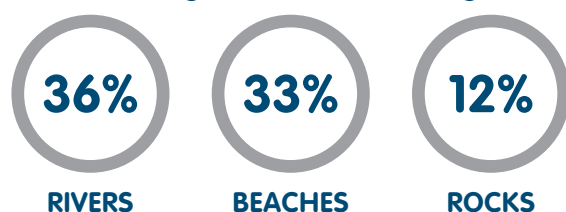
(1 December 2018 to 28 February 2019)



Key Life Stages



Leading locations for drowning



MEDIA COVERAGE

There were 2,971 media reports on summer drowning incidents related to drowning and water safety within or associated with NSW, including 1,157 in the NSW media. These media reports reached a cumulative audience of 114,204,345 people, valued at \$14 million (Advertising Space Rate).



NSW population and visitor statistics

In the year to June 2018, NSW experienced a 1.5% population growth from the previous year (June 2017), with this growth estimated to continue. Projections for the NSW population predict over nine million people by 2027 and 10 million people between the years 2033 and 2039. Additionally, NSW is the most popular state for both domestic and international visitors. As of January 2019, both intrastate visitor and interstate visitor numbers to NSW had grown in the last year (+7% and +12%), respectively, and Sydney visitor numbers grew by 9% while regional NSW visitor numbers grew by 8% over the same period.



Swimmable days were defined as days where the temperature was over 27°C without any rainfall

Between Christmas and New Year (25 December 2018 to 2 January 2019), 6 of the 9 days were swimmable days

Exposure

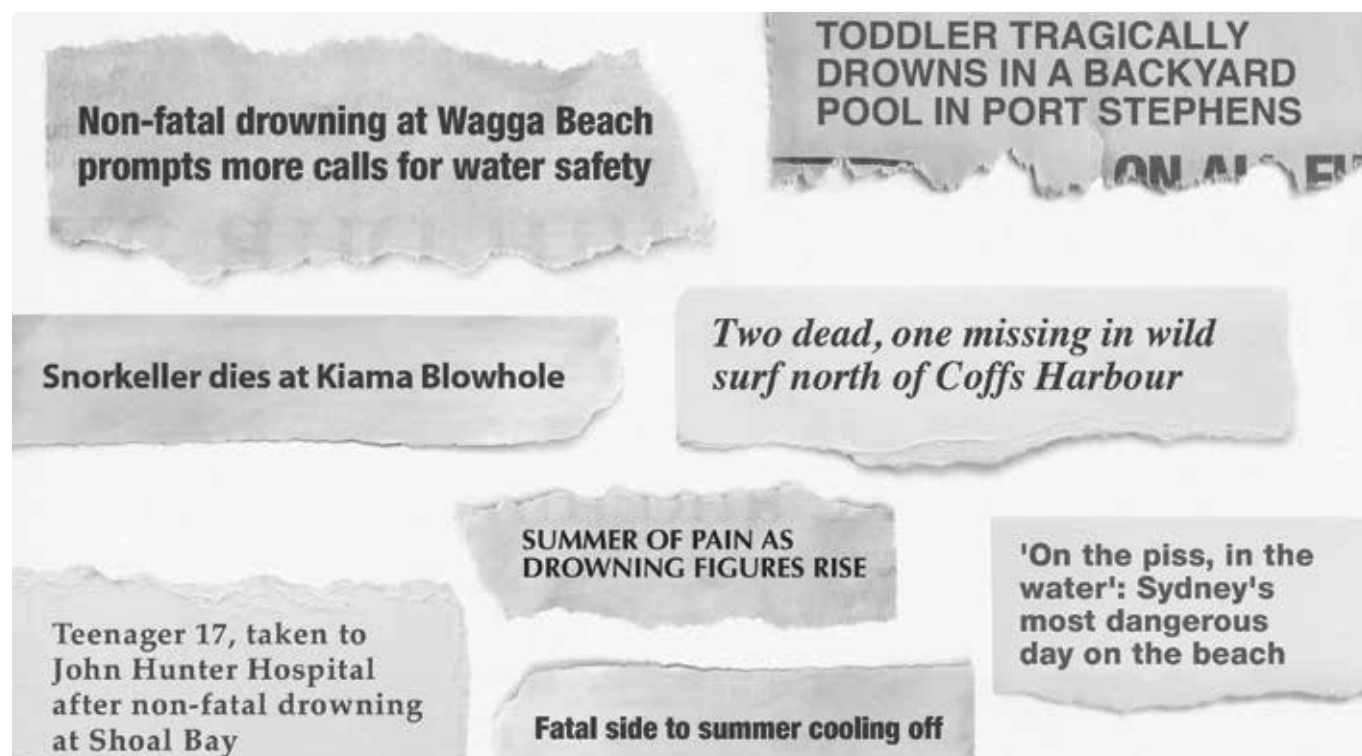
Visitation information was obtained from 50 public swimming pools and aquatic centres across NSW.

Of those, 68% reported an increase in attendance compared to the previous summer. Over two million visits to aquatic centres were recorded between 1 December 2018 and 31 January 2019.

Information from Surf Life Saving NSW recorded an overall increase visitation at NSW patrolled beaches (weekend and weekday) compared to last summer, with a slight increase noted over the Christmas and New Year period. Peak attendance at beaches during the weekend occurred at 1pm.

Two council lifeguard services provided beach visitation statistics, and an increase in visitation was recorded at both locations compared to the 2017/18 previous summer.

Additionally, there was a 31% increase in rescue incidents and a 28% increase on persons rescued reported by Marine Rescue NSW during the peak period (24 December 2018 to 2 January 2019) compared to 2% and 7% increases respectively over the total summer period, and 4% increase in persons onboard from the previous summer.



Selection of news headlines about NSW summer drowning incidents.



STRONG VIBRANT ORGANISATION

CHALLENGES

Over the last 10 years the Australian drowning toll has decreased. It is vitally important that we seek to continue to address this toll as it remains unacceptable. The community perception may be one of complacency and reduced acknowledgement of the risks and potential dangers our aquatic environments possess due to these reductions. The Society must continue to advocate its principle drowning prevention messages but also balance with a desire to have all Australians enjoying our aquatic environments.

SOLUTIONS

- Maintain strategic relationships
- Implement initiatives aligned to core agenda and community supported priorities
- Maintain visibility of brand, core message and protection of integrity

“Royal Life Saving research aims to understand who, where, how and why fatal and non-fatal drowning occurs so that we can develop appropriate drowning prevention and water safety strategies to keep people safe.”





STRONG VIBRANT ORGANISATION RESEARCH

Establishing an evidence platform is important to assist with ensuring that messages and prevention strategies are appropriate and relevant. During 2018/19, a series of investigations were undertaken to enhance our understanding of key fatal and non-fatal drowning with a particular focus on the associated epidemiology and risk factors.

REPORTS

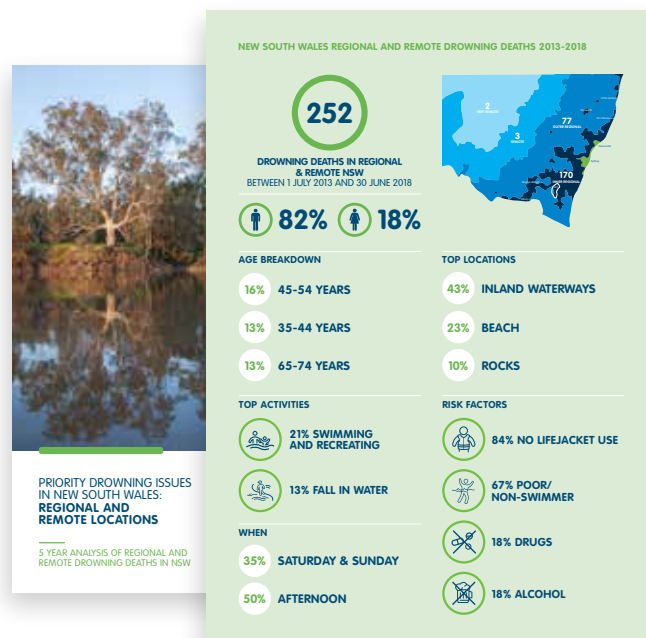
Three commissioned reports were prioritised in 2018/19 including:

Priority Drowning Issues in New South Wales: Regional and Remote Locations

Priority Drowning Issues in New South Wales: Ageing Australians

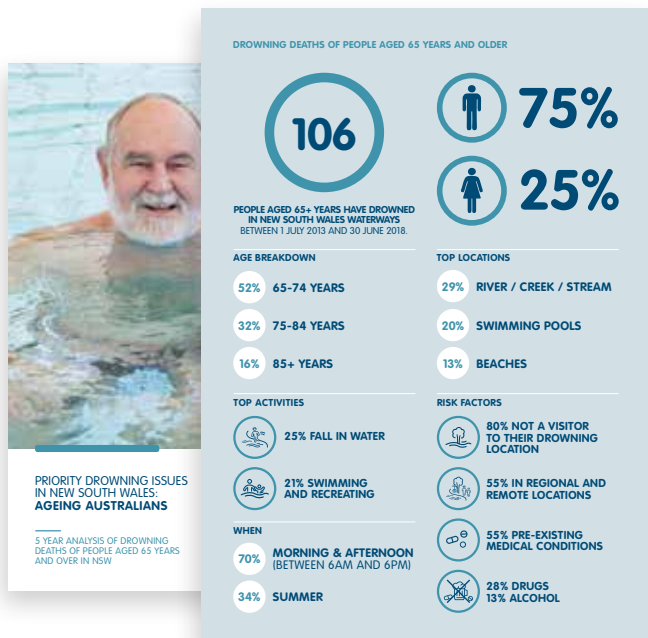
Priority Drowning Issues in New South Wales: Multicultural Populations

Each report analysed data across a five-year period and established, through sector consultations, a series of recommendations to address the fatal and non-fatal drowning burden. Royal Life Saving is actively leading and implementing a range of targeted campaigns, actions and educational solutions to meet these recommendations.



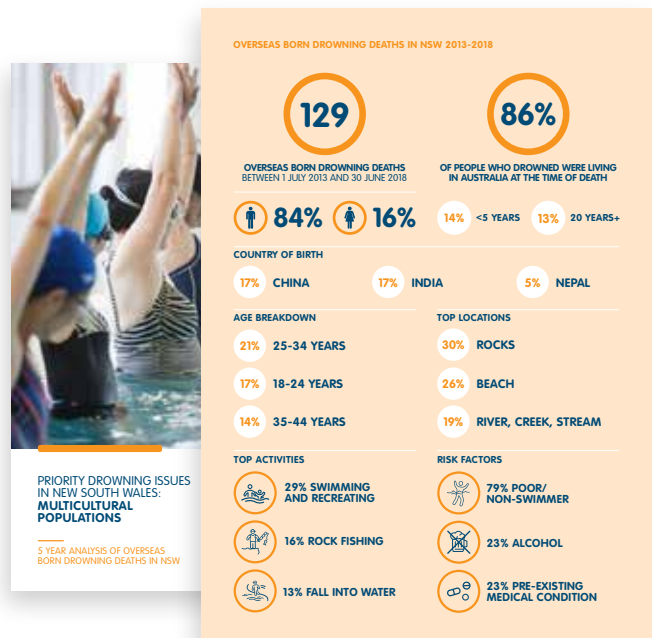
Regional and Remote Locations Recommendations

1. The regional and remote locations where people drown are often isolated, requiring additional time for emergency services to respond or, in some cases not having mobile reception, to make an emergency call. Individuals are urged when recreating in rural and remote locations to know the nearest mobile reception zone, be able to identify location markers which would allow emergency services to identify the location in an emergency, and always take the necessary first aid supplies and safety equipment. Ensuring CPR skills are current (attending a course every 12 months) and first aid skills up to date (once every 3 years) is also valuable when recreating in these locations
2. When using boats or watercraft, always wear a lifejacket. Lifejackets increase the chance of survival, aid visibility in the water, and provide warmth to prevent hypothermia. Children should always wear a lifejacket when on a boat. It is recommended checking with the local council for further information on boating regulations in regional and remote areas.
3. The use of alcohol and/or drugs when recreating around the water should be avoided. Alcohol can affect coordination and reaction time, as well as increase risk taking behaviour. The combination of alcohol and drugs can significantly increase the side effects of both. Royal Life Saving recommends checking with a health professional before taking prescription medication with alcohol in aquatic environments. Illicit substances were found to be a risk factor in regional and remote drowning deaths and should be avoided.
4. Supervision is vital for young children around any aquatic environment, especially in natural waterways with changing environmental conditions. Parents are reminded that direct active supervision is key. Enrolling young children in swimming lessons to teach water familiarisation and basic swimming skills is recommended. Royal Life Saving's Keep Watch messages to keep young children safe in all aquatic environments are: active supervision, restrict access, teach water familiarisation skills and learn CPR.



Ageing Australians Recommendations

1. Utilise data presented in this report to target drowning prevention interventions to people aged 65 years and older to the local area where older people are residing.
2. When conducting location based drowning prevention interventions, there should be a particular focus on the Local Government Areas of highest risk and inner regional locations.
3. Drowning prevention interventions and advocacy must focus on the issue of prescription medication and potential side effects increasing drowning risk, as well as the role of pre-existing medical conditions that contribute to cases of unintentional fatal drowning among this age group.
4. Drowning prevention interventions and advocacy messaging to this at-risk demographic must target the risks of recreating in and around water alone.
5. Drowning prevention advocates should encourage aquatic activity, undertaken at public aquatic facilities, to increase muscle tone in a safe and low impact manner, to contribute to greater stability for older people, to reduce the risk of falls into aquatic locations, in particular inland waterways with steep and/or slippery banks.



Multicultural Populations Recommendations

1. Drowning prevention advocates should focus on men aged 18 – 45 years from multicultural backgrounds.
2. Drowning prevention advocates must consider developing strategies that take a whole of community approach, including both theory and practical components that meet the cultural needs of the populations being targeted. When conducting location-based interventions, there should be a particular focus on the Local Government Areas of highest risk.
3. There is a need to direct drowning prevention interventions and advocacy messaging to existing and emerging populations in New South Wales, for example, the Chinese, Indian and Nepalese communities.
4. Drowning prevention advocates must engage with and consider developing strategies and interventions in consultation with the community to ensure cultural appropriateness and participation by the community.
5. The drowning prevention and water safety sector should consider increasing the diversity of the aquatic sector workforce and providing training and employment opportunities to people from multicultural backgrounds; and provide cultural awareness training for existing staff to increase knowledge, awareness and understanding of the communities they serve.

“Our solutions seek to build community resilience, improve liveability and healthier, more active people.”



PREVENTION PROGRAM - GREY MEDALLION

The Grey Medallion program is a water safety and lifesaving skills initiative for older adults. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic recreation activities safely.

This practical program provides older adults with personal survival techniques, improved swimming skills, skills to deal with emergency situations and a thorough understanding of water safety knowledge in order to reduce the likelihood of drowning.

The Grey Medallion has four main components:

1. Water safety knowledge
2. Resuscitation and emergency care
3. Aquatic exercise
4. Personal survival and lifesaving skills



For more information on Grey Medallion please visit royallifesaving.com.au

HEALTH AND WELLBEING BENEFITS - ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Establishing swimming and water safety programs, and pools in communities is just not about drowning prevention outcomes. Swimming pools provide wider health, wellbeing and social benefits to individuals and the community. Research investigating the value of swimming pools in remote communities has reported decreased skin, ear and nose infections, and increased physical activity and hygiene.

Anecdotally, increased school attendance has also been recorded in areas where pools and swimming programs have been introduced.

Challenges

- Ensuring that programs and services are culturally appropriate, including the provision are culturally appropriate.
- Access to remote communities can be difficult (both physically and in terms of gaining approval from Aboriginal communities.)
- Many pools in remote communities are ageing and require substantial work and funding to maintain.
- Governments should recognise that these pools are essential for improving health and social outcomes among people of all ages.
- Ensuring that programs are relevant, sustainable and achieve real outcomes that are valued by the community.

“We collaborate and work alongside government and strategic entities to bring about effective and influential change, policy development, guideline creation and service provision. We assist and lead in the identification of priority water safety agendas and establish strategies based on evidence and expert opinion.”

STRONG VIBRANT ORGANISATION

ADVOCACY

Advocacy is a social process that seeks to change and impact practices and relationships. Royal Life Saving, has assessed its fatal and non-fatal drowning priorities and community perception in developing a number of advocacy activities over the last 12 months. They have been carefully considered and created to change attitudes and behaviours and raise the community's consciousness about critical water safety agenda.

“Royal Life Saving seeks to promote and reinforce necessary change in policy, program or legislation to bring about community benefit.”



KEEP WATCH

LIFE STAGE

“Worldwide, children under five remain the age group at highest risk of unintentional fatal drowning. This is also true in Australia, where, over the past 25 years, a total of 965 children under the age of five have died from drowning.”

Solution: Educate Decision Makers

Supervise - All Of Your Attention, All Of The Time

Active supervision means focusing all of your attention on your children all of the time, when they are in, on or around the water. Supervision is not an occasional glance while you are busy with other activities but being in constant visual contact with your child.

Restrict Access - Around The Water or Around The Child

Restricting a child's access to water can be done by placing a barrier between the child and the water.

Water Awareness - Building Familiarity and Confidence

Water awareness combines a range of strategies and activities designed to keep your child safe when in, on, or around water. These include water familiarisation, checking for and removing water hazards, setting rules around water and discussing water safety with your child.

Resuscitate - Everyone Can Be A Lifesaver

A family member is the first on the scene in most emergency situations. In fact, many children are alive today because their parents knew how to perform CPR and responded quickly. For this reason alone, Royal Life Saving encourages everyone to learn CPR.

CASE STUDY

JOHN PAUL FOUNDATION

Royal Life Saving, in partnership with the John Paul Foundation, is supporting child victims of non-fatal drowning and their families to access practical measures to improve their health and wellbeing.

The Keep Watch Community Help Grants offer up to \$2,500 to help families access the resources, services, therapies, and modifications they need to make positive changes in their lives.



RESPECT THE RIVER

LOCATION PRIORITY

“Across Australia 80 drowning deaths occurred in rivers, creeks and streams in 2018/19. 85% were male.”

Solution: Influence the Community

Never Swim Alone

Take care when walking in or around inland waterways, enter the water slowly, feet first, check conditions and swim with a friend.

Avoid Alcohol Around Water

Alcohol impairs judgement and increases risk-taking behaviour, do not swim or go out boating after consuming alcohol.

Wear A Lifejacket

Boating and watercraft related drowning deaths can occur if people are not wearing a life jacket and get into difficulty on the water.

Learn How to Save A Life

Learn lifesaving skills, as well as first aid/ resuscitation so you are able to respond in an emergency

CASE STUDY

JASON'S STORY

Jason Ballerini learnt dangers of inland waterways first-hand when at age 16, he dived into a local waterway off the Murray River on a hot summer's day.

“I'd swum there thousands of times. It was the swimming spot every summer. There was a log that stuck out from the bank and overhung the water - that was the diving board. I dived into the water headfirst,” said Jason.

Despite having swum there “thousands of times”, that day the sandbank had shifted, and Jason dived from the metre-high log into 50cm of water.

In an instant Jason became a C5 quadriplegic and lay underwater unable to move. Fortunately, Jason was pulled to the edge of the bank and resuscitated, however Jason is now unable to walk or stand, and has no feeling from the chest down.



SWIM AND SURVIVE

RESILIENCE STRATEGY

“Royal Life Saving believes that every individual should have access to a balanced water safety, personal survival and swimming education.”

Solution: Build Power at the Base

The National Swimming and Water Safety Framework aims to enable individuals to develop the skills, knowledge and understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments.

Benefits of Swimming and Water Safety Lessons: Survival Skills

Lowers risk of drowning, increases stamina and strength.

Brain Booster

Increase mathematical problem-solving performance and increase rate of language development.

Visual-Motor Skills

Improve hand-eye coordination, gross and fine motor skills.

Emotional Wellbeing

Builds perseverance and assists in time management skills and reduces stress and depression.

Social Skills

Increase confidence and self-esteem, provide social and support networking opportunities.

CASE STUDY

PREVENTION PROGRAM – SWIM AND SURVIVE

Emma Huang (pictured above) recently completed an adult learn to swim program in Auburn, along with other women from the Chinese community. Emma arrived in Australia four years ago, afraid of the water and unable to swim. Emma recognised the importance of learning to swim, for herself and for her son, and has gained vital swimming skills, along with newfound confidence of being in and around the water.

“I have more confidence in the water, so I think next time when I go to the swimming pool with my son I can help him and have more fun with him in the water.”



EFFECTIVE PARTNERSHIPS

CHALLENGES

Much of our success is attributable to the relationships and partnerships we have established and developed. These opportunities ensure our influence and brand is well positioned and understood. As the community and industry sector change it is important that the Society also remains relevant and purposeful to ensure continued partnership benefit.

SOLUTIONS

- Maintain sector leadership and peak authority status
- Maintain communication strategies to inform and engage stakeholders

“We work closely with sector stakeholders and collaborate with other peak organisations to cultivate and leverage partnerships within the sector and lead initiatives to enhance alignment and cohesion. We provide insights and capacity building strategies and foster cross-section collaboration and partnerships to improve sector sustainability and performance.”





EFFECTIVE PARTNERSHIPS

COMMUNITY PARTNERSHIPS

CASE STUDY

SEVEN HILLS-TOONGABBIE RSL

Winner 2018/19 Royal Life Saving Society Australia – President's Award

Some of our most successful community activations are due to the support of local community organisations. Building partnerships outside of the drowning prevention sector has enabled Royal Life Saving to effectively engage target demographics and ensure local priorities are addressed.

This year the communities in and around Seven Hills continued to benefit from the generosity of the Seven Hills-Toongabbie RSL, its Board and Members. During 2018/19, more than 40 local schools were provided with water safety programs involving more than 5,500 children. In addition, over the last 5 years more than 500 senior students in local high schools have received free First Aid training.

These skills lead to enhanced opportunities to gain employment and also importantly provide a local network of community lifesavers with skills to save a life.

Over the period of our involvement in excess of 10,000 children have participated in a fully-funded water safety program. The concept of developing community resilience and preparedness is clearly reflected in this partnership.



Royal Life Saving Water Safety Story Telling for Pre-Schoolers at First Grammar Seven Hills



Bill North (Director) presenting a First Aid Kit to the Director of First Grammar Seven Hills

5,500

**SCHOOL CHILDREN IN
AND AROUND SEVEN
HILLS INVOLVED IN WATER
SAFETY PROGRAMS**

“Community partnerships are about cross-sector alliance. Working together to fulfil an obligation and sharing the burden to bring about a benefit.”

CASE STUDY

FREE TRANSPORTATION FOR KIDS TO LEARN SWIMMING AND LIFESAVING SKILLS

Royal Life Saving's Aquatic Safety Training Academy is now able to provide free transportation to even more schools and community groups to access vital swimming and water safety education thanks to the addition of a new bus with the support of the Seven Hills-Toongabbie RSL.

Royal Life Saving NSW has provided transportation to schools as part of its swimming and water safety for the past 5 years with the support of the Seven Hills-Toongabbie RSL. The demand for transport was so high that Royal Life Saving needed a second bus to keep up with the requests.

The purchase of a new bus allows the Aquatic Safety Training Academy to double its capabilities to transport two primary school classes at a time to service more local students and schools.

“Seven Hills-Toongabbie RSL is extremely proud to continue their longstanding support of the Aquatic Safety Training Academy and sponsor the bus. We believe that together with Royal Life Saving we can have a huge impact on children's lives. All Australian children should be given the opportunity to learn to Swim and Survive.”

Barry Wilson, RSL President



EFFECTIVE PARTNERSHIPS

COMMUNITY ACTIVATIONS

MULTICULTURAL ENGAGEMENT

Swimming and water safety knowledge among overseas visitors is known to be less robust than those who have grown up in Australia. An increase in new residents from a range of countries and cultures in recent years has important implications for drowning prevention strategies to ensure everyone recreating in and around our waterways remain safe.

There is, therefore, a need for tailored water safety strategies to target multicultural communities appropriately using clear messaging that is both culturally sensitive and educational. This requires specific information aimed at overseas transient populations (such as holiday makers, seasonal workers or those visiting on short-term business), new permanent residents and international students.

During 2018/19, Royal Life Saving implemented a 3-year Action Plan to ensure relevance and appropriateness to the diverse multicultural communities of New South Wales.

“Some of our greatest achievements occur at the local level. Local activations lead to enhanced community relevance.”

ACTIONS IN MOTION

LEARN TO SWIM EMERGING COMMUNITIES

Building aquatic resilience of emerging multicultural communities throughout Western Sydney.



Royal Life Saving NSW in partnership with Cabravale Leisure Centre, Cabra-Vale Diggers Club and Cabramatta Public School.

CONSULTATION WITH AGENCIES AND NETWORKS

Planning and consultation with government, industry, refugee and migrant networks to ensure relevance and outcomes.



Royal Life Saving NSW presenting at the Multicultural Water Safety Forum – Granville with the Hon. Troy Grant, MP Minister for Emergency Services and the Hon. Ray Williams, MP Minister for Multiculturalism.

EDUCATION ENGAGEMENT

WATER SAFETY FOR KIDS

200+ primary schools in Western Sydney provided with a free Water Smart program including practical activities and demonstrations.



Vardy's Road Public School – Blacktown



Bossley Park Public School – Fairfield



Busby Public School - Busby

ACTIONS GOING FORWARD

The next 12 months will see further commitments including:

- Incorporating culturally diverse drowning perspectives into future water safety strategies and drowning reports.
- Promote stronger cross-sector collaboration to reduce fatal and non-fatal drowning among multicultural communities.
- Ensure greater opportunities to increase water safety knowledge and skills are made available to high-risk populations.
- Continue to advocate the value of learning swimming and water safety skills, and knowledge of drowning prevention among culturally diverse populations of all ages and communities.
- Increase engagement with ethnic media to ensure that key messages are being disseminated effectively and in a culturally appropriate manner across multicultural communities.
- Develop strategies to increase the cultural diversity of staff across the aquatic industry to reflect the local community.

CHANGES IN THE AUSTRALIAN POPULATION

29%

OF PEOPLE CURRENTLY LIVING IN AUSTRALIA WERE BORN OVERSEAS

21%

SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME, MOST COMMONLY MANDARIN

49%

OF ALL AUSTRALIANS WERE EITHER BORN OVERSEAS OR HAD AT LEAST ONE PARENT WHO WAS

COMMUNITY ACTIVATIONS

COMMUNITY LIFESAVER

NOW & THE FUTURE

OUR MOTIVATION

MARC ARCURI

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 arrest. 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. Since 2014 funds raised have resulted in the supply of over 100 defibrillators to sporting and community clubs throughout NSW.

OUR PRODUCT PARTNER

LAERDAL

Laerdal's vision is that no one should die or be disabled unnecessarily during birth or from sudden illness, trauma, or medical errors. They have set a clear vision, an ambitious goal and a roadmap to get us there. But they know that they cannot get there alone. Colleagues and collaboration are key. Laerdal has been influential in furthering research and implementing practices that support core research principles including the Chain of Survival and the Circle of Learning.

They use evidence-based knowledge to develop and continuously refine product and service solutions. Laerdal believe they can make the biggest impact on helping save lives through efforts to improve educational efficiency and local implementation.



“Tens of thousands of children and adults participate in structured sports activity every week. The physical and mental benefits are significant. The additional benefits of inclusion, social activation, teamwork and a sense of community pride also correlate well with the Society's objectives. Building community resilience and a network of community lifesavers is strengthened by the Arcuri Foundation and Laerdal partnership.”



ROYAL LIFE SAVING
NEW SOUTH WALES

OUR COMMUNITY LIFESAVER NETWORK

Since 2016, the following Sporting Clubs and organisations have received free operational defibrillators via the Arcuri Foundation and have received training inductions by Royal Life Saving.

Austral Football Club	Beacon Hill Football Club
Norwest Football Club	Fields United Football Club
North Epping Rangers	Ingleburn Eagles Soccer Club
Guildford County Soccer Club	Forest Rangers
Winston Hills Soccer Club	OLQP Falcons
Epping Eastwood Soccer Club	West Sydney Wanderers
Merrylands Soccer Club	NSW State League Referees
Kellyville Colts	Chatswood Rangers
Glenhaven Soccer Club	Sports Club
Castle Hill RSL Football Club	Warila Wanders Football Club
North Rocks Soccer Club	Lakemba Sport and
Penrith Football Club	Recreation Club
St Clair Football Club	Yoogali Club
Sylvania Heights FC	Mulgoa Valley Football Club
Werrington Croatia	Redfern Raiders Soccer Club
Football Club	St Marys Convent
Newbury Bulls Soccer Club	Football Club
Greystanes Football Club	Toongabbie Demons
Penrith Rovers Football Club	Soccer Club
Endeavour Touch	Jamisontown Soccer Club
Football Association	Emu Plains Football Club
Hunters Hill RLC	Penrith RSL Football Club
Minto District Soccer Club	Wollemi Football Club
OLQP Falcons Soccer Club	Holroyd Rangers
All Saints Toongabbie	Sporting Rovers Football Club
Tigers JRLFC	GY Dance
Killarney Vale AFC	Bonnyrigg Football Club
Oatley Football Club	Riverina Rhinos Football Club
Liverpool Olympic	Bradbury Ambarvale
Football Club	Football Club
Port Macquarie Rugby Union	Bankstown City Football Club
Ponds Football Club	Ku-ring-gai & District Football
Putney Rangers Football Club	Referees Association
Baulkham Hills Football Club	White City Football Club
Hawkesbury City	Charlestown Junior
Football Club	Football Club
Kings Old Boys Football Club	Special Needs Ability
UTS Football Club	Program Providers
Bundeena Football Club	St Marys Band Club
Hills Knights Football Club	West Ryde Rovers
Cootamundra Junior	Mayfield United Senior
Soccer Club	Football Club
West Pymble Football Club	Loftus Public School
Tumut Eagles Football Club	Leap Performing Arts
Grenfell Football Club	IFS Community Wolves
Norwest Junior Rugby Union	Gracie Barra Hornsby
Club Marconi	
Joeys Soccer Club	
Wentworth Falls	
Football Club	



Hills Knights



Beacon Hill Football Club



Putney Rangers Football Club

EFFECTIVE PARTNERSHIPS

SOCIAL MEDIA CAMPAIGNS

The end of school brings about a whole range of emotions and opportunities. For many young people it's a moment in time to celebrate with friends often at locations which are unfamiliar. The combination of peer influence, alcohol and drugs and new aquatic environments can result in significant injury or worse. During the summer of 2018/19, Royal Life Saving undertook a social media campaign that sought to bring messaging to the ears and minds of all "schoolies".

'Schoolies' is a graduation festival celebrated by year 12 school leavers around Australia that runs from mid-November to mid-December. The party events are notorious for risk-taking actions and alcohol fuelled behaviour.

Alcohol can significantly increase the risk of drowning by increasing risk-taking behaviour, reducing coordination and impairing judgement and reaction time. Similarly, drugs can also increase the risk of drowning. This includes prescription medication, which may cause drowsiness or dizziness, as well as illegal drugs, which may reduce inhibition, numb the senses and distort the perception of risk.

Royal Life Saving recommends staying out of the water if alcohol has been consumed. It is best to participate in aquatic activities before drinking and not re-enter the water afterwards. Prescription medication should be taken as directed. A doctor or pharmacist can advise on potential side effects, including whether a medication could impact someone's ability in the water.

“Our aquatic environments provide unique opportunities for people and communities to come together which contributes to a stronger, more socially inclusive society.”

RISK TAKING IN YOUNG PEOPLE

Objective

Raise awareness of the danger in risk taking behaviour around water and encourage young people to reassess their decisions to take risks around water including drinking alcohol, jumping off objects, and entering water during bad conditions.

Target Audience

Men aged 18-24 years in New South Wales

Timeframe

12 November 2018 – 1 January 2019

Royal Life Saving ran a targeted risk taking campaign over this period for two major reasons;

1. 'Schoolies' is a graduation festival celebrated by year 12 school leavers around Australia that runs from mid-November to mid-December. The party events are notorious for risk-taking actions and alcohol fuelled behaviour.
2. The highest number of drowning deaths of people aged 18-24 years occurred in summer.

Overview of drowning deaths in NSW between 1 July 2008 and 30 June 2018 of people aged 18-24 years

277

PEOPLE AGED 18-24 YEARS
DROWNED IN AUSTRALIA

105

PEOPLE AGED 18-24 YEARS
DROWNED IN AUSTRALIA
IN NEW SOUTH WALES

86% 14%

Leading locations for drowning

32%

RIVERS

29%

BEACHES

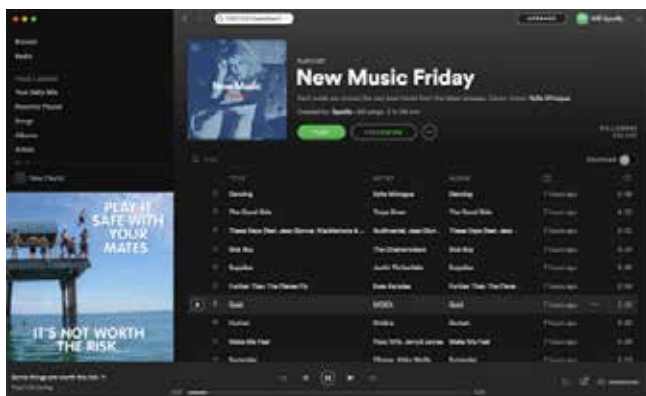
18%

ROCKS



ALCOHOL WAS KNOWN TO
BE INVOLVED IN 19%
OF DROWNING INCIDENTS

Spotify Results



SPOTIFY SCRIPT

We all take risks from time to time...
like swiping right...right?

But some risks really aren't worth taking...
like diving into water you don't know...

It looks cool and refreshing...but there's nothing
cool and refreshing about diving into a sand bar
or head first into a floating log that's just below
the river surface.

Jumping off rocks after a few drinks or trying
to swim in sketchy conditions can be more
dangerous than you think.

So – play it safe with your mates.
It's not worth the risk.

Brought to you by Royal Life Saving.

344,846
PLAYS

**THE SPOTIFY AD WAS PLAYED
A TOTAL OF 344,846 TIMES
BETWEEN 12 NOVEMBER 2018
AND 1 JANUARY 2019**

111,877
USERS

**THE AD REACHED 111,877 UNIQUE
USERS AT A FREQUENCY OF 3.1**

0.09%

**THE AD GENERATED
A CLICK THROUGH
RATE OF 0.09%**



**THE MOBILE PLATFORM
GENERATED THE
HIGHEST IMPRESSIONS
AND ENGAGEMENTS**

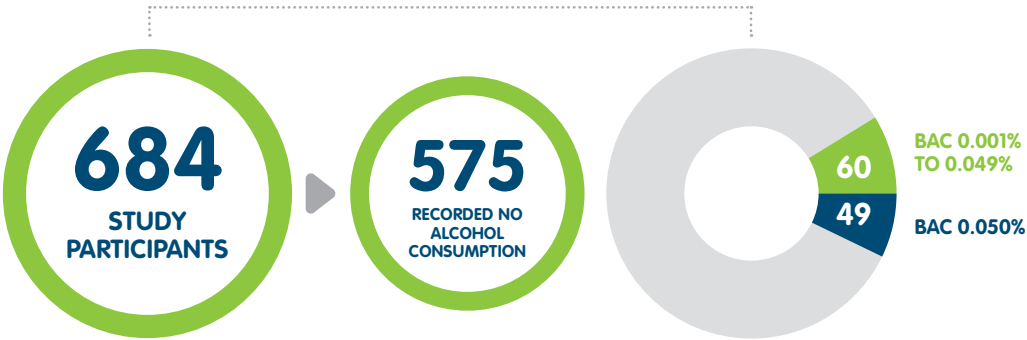
WED

**WEDNESDAY WAS
THE BEST PERFORMING
DAY OF THE WEEK**

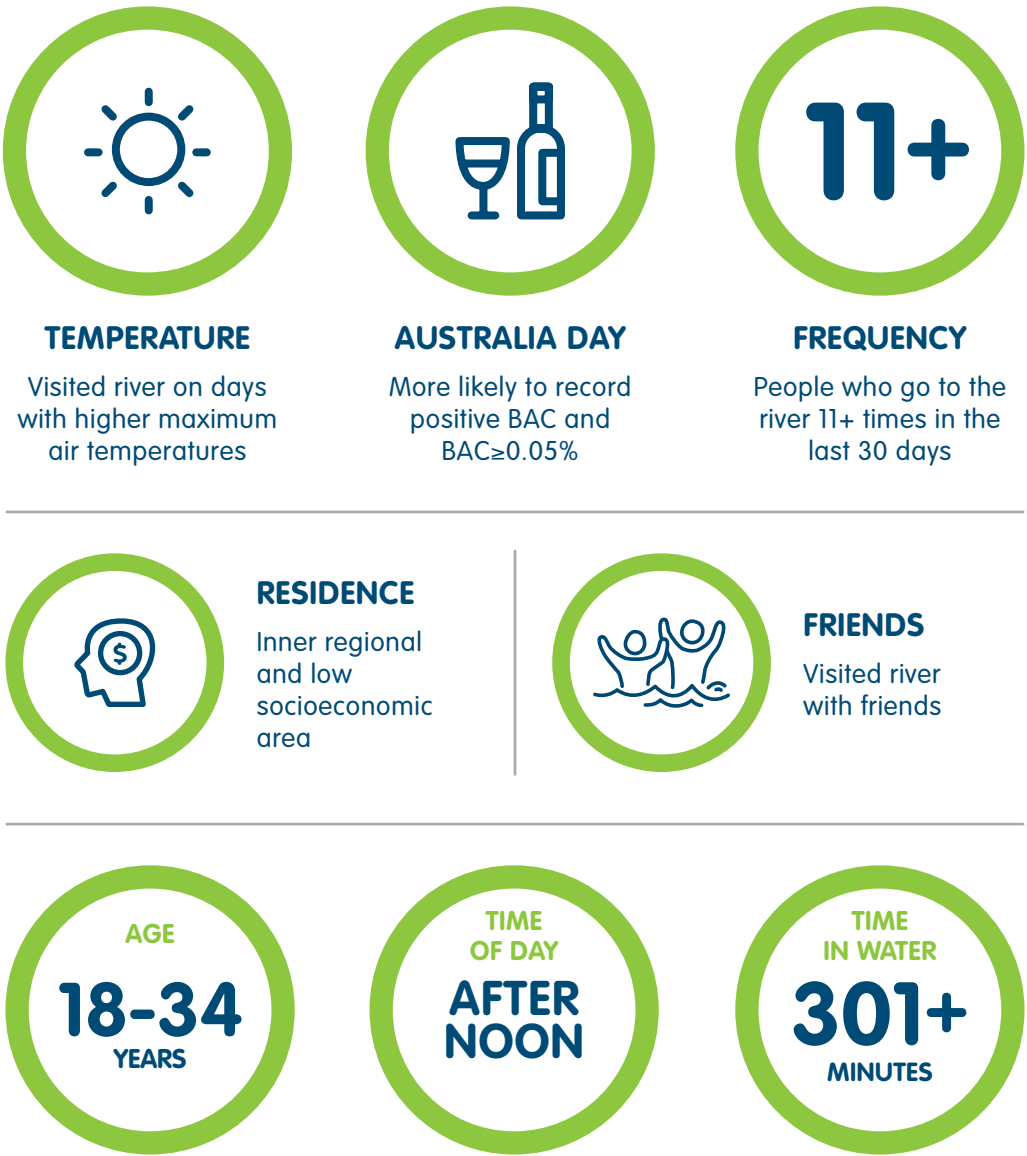


ALCOHOL CONSUMPTION AND ATTITUDES
TO RISK AMONG RIVER USERS

Royal Life Saving researchers breathalysed river users at four locations (Murray River, Murrumbidgee River, Hawkesbury River and Alligator Creek) over summer to examine alcohol consumption and attitudes to drowning risk.



Study participants more likely to record a BAC \geq 0.050%



KEEP WATCH MEDIA CAMPAIGN

965 children aged 0-4 years drowned in Australia between 1 July 1993 and 30 June 2018. Accidental falls into water were recorded as the leading activity resulting in drowning.

Swimming pools were the leading location for drowning deaths among young children in Australia, accounting for 52% of all drowning deaths (2002/03 – 2017/18).

Faulty or propped open gates are the primary risk factors in home pool drowning deaths of young children.

For every fatal drowning there were an estimated 7.6 non-fatal drowning incidents resulting in hospitalisation. That is approximately 7,361 children who suffered a non-fatal drowning over the last 25 years, many live with a permanent disability as a result.

Keep Watch has actively been working for over 25 years to prevent toddler drowning deaths and continues to be Australia's most comprehensive drowning prevention and water safety program for children under 5.

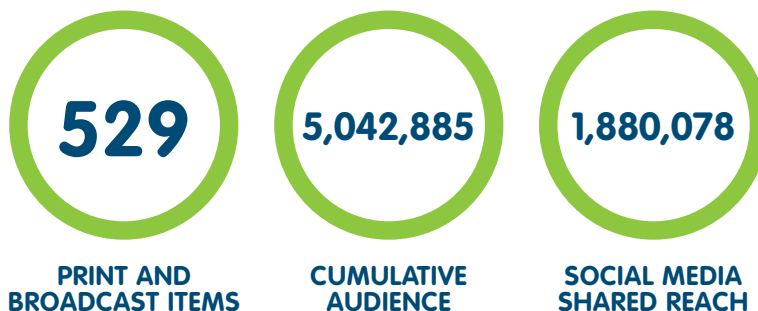
With the release in October 2018 of the alarming statistics and trends in child drowning over the last 25, parents and carers were urged by Royal Life Saving to Keep Watch and to supervise children at all times around water. The key focus of the campaign message was around complacency and to drive the Keep Watch messages of (1) Supervision and (2) Restricting Access.

"Drowning is often quick and silent. Distractions like browsing social media on your phone, attending to another child, or ducking inside to grab something can have tragic consequences if a toddler is left unattended by water. It's important for parents and carers to take extra safety precautions. Always Keep Watch of children around water" Justin Scarr, CEO, Royal Life Saving.

"Active supervision is the best protection against child drowning; however kids can be quick and hard to keep up with so it's vital to fence pools and spas to prevent children gaining access. Regularly check that your fence and gate are in working order, and never prop the gate open" Justin Scarr, CEO, Royal Life Saving.

As part of the campaign, Royal Life Saving, with the support of the Federal Government, activated a national PR Strategy (including print and broadcast media), released a series of community service announcements for television and online media, developed a targeted social media activation, and engaged influential parental media outlets in efforts to ensure parents received the keep watch message in time for summer. Further a 30 and 15 second Radio CSA was developed to promote the Keep Watch message.

The Keep Watch campaign was supported in New South Wales by the New South Wales Government and in Western Australia by the Western Australian Government.



Watch the 'Water. It's only safe while you are watching' video: youtube.com/RoyalLifeSavingAust

“Active supervision is the best protection against child drowning; however kids can be quick and hard to keep up with so it's vital to fence pools and spas to prevent children gaining access.”





PROGRAMS & SERVICES

CHALLENGES

Alternative sport and active recreation solutions and professionally driven entities have increased options for our traditional consumers requiring the Society to adjust and modify its offerings. The historical nature and quality of our programs needs further promotion to ensure relevance and community positioning. The Society is a peak body that provides well considered options that are linked to strong evidence. This position requires ongoing consideration and protection.

SOLUTIONS

- Maintain and expand education and training solutions
- Implement sport and active recreation programs
- Maintain and expand our health and community education developments
- Maintain and grow our product solutions
- Maintain and expand aquatic industry solutions

“Regular aquatic participation improves our physical and mental health and reduces the risk of obesity and lifestyle related illnesses across life stages. An active aquatic lifestyle contributes significantly to our general wellbeing, our productivity and our performance. Personal aquatic skill acquisition provides for resilience and capacity thereby minimising risk.”





SAFE VENUES

CASE STUDY

KEEP WATCH @ PUBLIC POOLS 2018/19

200+ Partner Pools

Keep Watch at Public Pools is an integrated water safety program which aims to increase awareness of the strategies available to keep children safe when in, on or around public pools and aquatic facilities. The ultimate aim of the program is to eliminate all drowning deaths and near drowning incidents that occur in aquatic leisure centres, public swimming centres and pools.

In the short term it is hoping to increase awareness of strategies to keep children safe, change attitudes about what is appropriate safety at public swimming pools and raise awareness about preventative strategies. It also aims to highlight the need for an increase in parental responsibility, rather than relying on pool lifeguards to babysit children.

Keep Watch at Public Pools has multiple audiences. At one end are the parents and carers who are responsible for the children in their care and at the other are the pool managers who implement safety systems to ensure all who visit the facility are safe, as well as those such as Pool Lifeguards who are charged with ensuring the safety of the facility on a daily basis. As such this program provides a range of resources to help implement safety systems, increase awareness of available strategies and practical tools that people working in facilities can use as well.



“The staff of aquatic facilities play a vital role in educating the community about the safe use of aquatic venues and drowning prevention more widely.”

Philosophy of Keep Watch @ Public Pools

To prevent drowning deaths and injuries from occurring at aquatic leisure centres, public swimming centres and pools, a range of actions are required including education, behaviour change, improved management standards and practices, advocacy and changes to the physical environment. These actions require groups and individuals to work together and the greatest effect will occur when more than one of these actions is used concurrently.

Objectives

- help staff engage with parents and carers of children to help them understand what is appropriate supervision and the dangers of leaving their children unattended at the pool;
- provide staff with background information and current models and practices to prevent young children from drowning at public pools; and
- help staff communicate the importance of drowning prevention to parents and carers of children at aquatic facilities.

INSIGHTS

Across a 10-year period - 36 fatal drownings occurred in public and commercial pools across Australia. Males accounted for 80.6% of drowning deaths in public and commercial pools, with the largest number of deaths occurring among children aged 5-9 years (19.4%). In more than three quarters of child drowning cases, there was no parental or carer supervision (77.8%). Those who drowned were most likely to be observed by an adult bystander or witness (38.9%) but retrieved from the pool by staff (44.4%), including lifeguards. In two thirds of drowning cases at least one lifeguard was present (66.7%), with other pools being unsupervised community facilities, low patronage pools or pools which do not require a lifeguard (e.g. school pool, fitness centre pool).

Public swimming pools are a valuable facility 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, 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 is needed as part of a broader public awareness campaign over the next 12 months.



SAFE VENUES

CASE STUDY

INFORMING SAFETY CULTURE

Home Swimming Pools

Drowning is a global public health issue, with the World Health Organisation (WHO) estimating 372,000 drowning deaths annually. Children under five are the age group most at risk of unintentional drowning, both fatal and non-fatal. In Australia, an average of 28 children under five drown each year. A further 199 children under five are hospitalised each year in Australia due to a non-fatal drowning incident.

During 2018/19 Royal Life Saving continued to investigate parental behaviours and attitudes towards home swimming pools. Our survey provided the following results.

HOME SWIMMING POOLS ARE THE LEADING LOCATION FOR DROWNING AMONG CHILDREN UNDER FIVE

528

PARENTS OR CARERS OF CHILDREN UNDER FIVE WITH ACCESS TO A HOME SWIMMING POOL IN NSW WERE SURVEYED



53%

82%

AGED 18-39 YEARS

77%

REPORTED HAVING A SWIMMING POOL AT HOME

46%

BELIEVE CHILD DROWNING IS EXTREMELY PREVENTABLE

23%

ACCESSED A SWIMMING POOL AT AN APARTMENT COMPLEX

40%

ATTENDED CPR TRAINING WITHIN LAST 12 MONTHS

DID YOU KNOW?

- Children aged 0-4 years are the age group most at risk of drowning, with an average of 28 drowning deaths per year in Australia.
- Approximately half of all drowning deaths among this age group occur in swimming pools (commonly at the child's own home).
- A further 199 children under five are hospitalised each year due to a non-fatal drowning incident.
- Key preventative strategies for reducing child drowning include active adult supervision and restricting a child's access to water, commonly through a correctly installed and regularly maintained pool fence and gate.
- However, lapses in supervision and faulty or propped open gates continue to be contributory factors in fatal child drowning in pools in Australia each year.
- The knowledge, behaviours and attitudes of parents and carers of young children on drowning prevention strategies have not previously been explored.
- 528 parents and carers of children under five with access to a swimming pool at home in NSW were surveyed.
- Three-quarters of respondents reported having access to a swimming pool at their house (77.3%), compared with 22.7% of respondents who accessed a swimming pool at an apartment complex.
- Almost half (46.2%) of respondents felt child drowning was extremely preventable.
- Just over three-quarters of respondents (78.0%) had taken their child(ren) aged under five years to swimming and/or water familiarisation lessons.
- Almost two-fifths (39.8%) of respondents had attended CPR training within the last 12 months.
- Supervision ranked more highly than restricting access across all behavioural and attitudinal measures.
- 63% of respondents always supervised children around their pool in the last month.
- 45% of respondents always restricted a young child's access to their pool in the last month.

“The aquatic and active recreation sector is a growing industry that creates jobs and innovative investment. An active population leads to improved productivity as well as preventative health costs facing communities.”

NEXT STEPS

Policy, Programs and Advocacy

- Continue to enhance awareness of risks of drowning among this key cohort – particularly the different drowning outcomes (e.g. fatal, non-fatal with morbidity and non-fatal without morbidity).
- Enhance communication to the community in question with respect to the importance of restricting access and the fact that child drowning prevention strategies are best undertaken in tandem to prevent child drowning.
- Explore alternative avenues for promoting child drowning prevention messages such as through swimming pool registers, childcare providers, swimming pool construction and maintenance companies and pool supply stores.
- Continue to work with swimming pool inspectors and E1 certifiers to promote the importance of supervision and restricting access to parents and carers of children under five with access to a swimming pool at home.
- Identify methods for providing information on child drowning prevention strategies to parents and carers residing in apartment complexes with pools, such as through strata companies.
- Explore strategies to encourage all parents and carers of children under five with access to a home swimming pool to undertake CPR training and maintain currency of qualifications.

Research Agenda

- Conduct a similar study nationally to capture knowledge, attitudes and behaviours of parents and carers of children under five with access to a home pool with respect to supervision and restricting access.
- Undertake a nationally representative survey on the knowledge, attitudes and behaviours of parents and carers of children under five with access to a home pool with respect to water awareness and resuscitation.
- Through research explore the specific challenges faced with restricting access to swimming pools in shared living complexes such as apartments.
- Explore barriers for parents and carers of children under five in undertaking CPR training and retaining currency of qualifications.



EDUCATION

SWIMMING AND WATER SAFETY FRAMEWORK

IN THE WATER

Royal Life Saving Australia believes that every individual should have access to a balanced water safety, personal survival and swimming education. After years of research into the achievement levels and the concern over declining swimming and water safety skills, Royal Life Saving formed a National Swimming and Water Safety Education Reference Group to consult and collaborate with industry, government and the education sector to revise the National Swimming and Water Safety Framework.

The National Swimming and Water Safety Framework aims to enable individuals to develop the skills, knowledge and understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments.

The Framework supports a structured and consistent understanding of swimming and water safety education across Australia. It provides parents, aquatic educators, educational institutions and government bodies with a basis for developing, providing and selecting a balanced and comprehensive swimming and water safety program.

70

PARTNER POOLS

500,000+

SWIM AND
SURVIVE LESSONS

ACTIONS GOING FORWARD

- Advocate for all Australians, regardless of age or background, to access quality swimming and water safety education and increase participation among high-risk populations.
- Advocate for investments in swimming and water safety education, including the provision of swimming and water safety lessons, such as school-based and vacation programs.
- Raise industry awareness and implementation of the National Swimming and Water Safety Framework, and evaluate impact of the Framework.
- Investigate opportunities to collect, analyse and benchmark data on swimming and water safety skills, and knowledge competencies against the Framework, including measuring retention of skills over time.
- Evaluate swimming and water safety programs (including school, vacation and commercial) to ascertain best practice and outcomes for participants.
- Consolidate terminology when referring to and discussing 'swimming lessons', 'learn to swim', 'water safety', 'survival skills' and 'lifesaving skills'.
- Advocate for development and redevelopment of aquatic facilities, and work with industry to improve access for all Australians.
- Investigate the effectiveness of drowning prevention, water safety and lifesaving initiatives for teenagers and adults, and how best to increase participation.

“The Society’s Swim and Survive program is aligned against the Framework ensuring participants achieve a balanced swimming and water safety experience.”

EDUCATION

PRESCHOOL PROGRAM IN THE CLASSROOM

Royal Life Saving in partnership with the NSW Government launched the Early Childhood Water Safety program, an innovative online educational resource providing the early childhood sector with a modern, engaging and relevant initiative to reinforce safety agenda and aquatic behaviour amongst young children and their parents/carers.

The education resource initiative was developed to address the fatal and non-fatal drownings of 0-5-year old's around backyard swimming pools. It incorporates two key strategies. The first, targeting young children 3-5 years via early childhood services and the second, the parents and carers of these children.

Designed in consultation with early childhood educationalists and academia, the online solution utilises animation focusing on backyard swimming pools to convey safety messaging to children. Themes focus on behaviour and rules and include key supervisory expectations and pool rules within a suitable age specific curriculum context.



**PRESCHOOLS
REGISTERED**

Below: The Launch: Minister for Education and Early Childhood Learning, the Hon Sarah Mitchell MLC and Parliamentary Secretary for Energy and the Arts, the Hon Ben Franklin MLC at Ballina Aboriginal Child and Family Centre.





EDUCATION

WORKFORCE TRAINING

Vocational Training Outcomes

Royal Life Saving is a leading authority and provider of vocationally aligned education and training programs to service the community, education sector and the aquatic industry. As a Registered Training Organisation, the Society prides itself on high quality, sector specific training and assessment via traditional and flexible learning options.

Highlights 2018/19

69,721	CPR & ANAPHYLAXIS
50,091	E-LEARNING ENROLMENTS
33,728	FIRST AID AND EMERGENCY CARE QUALIFICATIONS
5,192	POOL LIFEGUARD LICENCES
4,866	BRONZE AWARDS
862	AUSTSWIM QUALIFICATIONS
160	TECHNICAL OPERATORS QUALIFICATION
130	WORKPLACE SUPERVISORS

NCVER

The National Centre for Vocational Education Research (NCVER) is the national professional body responsible for collecting, managing, analysing and communicating research and statistics on the Australian vocational education and training (VET) sector. Each year NCVER provide statistical information relating to the provision of training of Registered Training Organisations.

Australian Vocational Education And Training Statistics

Student Outcomes And Satisfaction

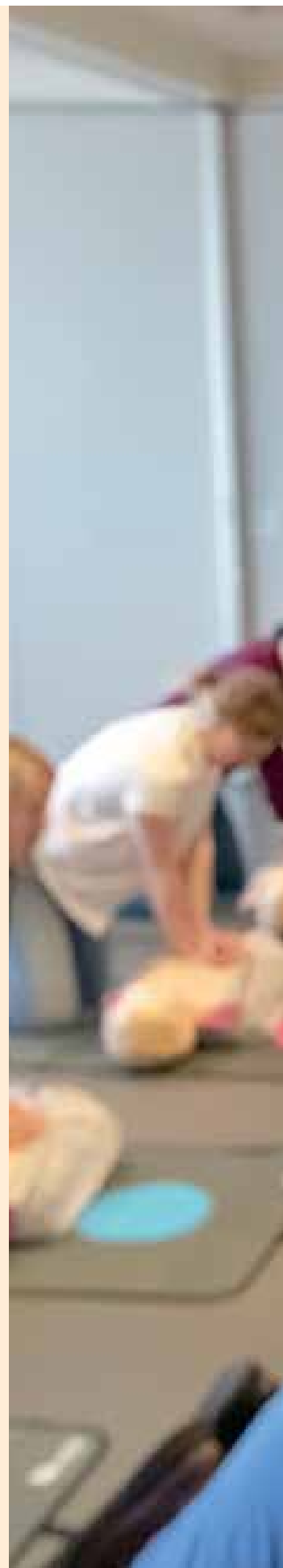
94.2%	Were employed or enrolled in further study after training.
96.8%	Were satisfied with the overall quality of their training.
98.2%	Would recommend the training provided by Royal Life Saving
97.9%	Would recommend Royal Life Saving as a training provider.

INNOVATION

Our Investment In Safe Communities

We know CPR training creates lifesavers. But for years, providing accurate and objective feedback on the performance of students has been a challenge for instructors. Until now.

The QCPR Classroom App (opposite) is now available for our Little Anne QCPR with feedback and a gaming element. This enables instructors to enhance the quality of CPR training, classroom efficiency and learner engagement – with up to 42 Manikins at the same time.



“Building strong skills
and networks that
provide for community
resilience and
lifesaving activation.”





SPORT DEVELOPMENT

2019 AUSTRALIAN POOL LIFESAVING CHAMPIONSHIPS

Over 300 competitors and officials from around the country plunged into Sydney for the 2019 Australian Pool Lifesaving Championships.

In celebration of the 125th anniversary of Royal Life Saving, the 2019 Australian Pool Lifesaving Championships was held at Pymble Ladies College. The New South Wales State Team claimed the Interstate Overall Championship for the third year in a row, this year taking out the prize on home ground.

The Australian Pool Lifesaving Championships see lifesavers compete in events including the Manikin Carry, Manikin Tow, Line Throw, Obstacle Swim and the Simulated Emergency Response Competition (SERC) – a timed event where lifesavers are tested on their initiative, judgement, knowledge and skills.

“I would like to congratulate the NSW team on a fantastic result and their extremely good behaviour throughout the championships. As the state team manager, I can only highlight the high level of professionalism, ethics and behaviour from all the NSW athletes which makes this team so easy to manage,” said Team Manager, Max Gonzalez.

Caitlin Turner, Project Officer – Lifesaving Sport and Development said the competitors showed an outstanding level of athleticism.

“Coming off the back of the World Lifesaving Championships, many of the athletes only had a short break before getting back into training for the Australian Pool Lifesaving Championships. We saw many athletes achieve personal bests and even world records.”

“There were a number of new athletes competing in the Championships for the first time. It’s fantastic to watch the sport grow and to see the comradery between the competitors. Many of the experienced athletes support and mentor the younger athletes acting as true role models. The dedication of the officials is incredible. They volunteer their time to support the event and are so passionate about lifesaving sport. We couldn’t do it without them,” said Caitlin.

The Australian Pool Life Saving Championships are held every year in a different state across the country. The 2020 Australian Pool Life Saving Championships will be held in Perth.

Under 16	Under 19	Open Females	Open Mens	NSW Interstate Team
Sapphrine Andrews	Keeley Booth	Rachel Wood (c)	Ethan Garland (c)	Blake McCrindle - Coach
Holly Holmesby	Kaylah Holmes	Jayne Cline	Callum Lowe-Griffiths	Max Gonzalez - Manager
Caleb Sharman	Jack Curran	Chantal Luxton	Tom Simpson	Karyn Locke – Chaperone
Harrison Williams	Bailey Proud	Zara Sharman	Lachlan Braddish	





STABILITY & GROWTH

CHALLENGES

Market and community changes can be difficult to manage and adjust to. Change can also bring about opportunity and expansion. We need to remain at the forefront of industry and sector developments to maintain market influence and utilisation. Our organisational commitments need ongoing assessment as our boutique offerings can restrict our usefulness and suitability. Innovation and modernisation are necessities and need to be at the forefront of organisational thinking.

SOLUTIONS

- Advocate water safety priorities in regional and remote communities
- Deliver and maintain asset management and growth
- Manage organisational risk and sustainability
- Manage workforce acquisition, skills and retention
- Meet legislative and organisational compliance risk

“We lead the planning and coordination of water safety agenda across regional and remote areas. Our strategically located offices ensure relevance and suitability of local strategies to address priorities. Our networks enhance our provision and together we work to provide high quality solutions and experiences. Our regional strategies remain at the forefront of our future.”





COMMUNITY DEVELOPMENT

Cameron McFarlane

This is a story of true Australian spirit. One of inspiration that aspires to equip all young children with a skill. A skill that can and does save lives.

In a country surrounded and interwoven by natural waterways, a community lifesaver took up a journey. One which has covered tens of thousands of kilometres and engaged as many children. Cameron McFarlane has journeyed across regional and remote New South Wales training and educating our children in a key lifesaving skill. Cardiopulmonary Resuscitation (CPR) is a skill that preserves and maintains life when the human heart ceases to function on its own accord.

CPR practice and knowledge are vital life skills easily taught to our children. It is a skill we should all possess and maintain through our generational life stages.

As children age their experiences and behaviours expose them to increasing levels of risk which may require the intervention of a lifesaving skill such as CPR. As we age, these skills also enable us to respond accordingly at home, on the sporting field, at the workplace or even across our communities.

Cameron's story and commitment lays a platform of opportunity and importance that every child in NSW should experience. Cameron dreams of a country that is resilient and possesses skills that assist those in need. Why is it that every child doesn't have the opportunity to learn CPR? They would if Cameron's dream was fulfilled.

Below: Cameron with students from Inverell Public School.



“Now I’m proud to say its reached 22,000 students in the State. I put it together and realised it’s such a simple skill that every child can learn.”

Right: Cameron with students from Foster Public School.

Opposite: Cameron delivering his CPR class in a Vietnamese school.





NSW PRIMARY SCHOOL CPR AWARENESS PROGRAM:

Cameron McFarlane makes push to have CPR in all state schools

NAMOI VALLEY INDEPENDENT

CAMERON MCFARLANE TO RUN CPR WORKSHOPS AT INVERELL PUBLIC SCHOOL

ON AFR

Year 5 and 6 students complete free CPR course

THE GREAT LAKES ADVOCATE

CPR awareness campaign comes to Nabitac Public School

Harrington, Lansdowne, Upper Lansdowne and Moorland school students take part in NSW

MANNING RIVER TIMES

Tamworth CPR teacher Cameron McFarlane returns from Vietnam teaching tour

NORTHERN DAILY LEADER

RECOGNISING OUR PEOPLE

Commendations Ceremony

Each year Royal Life Saving presents Commendation Awards to those people who have displayed outstanding initiative, expertise and empathy towards their fellow human beings by applying lifesaving skills in emergency situations and sometimes at risk to themselves.

Certificates of Commendation are presented to members of the general public, the NSW Police Award to officers of the New South Wales Police Force, the Award to officers of Fire and Rescue to an officer of Fire and Rescue NSW, the NSW Rural Fire Service Award to officers of the NSW Rural Fire Service and the Ambulance Service Award to officers of NSW Ambulance.

We are extremely honoured that our Patron, His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales graciously agreed to host the Ceremony at Government House Sydney on the 31st July 2018.

Below: His Excellency General the Honourable David Hurley AC DSC (Ret'd), Mrs Hurley and Deputy Commissioner Jeff Loy with award recipients from the NSW Police Force.

“We should be inspired by people ... who show that human beings can be kind, brave, generous, beautiful, strong – even in the most difficult circumstances.”

RACHEL CORRIE



2018

COMMENDATION AWARDS CEREMONY

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

GOVERNMENT HOUSE SYDNEY
TUESDAY, 31 JULY, 2018



Acknowledged for bravery

WHAT began as a family stroll along Nine Mile Beach, Tuncurry one summer's afternoon had ended with a heavy award.

Earlier this month Anne Caffia was saluted for saving the life of a struggling swimmer, earning a Royal Life Saving NSW commendation award.

The University of Sydney sport and exercise science student travelled from her home Plains home to Government House, Sydney where she was presented with the recognition by NSW Governor and Royal Life Saving NSW patron, Margaret Beazley.

"It was pretty special, everybody is pretty proud of me," Anne said.

Anne joined what was described as an incredible array of highly courageous people from around the State who have performed amazing acts of bravery for the community.

Royal Life Saving NSW CEO, Michael Ilinsky said the event was a way of thanking what he described as incredible individuals who have saved a life and made a massive difference to someone else.

"We stepped and using the powers of heroes who haven't looked for the spotlight but well and truly deserve to have the spotlight shone on them," Mr Ilinsky said.

"We never cease to be amazed at just how courageous members of the public can be.

"These special commendation awards are given to people who have displayed outstanding initiative, expertise and empathy towards others.

"They are given to people who have applied critical thinking skills to emergency situations.

"Some of these people have risked their own life to carry out an act of bravery.

"Simply put, these people are deeply inspiring.

"The very least we can do is salute them and thank them for their enormous bravery.

"Quite often people are helping someone they don't even know - they are carrying out a truly selfless act."

A past state team swim instructor at Nepean Aquatic Centre, Penrith, 20-year-old

Anne was able to draw on her fitness to help save the drowning man on the morning of January 7, 2018.

She regularly competes in triathlon events in Sydney and interstate and trains with a swim squad.

Anne was walking her dog when she saw a man who had become caught in a rip, holding up his hand and yelling "somebody help me".

Assisted by Black Head SES club member, Lucas Klooschmidt, Anne reached the struggling man, who was gasping under.

Anne managed to get him onto Lucas's surfboard and back to shore where she wrapped him in clothes and towels and monitored him until emergency services arrived.

Despite being scared Anne knew she had to help him and was glad she was able to apply her swimming and safety training to help, her nomination was anonymous.

She has been visiting Foster since she was a baby, staying for up to three weeks every summer in the family's holiday home.

"We never cease to be amazed at just how courageous members of the public can be"

An incredible array of courageous people from around New South Wales - who have performed outstanding acts of bravery - were saluted on Tuesday (August 13) at Government House in Sydney.

Among those honoured was Yamba man Bryce Ellis recognised for his bravery at the Commendation ceremony.

The special recognition was awarded to people who went well above the call of duty to help somebody else in crisis.

Royal Life Saving NSW Chief Executive Officer Michael Ilinsky says the special ceremony is a way of thanking incredible individuals who have often saved a life and made a massive difference to somebody else.

Michael Ilinsky said, "Her Excellency The Honourable Margaret Beazley AO QC, Governor of New South Wales present the commendations. We will deliberately stop and sing the praises of heroes who haven't looked for the spotlight but well and truly deserve to have the spotlight shone on them."

"We never cease to be amazed at just how courageous members of the public can be. These special commendation awards are given to people who have displayed outstanding initiative, expertise and empathy towards others. They are given to people who have applied critical thinking skills in emergency situations. Some of these people have risked their own life to carry out an act of bravery."

"Simply put, these people are deeply inspiring. The very least we can do is salute them and

thank them for their enormous bravery. Quite often people are helping someone they do not even know - they are carrying out a totally selfless act."

Michael Ilinsky added, "Certificates of Commendation were presented to members of the general public, the NSW Police Award to officers of the New South Wales Police Force, the Fire & Rescue NSW Award to officers of Fire & Rescue NSW and the NSW Rural Fire Service Award to officers of the NSW Rural Fire Service."

"Royal Life Saving NSW is absolutely delighted to be part of this event. Make no mistake, it is absolutely critical to salute the quiet heroes who have done something amazing - with no fuss - because they wanted to help someone else in trouble. Each and every person is a very worthy recipient. Huge congratulations to everyone involved - we are very inspired by you all."

The citation for Bryce Ellis reads as follows:

"Late in the afternoon of 1 March 2018, Bryce Ellis had been fishing at the north end of Macquarie Islands and was making his way home across the water when he saw a person in the water. He turned and ran back along the beach."

"A group of tourists who had been playing in the shallow water near him were in trouble. Five females and one male had 'blacked out' after their swim. Bryce panicked as they entered deeper water and were being dragged under by a strong rip. One of the teenage girls had gone under a few times and had swallowed water."

"Bryce assessed the situation and began assisting the two girls who were in the most trouble, holding one on each arm. The young man was holding on to his leg and grabbing at his clothes, pushing Bryce under the water. Bryce managed to get all three to safety and went back to the other two girls who were holding on to a kickboard and a noodle. He guided them into safety. The group spoke limited English but Bryce was able to keep reassuring them."

"He assisted the group on to the submerged rocks to safety. Bryce estimated that two of the girls would not have lasted much longer - as they were exhausted. He stayed on the rocks with them for a while to ensure they were able to make their way back over the slippery rocks."

"High Commendations are awarded to Bryce Ellis for his quick, brave and selfless actions rescuing multiple victims. Mr Ellis did not seek to be given any praise or credit for his actions but this situation could easily have turned into a major search operation."

Bravery nod after rescue from channel

BY NICK BIELBY

IT WAS just another day at work for Tim Seymour until he saw the elderly man struggling to keep his head above water.

The 32-year-old - an operational caretaker for Lake Macquarie City Council - was in his truck when a group of distressed people flagged him down near the Blacksmiths boat ramp and pointed out a capsized tiny boat 200m from shore.

With a strong tide running out, the man who had been in the small vessel was quickly being dragged towards Swansea bar. He was in trouble.

Mr Seymour ran along the water's edge to get closer to the man before he swam out and brought him back to dry land.

It's been more than a year since Mr Seymour's heroics in May, 2018, but the Swansea man will travel to Sydney next Tuesday where NSW Governor Margaret Beazley will present him with a Royal Life Saving NSW certificate of commendation for his bravery.

"I looked into Swansea

Channel and I could see some arms flapping around in the water," he said.

"I parked the truck, put the hazards and flashing lights on and just basically started running."

A bystander had called an ambulance, so paramedics were waiting to treat the elderly man when he was pulled him ashore.

Mr Seymour, who lives with his fiancée and two young children, said he grew up around the water at Lake Macquarie and spent time in Nippers as a child.

"I just realised I was capable of doing it [the rescue] and I just reckon that anyone who was capable would have done the same thing," he said.

"I could see what was going on. He was struggling, he was popping up and down, his head was going under. I knew I'd be able to catch up to him and get him in, no dramas."

Royal Life Saving NSW CEO Michael Ilinsky said commendation awards were handed out to people who showed "outstanding initiative, expertise and empathy".

"Simply put, these people

are deeply inspiring," he said. "Quite often people are helping someone they do not even know - they are carrying out a totally selfless act."

Act of bravery gets recognised

Daniel Stringer

LOOKING back, Senior Constable Trent Giles said he wouldn't change a thing about the day he tried to save the life of a young girl as her parents watched on.

In May 2016, the constable with Hawkesbury Police Area Command responded to a triple-0 call at a property in Pitt Town, where Billie Mayson-Kinder, 12, was found unconscious after being trampled by her spooked horse.

Upon arrival she was not breathing and Senior Constable Giles performed CPR until she was able to be loaded into an emergency response helicopter.

But sadly, Billie died on the way to hospital.

Currently with Mt Druit Police Area Command, the senior constable was last week saluted for his efforts on that day, receiving a Royal Life Saving NSW commendation award.

He said Billie's death remained with him.

"I have attended multiple incidents during my career, but the ones with children are difficult to handle," he said. "Having a younger son who was a similar age to Billie was difficult from the start, but it is something that you will always remember."

With 13 years of police service under his belt, he said Billie's death is one of the most difficult of his career.

"It is difficult doing CPR on a child when the parents are right beside you saying

"save my daughter".

"That is going to be hard on anybody."

"I still go to work and do the same thing to each and every day and if a situation like Billie was to present itself tomorrow I would do exactly the same thing."

"We do our absolute best as police and I just hope that the next time I can actually save a life."

The Penrith resident said the award, presented to him last week by NSW Governor Margaret Beazley at Government House, was the last thing he was expecting.

"I think because of how traumatic the incident was...

I was just going about my daily job and doing the best that I could at that particular incident," he said.

BRAVE EFFORTS

Man behind mass rescue receives commendation

JARRARD POTTER

jarrod.potter@dailymercury.com.au

LATE in the afternoon of March 4 last year, terrified screams rang out across Yamba's Main Beach as a group of tourists were dragged out into deep water by a rip.

Fishing at the northern end of the beach and on his way home, Bryce Ellis heard the cries for help from a group of five swimmers - four females and one male - who were out of their depth and panicking as they were carried deeper and deeper.

One of the girls had gone under a few times and had already swallowed water.

As Mr Ellis ran back along the beach he assessed the situation and began assisting the two girls who were in the most trouble, holding one on each arm.

The young man was holding on to his leg and grabbing at his clothes, pushing Mr Ellis under the water. Despite the group speaking limited English, Mr Ellis was able to keep them calm and reassure them and eventually he managed to get the swimmers to safety.

CONTINUED ON PAGE 5

NSW Governor's honour for hero in ocean rescue

FROM PAGE 1

However, two girls remained in the surf, holding on to a kickboard and a pool noodle. Mr Ellis knew he had to move quickly as he estimated they would not last much longer in the deep water as they grew increasingly exhausted.

He reached the pair and proceeded to guide them onto submerged rocks to safety and stayed with them to ensure they were able to make their way back over the slippery rocks.

The mass rescue was one of the largest rescues of the Clarence Valley's 2018 summer and Mr Ellis has received high commendations for his quick, brave and selfless actions that afternoon.

At a special ceremony next week hosted by NSW Governor Margaret Beazley AO QC, Mr Ellis will be presented with a commendation for going well above the call of duty to help in a time of crisis.

Royal Life Saving NSW chief executive officer Michael Ilinsky said the special ceremony was a way of thanking incredible individuals who had often saved a life and made a massive difference to somebody else.

"We never cease to be amazed at just how courageous members of the public can be," Mr Ilinsky said.

"These special commendation awards are given to people who have displayed outstanding initiative, expertise and empathy towards others."

"They are given to people who have applied critical life-saving skills in emergency situations."

"Some of these people have risked their own life to carry out an act of bravery. "Simply put, these people

are deeply inspiring. "The very least we can do is salute them and thank them for their enormous bravery," Mr Ilinsky said.

"Quite often people are helping someone they do not even know - they are carrying out a totally selfless act."

"Royal Life Saving NSW is absolutely delighted to be part of this event."

"Make no mistake, it is absolutely critical to salute the quiet heroes who have done something amazing, with no fuss, because they wanted to help someone else in trouble."

MAKE NO MISTAKE, IT IS ABSOLUTELY CRITICAL TO SALUTE THE QUIET HEROES WHO HAVE DONE SOMETHING AMAZING, WITH NO FUSS, BECAUSE THEY WANTED TO HELP SOMEONE ELSE IN TROUBLE.

MICHAEL ILINSKY, ROYAL LIFE SAVING NSW

Above: 2018 Commendation Awards Ceremony booklet and a selection of the media coverage.



RECOGNISING OUR PEOPLE



INDUSTRY

Ian Thorpe Aquatic Centre Wins National Aquatic Industry Safety Award

Presented by Royal Life Saving Society – Australia, Ian Thorpe Aquatic Centre was one of six individuals and organisations recognised in the National Aquatic Industry Safety Awards for its significant contribution to aquatic safety within their community.

On Tuesday 21 August 2018, Ian Thorpe Aquatic Centre were awarded Excellence in Supervision for their proactive approach of the Lifeguard Intervention Program.

The program requires lifeguards to record every observation and interaction on a daily basis, including identifying numbers of vulnerable swimmers, discussions with parents about the Keep Watch policy, or reporting health and safety risks.

The recorded data is collated and reviewed by management to ensure the team is working efficiently and effectively, and to identify how they can continue to improve health and safety initiatives at the facility. Scott Vanderheyden, City of Sydney Operations Manager, Belgravia Leisure said the program has been critical to ensure the safety of their community.

“Our busy facility is located in the heart of Sydney and is used by a wide range of people of all ages, abilities, and backgrounds. The majority of patrons are non-English speaking and are not familiar with swimming.”

“By identifying potential risks, lifeguards are more proactive in resolving issues before they arise. In the first year of the program there were 3,994 records of a lifeguard approaching a parent to educate them on supervision and water safety. In the same timeframe, no rescues required emergency services,” said Scott.



SUB-BRANCHES

Armidale & New England Sub Branch

The sub branch is still very active in the Armidale region. Again, most of the activities occur in our local schools, with teachers making up the majority of our members. There is some interaction with the community and the University of New England. Stephen Gollan meets most requests from the community for training and accreditation.

The membership remains strong, with a good number attending the Annual General meeting and all executive positions being easily filled. The number of awards processed through the sub branch has remained constant over the past 5 years. It has been through our dedicated members that we have been able to maintain these numbers. We also know that although the number of awards is static, many more students are learning safe water and lifesaving techniques.

There are plans to participate in the University of New England's Life Saver Day in 2020 which provides genuine opportunities to engage new students including International Students.

There is a concern that aquatic activities may be limited at the end of 2019 because of the drought. There are doubts that unless there is some good rainfall with run off into our dams, aquatic centres may not be able to operate.

Peter Dooley
Secretary / Treasurer

Above and Opposite: Armidale High School Students participating in Lifesaving Awards.

CLUB AND COMPETITION

The Hills Swimming and Lifesaving Club

The Life Saving section of the club enjoyed a successful twelve months with an increase in membership of over 100%. Our new and returning members were enthusiastic not only in completing their Royal Life Saving Award but also by competing at the interclub carnivals, State Championships and the Australian Pool Life Saving Championship held in Sydney.

Tuesday Nights

We thank our Team of Instructors for all their hard work throughout the season, Ben Fishburn, Olivia Osborne, Cameron Smalley, Jordan Rodgers, Sarah Osborne and Jayme Cline. The strength of the lifesaving program is due to their support every Tuesday night throughout the summer season. Jayme Cline and Jordan Rodgers were the Life Saving Club Captains and we thank them for their assistance and commitment to their role this season.

Interclub Carnivals and NSW State Championships

The Hills Lifesavers were again successful at this year taking home the Society Centenary Shield for the overall winner at the State Championships as well as being awarded many other RLS Honours and Trophies. The club also won the overall Point Score Champion of the Season winning the Judge Harvey Prior Memorial Trophy for the seventeenth year in a row. You can see a complete list of award winners in the Honours section.

Each and every member helped us to achieve these great results both at the State Championships as well as throughout the season. Congratulations and keep up the good work.

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

Members of the Hills Lifesaving Club



Australian Pool Life Saving Championships 2019

Twenty Hills members competed at the Australian Pool Life Saving Championships 2019 at Pymble Ladies College on 11-13 January. Our club medal tally counting Hills members in the NSW state team and those competing for The Hills was 29 Gold, 52 Silver and 41 Bronze.

Our Hills team consisted of Teana Hodgers, Elle Jessen, Ella Donoghue, Melissa Lonsdale, Preston Andrews, Jesse and Jordyn Eldred, Joel Piper, Mitchell and Jake Morris, Emily Curran, James Segon, Jordan Rodgers, Katelynn, Kimberley, Emily and Thomas Doyle, Jenny Whiteley, Meryl Churchill and Max Gonzalez.

In the NSW State team ten out of the sixteen were Hills members – Sapphrine Andrews, Kaylah Holmes, Keeley Booth, Rachel Wood, Jayme Cline, Bailey Proud, Callum Lowe-Griffiths, Jack Curran, Lachlan Braddish and Tom Simpson with Max Gonzalez State Team Manager.

The following were announced in the National Teams for 2019; Rachel Wood, Tom Simpson, Kaylah Holmes, Kimberley Doyle and Joel Piper.

Life Saving World Championships 2018 Adelaide

Congratulations to Keeley Booth and Bailey Proud who were members of The Australian Youth World Team which finished 1st in the Youth Competition. The Hills Masters Team members Barbara Pearce, Jenny Whiteley, Melanie Williams, Meryl Churchill & Pam Stanley did well winning 2 Relay Gold medals and 1 Relay Silver medal. Jenny broke 4 World Records and Pam broke 2. Fantastic achievements by these ladies.

Finally, I would like to thank the Management and Staff at Waves Fitness & Aquatic Centre for their continued support of the Life Saving activities of the club and the support of the RLSNSW office and their staff.

Melanie Williams

Secretary - Hills Life Saving Club

The Enfield Lifesaving Club

The 2018/2019 season was a transitional one for the Enfield Lifesaving Club with a slight decrease in membership, but we were able to welcome a few new families on board and look forward to continuing our focus on recruitment of new members. As in previous years, we cannot put a value on the lifesaving skills that our members learn when they participate in the sport of life-saving. We issued 29 Lifesaving awards to our members across the season.

“Throughout the season we reinforced the importance of the skill of critical thinking in moments of crisis and how having those skills can make a real difference.”

Competition - Interclub Carnivals and NSW State Championships

We were well represented in interclub carnivals and at the State Championships. For quite a few members, this was their first season of competition and a great opportunity to consolidate the skills learned at training. Members worked well as a team and represented our club with pride and true sportsmanship.

Enfield participated in a number of carnivals across the season including the Woronora Carnival (November 2018), Hills Lifesaving Carnival (November 2018), Australian Pool Life Saving Championships (January 2019), Enfield Lifesaving Carnival (February 2019) and the NSW State Championships (March 2019).

Woronora Carnival - This was the first competition event for our newest club members and was a fabulous day.



Royal Life NSW Presentation Night – Saturday, 18 May 2019

Enfield enjoyed a great night at the Royal Life NSW Presentation night at Canada Bay with congratulations to life member, Denise Williams and to Mavi Giacomello for their distinguished service award in recognition of 10 years of service to the sport of Life Saving.

The Clubs achievements were supported by the work of the following people whom we would like to acknowledge:

- Our fabulous and most dedicated coaches Rowan, Scherie, Carol and Nicole and Club Captains Isaac and Alicia
- Our hard-working Committee Members - Scherie McDonell (President), Mark Bezzina (Treasurer) and Executive Committee Members, Mavi Giacomello and Alison Buckley
- The staff and management of Enfield Aquatic Centre for their continued support and assistance in particular at the Enfield Carnival and for the use of the facilities and subsidised pool entry
- Our members and their families who have stepped up to the plate, by volunteering to assist at carnivals and our fundraising cake stall.

Scherie McDonell

President - Enfield Lifesaving Club

The Enfield Lifesaving Carnival was especially important as we celebrated 125 years of lifesaving with our club members and local state member for Strathfield Jodi McKay MP.



REGIONAL AND REMOTE COMMUNITIES

Regional and Remote Drowning Data

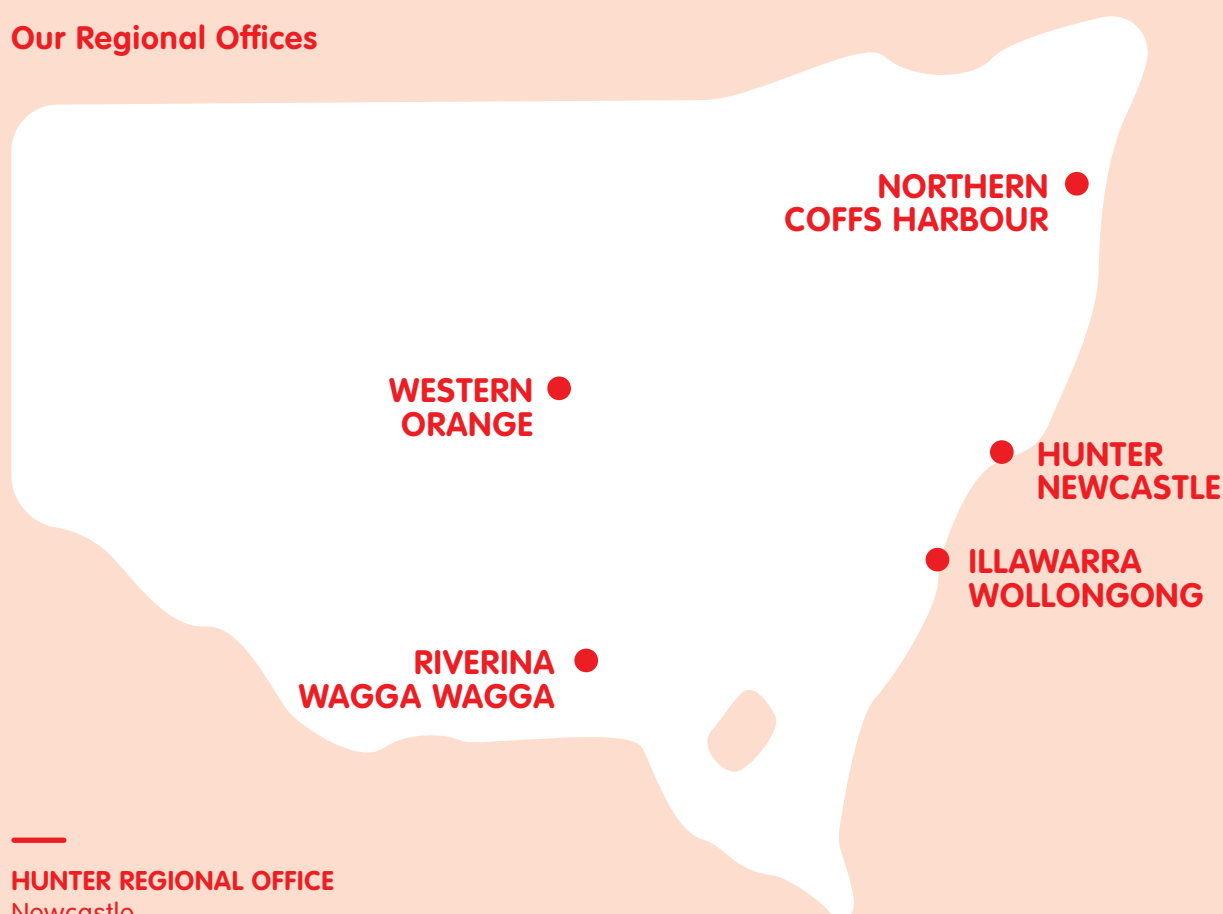
252 Regional and Remote drowning deaths
in NSW in the past five years

Alcohol was present in 17.5% of all regional and remote drowning deaths, of which 50% were ≤ 0.05 g/L BAC (the legal limit for operating a motor vehicle). Drugs were found in 18.3% of cases, with illegal drugs present in over one third (34.9%) of those cases. Very few people (16.1%) were wearing a lifejacket while boating or using watercraft. Of the five cases where lifejackets were recorded, one was not activated, and another was partially activated but not secured effectively.

Where swimming ability was known (54.4% of cases), over two thirds of drowning deaths were non-swimmers (36.4%) or poor swimmers (30.3%).

Almost one third (31.5%) of those who drowned were known to reside in areas indexed as low on the index of relative socio-economic advantage and disadvantage (IRSAD) scale, indicating high socio-economic disadvantage.

Our Regional Offices



HUNTER REGIONAL OFFICE Newcastle

Road Trip Delivering Vital Water Safety Messages

Thanks to the support of the Mid Coast Council, the Hunter Regional Office was able to undertake an inland road trip, delivering vital CPR and Inland Waterways education to selected Primary Schools located within the remote areas of the Mid Coast Council Shire.

This program provided stage 2 & 3 children with an opportunity to learn about the various waterways in their local community (rivers, dams, creeks and streams) and the risks associated with them. They were educated about behaving safely, how to deal with an emergency, how to perform CPR and apply basic first aid.

Thanks to Barrington, Krumbach, Nabitac and Coolongolook Public Schools for welcoming the Hunter staff into their schools. In total, 300 students are now well informed about inland water safety and basic first aid. This program could potentially save a life and may ultimately contribute to a reduction in drowning.

Tanya Brunckhorst
Regional Manager

NORTHERN REGIONAL OFFICE

Coffs Harbour

Delivering Youth Initiatives

A select group of Year 9-12 students from Murwillumbah High, Mount Saint Patricks and Wollumbin High School on the Tweed Coast completed a unique Bronze Rescue program delivered by RLS Trainers at the Tweed Regional Aquatic Centre.

In partnership with the Tweed Regional Council and the Tweed / Byron Local Area Command (NSW Police), students identified at risk within these schools were given the opportunity to participate in a week of activities culminating with students completing a Bronze Rescue and First Aid program.

The program aims to strengthen a range of protective factors around young people by educating them about alcohol and drug related harms, healthy relationships and behaviours, options for study and employment pathways, aquatic safety, connecting with their community, raising self-esteem, and improving school attendance.

Aquatic Programs Supervisor at the Tweed Regional Aquatic Centre and RLS Trainer, Jeff Collier recognises the benefits of such programs for youth in this area.

"You could notice the change in dynamics within the group after the first day. The Bronze Rescue program allowed the group to experience a range of survival and rescue situations whilst also enjoying each other's company throughout the week-long activities."

"The beauty of the Bronze Rescue program is that the practical element of the program instils a sense of achievement within the students, especially those that have never undertaken any formal training or education outside of the classroom."

Jason Phillips
Regional Manager

RIVERINA REGIONAL OFFICE

Wagga Wagga

Multicultural Communities in the Bush

In recent times there have been a number of fatal drownings in the Riverina Region of individuals from diverse communities. Many families migrating to Australia are unfamiliar with our inland waterways and their inherent risks.

It is important that drowning prevention advocates engage with and consider developing strategies and interventions in consultation with the community to ensure cultural appropriateness and participation by the community.

Partnerships with the Wagga Wagga City Council and the Multicultural Council of Wagga Wagga have led to the provision of a range of programs and services to elevate the understanding of risks in and around our river systems for priority communities. To develop the lifesaving skills of our diverse communities the Multicultural Council of Wagga Wagga had a key CPR resource translated into 10 different languages. A big step forward in ensuring are more aware and prepared community.

Michael Dasey
Regional Manager

ILLAWARRA REGIONAL OFFICE

Wollongong

Regional Leisure Park Support

Jamberoo Action Park sees upwards of 250,000 patrons visit their facility through their operational season, employing many local full time and casual staff. With funding support from Royal Life Saving we were able to train 20 new Lifeguards to assist the park in maintaining its 5 Star Water Safety Partner status and the safety of the facilities patrons.

The training was conducted on site, utilising the specific layout and unique environments of the venue to perform training and assessments. This included retrievals from the Rock, rescues at The Beach, all while implementing the Parks communication and rescue procedures.

The Illawarra Regional Office continues to maintain a strong presence at the Park, recertifying up to 30 of their staff annually in preparation for their summer period.

As the park grows with new attractions each year, RLS Illawarra is committed to working with the staff to maintain their professionalism and safety.

Carly Ryan
Regional Manager

WESTERN REGIONAL OFFICE

Orange

Aboriginal Communities

During 2018/2019, the Western Regional Office joined with accredited Royal Life Saving Partner Providers to ensure our programs and services reach people and communities located in the far corners of our vast region. Tod Healey First Aid Training delivers a suite of Royal Life Saving courses and programs under the third-party arrangement, and Tod visits both regional and remote communities to deliver flexible training to a wide variety of groups, schools and individuals.

A recent partnership with the Aboriginal Medical Service has seen Tod deliver training to AMS staff and community members in Walgett, Brewarrina and Wellington. Both CPR and First Aid training was delivered in a variety of flexible formats, with nearly 100 participants in these communities benefiting from this training.

We thank Tod, and all our partner providers, casual trainers and volunteers for their commitment to delivering accredited, high standard training to the communities of regional New South Wales.

Alison Middleton
Regional Manager

WESTERN SYDNEY COMMUNITIES

Aquatic Safety Training Academy

Seven Hills

The Aquatic Safety Training Academy (ASTA) is now in its 9th year of operation. The Academy continues to provide a range of programs and services to meet the needs of the local community.

Develop Healthier Western Sydney Communities

During the peak of the Summer (term 4) ASTA-Seven Hills delivered more than 24,500 lessons to learn to swim candidates across a range of age groups and abilities. Our committed swim teachers continue to provide high quality services each and every school term.

Children and adults who participate in our Swim and Survive program are provided with a balanced aquatic experience that ensures all their future aquatic endeavours are done so in a safe and appropriate manner.

ASTA – Seven Hills also provides a coaching program via GT performance Swimming under the guidance of head coach Greg Towle. Greg's passionate and dedicated approach together with his team continue to develop high performance outcomes for his athletes.

Support and Develop Vocational and Employment Pathways

ASTA – Seven Hills continues to be the home of qualifications for the aquatic industry. The majority of pool lifeguards complete their training at ASTA prior to obtaining employment across greater Sydney. In addition, during 2018/19, ASTA continued to provide first aid and resuscitation training for the local community and business sector.

Build Community Cohesion

During the year ASTA provided learn to swim programs for hundreds of adults, provided aquatic training opportunities for SES personnel and supported the Rainbow Club who in turn support people with a disability to access water safety education.

Improve Liveability

ASTA has continued its long-standing relationship with a number of its multicultural 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.

Facilitating swimming and water safety education to local schools in and around Seven Hills is important in establishing safe aquatic communities. This year we worked with 11 local schools delivering Swim and Survive, Aquatic Survival Challenge, Bronze Star and Bronze Medallion programs. In all 2112 local kids benefited from 21,110 class sessions ensuring a generation of local children with foundation water safety and lifesaving skills.

Below: Aquatic Safety Training Academy - Seven Hills.

Opposite: Coming soon, in 2020 our continued investment in communities, Aquatic Safety Training Academy - Denistone East.

“We operate and maintain assets that provide communities with genuine access to programs and services. Our Aquatic Safety Training Academies serve all sectors and provide for community development and innovation. Our future growth will rely on appropriate planning to maximise the value and useful economic life of these assets and precinct growth to the benefit of communities.”





ACKNOWLEDGE

OUR PEOPLE

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

OUR COMMITTEES

Honours Committee

James Whiteside
Roz Grey
Frances Simpson-Lee
Michael Ilinsky

Club and Competition Committee

Chair: Roz Grey
Registrar: Geoff Grey

“Royal Life Saving is governed by a Board of Directors who operate in accordance with company law and our constitution. Composition of the Board reflects the need and priorities identified within our Strategic Plan. The Board provides leadership and strategic direction to ensure organisational performance, growth and sustainability.”

“Royal Life Saving undertakes its commitments and decision making in a transparent and honest way. We highly respect the communities and people we engage and support. We uphold the highest moral and ethical standards to achieve our vision.”

VALE JOHNATHAN FOWLER

Passed away 9 August 2018, aged 86 years.

Life Governor and Life Member.

Honours – Royal Life Saving Society Australia
– New South Wales Branch.

- Certificate of Appreciation 1968/69
- Service Cross 1967/68
- Bar to Service Cross 1973/74
- Life Membership 1961/62
- Life Governor 1980/81

Johnathan was also instrumental in establishing and building the Woronora River (Royal Life Saving) Headquarters.





ACKNOWLEDGE OUR PEOPLE

HONOURS 2018-2019

The 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.

COMMONWEALTH HONOURS

Service Medal

Pam Stanley
Damian Hofman
Mavi Giacomello

Bar to Service Medal

Norm Stanley

AUSTRALIAN HONOURS

Certificate of Thanks

Woronora Life Saving &
River Patrol Club

Associate

Cathryn Hynd
Vaughan Jones
Max Gonzales
Cameron McFarlane

Service Order (5 Years)

Jennifer Rands
Paul Dessent
Ben Cottee
Lisa Critoph
Mark Donaldson
Jim Gooley
Stuart Adams
Matt Griffiths
Kaye Wood
Tanya Brunckhorst

Meritorious Service Order (15 Years)

Sandy Hones

Outstanding Service Order (20 Years)

Leane Macallister

Australian President's Award

Seven Hills Group

NEW SOUTH WALES HONOURS

Life Membership

Norm Dixon
Geoff Grey
Richard Beresford
Carol Baglin

Long Service Star

Ben Jenkinson
Kellie Reinhold

Distinguished Service

Charmaine Trigg
Selwyn Brown
Anita Collins
Clare Carroll
Michael Howarth
Shane Yale
Sally Moriarty
Greg Morris
Steven Sokulsky
Martin Armstrong

Associate Award

Mick Magurren
Olivia Osborne
Alison Buckley
Lynette Harrison
Rowan Castro
Felysia Konakoff
Paul Tiernan
Jenifer Adams
Dianne Peebles
Trina Woodger

Russell Crane Cup

Charmaine Trigg

Derek Emery Memorial Trophy

Olivia Osborne

Sir Walter Leonard Memorial Trophy

Nicole Castro

John Stacpoole Memorial Trophy

Geoff Grey

Lesley-Del Kinscher Memorial Trophy

Cameron McFarlane

NSW President's Award

Rooty Hill Youth Swim Club

Certificate of Appreciation

Matt Love
Nicole Castro
Nikita McEwen
Isaac Ibrahim
Heritage Christian School
Charles Sturt University -
Port Macquarie Campus
Tenterfield High School
Alstonville Aquatic Centre
Infracraft
Mt St Johns Primary School
Letitia Bolton
Moree Aquatic Centre
Coffs Harbour Olympic Pool
Gunnedah Swimming Pool
Nambucca Valley
Community Christian
School
South West Rocks Public
School
Karen Dallas
Wayne Van Sambeek
Connel Field
Thomas Tisdell
Kerry Wilkes
Belinda Flynn
Jesse Carroll
Delfina Sports
Morling Residential College
Westminster School
Serena Buckman

Karen Holmesby

Nadene Scaysbrook

McKeons Swim School

St Marys Star of the Sea

Wollongong

Griffith East Public School

Griffith North Public School

Griffith Public School

Jerrabomberra Public

School

Jindabyne Central School

Thurgoona Public School

Leeton High School

Broken Hill High School

Willyama High School

Yanco Agricultural High

School

Wagga Multi Cultural

Society

Thom Paton

Belinda Crain

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B. Clifton
K. Draper
A. Hilliard
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R. Vass
E. Fry
D. Parsons
J. Fowler
G. Duncan
P. Marquet
A. Stephens
C. Heckenberg
V. Frost
G. Bassingthwaighte
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P. Joske
F. Henry
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G. Turnbull
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B. Weir
J. Whitebrook
M. Wylie
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G. Turnbull
R. Jiear
R. Burgoyne
F. Henry
G. Bassingthwaighte
V. Frost
S. Bidner
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J. Collier
R. Brettell
Jill Collier
W. Howitt
M. Booby
B. McLennan

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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

ACKNOWLEDGE

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 H.S.	Camden P.S.	De La Salle Clg-Cronulla	Heathcote H.S.
Albion Park H.S.	Camden South P.S.	Deniliquin North P.S.	Hennessy Catholic Clg
Albury North P.S.	Campbelltown	Deniliquin South P.S.	Holman Place School
Albury P.S.	Performing Arts H.S.	Domremy Clg	Holsworthy P.S.
All Saints Catholic Girls Clg-Liverpool	Canobolas Rural Technology H.S.	Dubbo College Senior Campus	Holy Spirit College-Lakemba
All Saints Catholic P.S.	Canowindra H.S.	Dubbo College-South Campus	Homebush P.S.
All Saints Catholic Senior College Casula	Canterbury Girls H.S.	Dubbo School of Distance Education	Hopetown School
All Saints Clg - St. Josephs Campus-Lochinvar	Carlingford H.S.	Dubbo West P.S.	Hornsby Girls H.S.
Annandale North P.S.	Carlingford West P.S.	Dunedoo C.S.	Hornsby North P.S.
Anson Street School	Casimir Catholic College	Dural P.S.	Hunter Christian School
Appin P.S.	Casino H.S.	Eastlakes P.S.	Hunter Valley Grammar School
Armidale City P.S.	Castle Cove P.S.	Elderslie H.S.	Hurlstone Agricultural H.S.
Ashtonfield P.S.	Castle Hill H.S.	Elizabeth Macarthur H.S.	Illaroo Road P.S.
Asquith Boys H.S.	Catherine McAuley P.S.-Orange	Enfield LSC	Illawarra Sports H.S.
Asquith Girls H.S.	Cawdor P.S.	Engadine ASC	Illawong P.S.
Avondale Clg	Cecil Hills H.S.	Engadine H.S.	Immaculate Heart of Mary P.S.-Sefton
Barker College	Cerdon College	Excelsior P.S.	James Sheahan Catholic H.S.
Barraba C.S.	Charles Sturt University - Bathurst	Fairfield Heights P.S.	Jilliby P.S.
Barrack Heights PS	Charles Sturt University-Port Macquarie	Fairfield P.S.	Jindabyne C.S.
Batemans Bay H.S.	Charlestown P.S.	Figtree H.S.	John Edmundson H.S.
Batlow Technology C.S.	Chatswood H.S.	Five Islands School	John Palmer P.S.
Bede Polding College	Cherrybrook P.S.	Flinders P.S.	June H.S.
Bedgerebong P.S.	Cherrybrook Technology H.S.	Forest Hill P.S.	Kambala School
Bega H.S.	Chertsey P.S.	Forster P.S.	Keira H.S.
Belair P.S.	Chevalier College	Freeman Catholic Clg	Kellyville Ridge P.S.
Belmont Christian College	Christadelphian	Georges River Clg	Kemps Creek P.S.
Belmore Boys H.S.	Heritage Clg-Sydney	Peakhurst Campus	Kiama H.S.
Berowra P.S.	Christian Brothers H.S.-Lewisham	Geurie P.S.	Kildare Catholic Clg
Bexley North P.S.	Chullora P.S.	Gilgandra H.S.	Killara P.S.
Biddabah P.S.	Clancy Catholic Clg-West Hoxton	Gilroy College	Kincoppal-Rose Bay School
Bidwill P.S.	Cobar H.S.	Glendore P.S.	Kings Langley P.S.
Birrong P.S.	Coffs Harbour Christian Community Secondary School	Glenmore Park P.S.	Kinross Wolaroi School
Blacktown Girls H.S.	Coffs Harbour P.S.	Glenmore Road P.S.	Kirrawee H.S.
Blakehurst H.S.	Coffs Harbour Senior College	Glenwood H.S.	Kogarah P.S.
Bonnet Bay P.S.	Concord H.S.	Gloucester H.S.	Koorinal H.S.
Booral P.S.	Condobolin H.S.	Good Samaritan Catholic College-Hinchinbrook	Kotara H.S.
Bossley Park P.S.	Coolah C.S.	Good Shepherd P.S.	La Salle Catholic Clg-Bankstown
Branxton P.S.	Coonabarabran P.S.	Hoxton Park	Lakeside School
Brigidine College - Randwick (St.Pauls)	Copmanhurst P.S.	Gordon West PS	Lane Cove West P.S.
Broken Hill H.S.	Cowra H.S.	Gosford P.S.	Leonay P.S.
Bulli H.S.	Crestwood H.S.	Great Lakes Clg Tuncurry Senior Campus	Leumeah H.S.
Bullimbal School	Crestwood P.S.	Greystanes H.S.	Leumeah P.S.
Burnside P.S.	Crookwell H.S.	Guise P.S.	Lindfield P.S.
Burwood P.S.	Crown Street P.S.	Gulargambone C.S.	Linuwel School
Cabramatta H.S.	Cudal P.S.	Gymea Technology H.S.	Loreto-Kirribilli
Cairnsfoot School Arncliffe	Danebank Anglican School for Girls	Haberfield P.S.	Loreto-Normanhurst
Calare P.S.	De La Salle Clg-Caringbah	Hammondville P.S.	Lugarno P.S.
Camden H.S.		Hampden Park P.S.	Lurnea H.S.
Camden Haven H.S.		Harbord P.S.	Lynwood Park P.S.
		Harcourt P.S.	MacKillop Catholic College-Warnervale

Macksville H.S.	Orange East P.S.	St. Aloysius College	Terrigal H.S.
Macquarie Anglican Grammar School	Orange H.S.	St. Ambrose P.S.-Concord	The Forest H.S.
Magdalene Catholic H.S.	Orara H.S.	St. Angelas P.S.	The Illawarra Grammar School
Maitland Grossmann H.S.	Our Lady of Mercy Clg	St. Annes P.S.-Albury	The Meadows P.S.
Maitland H.S.	Burraneer-Cronulla	St. Annes School-Temora	The Scots School - Bathurst
Manly West P.S.	Our Lady of Mercy Clg-Parramatta	St. Anthonys P.S.-Marsfield	Tocal Agricultral Clg
Marian Catholic College-Kenthurst	Pacific Hills Christian School	St. Catherines Catholic Clg - Singleton	Tooleybuc C.S.
Marist College - Eastwood	Panania P.S.	St. Charles P.S.-Ryde	Toongabbie P.S.
Marist College-Kogarah	Parklea P.S.	St. Clares H.S.-Taree	Trinity Anglican Clg - Albury
Marist Sisters College-Woolwich	Parramatta East P.S.	St. Edwards Christian Brothers Clg-Gosford	Trinity Catholic Clg-Auburn
Marsden H.S.	Parramatta Marist H.S.	St. Euphemia College	Trinity Catholic Clg-Lismore
Mary Mackillop Clg-Wakeley	Parramatta West P.S.	St. Francis De Sales Regional Clg-Leeton	Trinity Grammar School
Mater Dei Catholic Clg - Wagga	Patrician Brothers Clg - Blacktown	St. Francis Xaviers Clg-Hamilton	Trundle C.S.
Mathoura P.S.	Patrician Brothers Clg - Fairfield	St. Gabriels P.S.-Bexley	Tuggerah Lakes Secondary Clg Berkeley Vale Campus
Medowie P.S.	Pelaw Main P.S.	St. George Christian School-Hurstville	Tuggerah Lakes Secondary Clg The Entrance Campus
Meriden School	Penrith H.S.	St. Georges Basin P.S.	Tullamore C.S.
Merrylands H.S.	Penshurst P.S.	St. Ignatius College-Lane Cove	Turramurra P.S.
Mian School	Picnic Point P.S.	St. Joan of Arc P.S. - Haberfield	Ulladulla H.S.
Minerva School	Port Hacking H.S.	St. John Bosco College-Engadine	Ulladulla P.S.
Minto P.S.	Presbyterian Ladies College-Armidale	St. Johns College-Dubbo East	University of Newcastle
Mitchell H.S.	Putney P.S.	St. Josephs Catholic Clg - East Gosford	University of Wollongong
Mittagong P.S.	Pymble Ladies Clg	St. Josephs College-Hunters Hill	Vardys Road P.S.
MLC School	Quakers Hill H.S.	St. Josephs H.S. - Aberdeen	Victory Lutheran College
Montgrove College	Randwick Boys H.S.	St. Josephs P.S. - Boorowa	Villawood East P.S.
Moree East P.S.	Randwick Girls H.S.	St. Marys Cathedral Clg - Sydney	Wagga Wagga Christian College
Moriah College	Randwick P.S.	St. Marys P.S. - Young	Wahroonga P.S.
Moss Vale H.S.	Red Bend Catholic College	St. Marys Star of the Sea Clg Ltd - Wollongong	Walcha C.S.
Mount Annan P.S.	Redeemer Baptist School	St. Michaels P.S. - Lane Cove	Wallsend P.S.
Mount Carmel H.S.-Varroville	Revesby P.S.	St. Patricks Clg - Strathfield	Wellington H.S.
Mount St. Benedict Clg-Pennant Hills	Riverside Girls H.S.	St. Patricks Marist Clg - Dundas	Wenona School
Mount View H.S.	Robert Townson H.S.	St. Pauls College - Walla Walla	Westfields Sports H.S.
Mudgee H.S.	Rockdale P.S.	St. Philomenas School - Moree	Wewak Street School
Mullaway P.S.	Rosebank College	St. Pius X H.S. - Adamstown	Wheeler Heights P.S.
Nagle College	Rosehill P.S.	St. Scholasticas College Ltd - Glebe	William Dean P.S.
Narromine H.S.	Roseville College	Stockton P.S.	Winmalee H.S.
Nashdale P.S.	Rouse Hill Anglican College	Strathfield South P.S.	Wollongong H.S.of the Performing Arts
New England Girls School	Rutherford Technology H.S.	Sutherland PS	Woodland Road P.S.
Newcastle H.S.	Sacred Heart Central School - Cootamundra	Sydney Distance Education H.S.	Woollahra PS
Newington College	San Clemente H.S.	Sylvania H.S.	Woolooware H.S.
North Rocks P.S.	Santa Sabina Clg-Strathfield	Sylvania P.S.	Woonona H.S.
Northern Beaches Christian School	Scone Grammar School	Table Top P.S.	Woronora LS&RPC
Northern Beaches Sec. Clg	Sefton H.S.	Tangara School for Girls	Woronora River P.S.
Mackellar Girls Campus	Seven Hills West P.S.	Tara Anglican School	Wyong H.S.
Oakhill College	Shellharbour Anglican College	Taree H.S.	Xavier Catholic Clg-Ballina
Oaklands C.S.	Sherwood Ridge P.S.	Tenambit P.S.	Yarrowarra P.S.
Oatlands P.S.	Shoalhaven H.S.		Yass H.S.
O'Connor Catholic College-Armidale	Singleton H.S.		York P.S.
Old Guildford P.S.	South West Rocks P.S.		Yowie Bay P.S.
	Springwood H.S.		

AWARDS & TROPHIES

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 PRESIDENT'S CUP

Tertiary Organisations
University of Newcastle
2310 Points

THE AQUATIC CLUB TROPHY

Girls High Schools
Riverside Girls High School
2290 Points

THE MRS. BIDNER TROPHY

Girls High Schools - 2nd Place
Northern Beaches Secondary College – Mackellar Girls Campus
1750 Points

THE CITY TATTERSALLS CLUB CUP

Boys High School
Epping Boys High School
595 Points

THE E.A. FRY TROPHY

Co-Educational Secondary Schools
Winmalee High School
2358 Points

THE BOB KALNIN MEMORIAL AWARD

Co-Educational Secondary Schools – 2nd Place
Castle Hill High School
1774 Points

THE EKLUND CUP

Girls Independent Schools & Colleges
Presbyterian Ladies College - Croydon
3449 Points

THE HERBERT WAGSTAFFE TROPHY

Girls Independent Schools & Colleges - 2nd Place
Wenona School
2940 Points

THE HENDRY CHALLENGE CUP

Boys Independent Schools & Colleges
Trinity Grammar School
4931 Points

THE ALAN McCLURE CUP

Co-Educational Independent Schools & Colleges
Kinross Wolaroi School
3966 Points

THE R.J. COSHOTT TROPHY

Girls Premier School of the State
Presbyterian Ladies College - Croydon
3449 Points

THE ARTHUR PARKER CUP

Boys Premier School of the State
Trinity Grammar School
4931 Points

THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools
Trinity Grammar School
4931 Points

THE VICTOR FROST CUP

Metropolitan Schools - 2nd Place
Presbyterian Ladies College - Croydon
3449 Points

THE W. MARX TROPHY

Country Schools - 1st Place
Kinross Wolaroi School
3966 Points

THE K.W. DRAPER CUP

Country Schools - 2nd Place
St. Marys Star of the Sea College- Wollongong
2580 Points

THE ALWYNE WAGSTAFFE TROPHY

Primary Schools - 1st Class
Forster Primary School
895 Points

THE M. CULLEN TROPHY

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

THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place
Wagga Wagga Primary School
480 Points

THE H.F. PAULL TROPHY

Primary Schools - 3rd Class
Newington Public School
610 Points

THE PERCY MARKS CUP

Primary Schools 4th Class
Plattsburg Primary School
515 Points

THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class
Cargo Primary School
435 Points

THE BRIGHTON-LE-SANDS

R.S.L. CLUB TROPHY
Primary Schools - 6th Class
Naradhan Primary School
360 Points

THE JACK STILWELL FLYNN

MEMORIAL CUP
Central Schools - 1st Class
Jindabyne Central School
445 Points

THE HELEN DRAPER TROPHY

Central Schools - 2nd Class
Walcha Central School
505 Points

THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class
Brewarrina Central School
235 Points

THE ROWLEY VASS

MEMORIAL TROPHY
Central Schools - 4th Class
Gulargambone Central School
490 Points

THE CLIVE AUSTIN CUP

Central Schools - 8 & 9 Class
NOT AWARDED

THE F.D. LEANEY TROPHY

Schools for Specific Purposes
Holroyd School
455 Points

THE KELSO KING EXCELLENCE SHIELD

Affiliated Life Saving Clubs
Engadine ASC
752 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 2018-2019	The Hills Swimming & Lifesaving Club
The Society Centenary Shield Nsw State Champion Club - Overall Pointscore 2018-2019	The Hills Swimming & Lifesaving Club
The Club & Competition Trophy Points Score 30 To 44 & 45 & Over 2018-2019	The Hills Swimming & Lifesaving Club
W H Walker Memorial Trophy Points Score U/19 & Open 2018-2019	The Hills Swimming & Lifesaving Club
The Sub Cadet Championship Trophy Points Score 12-13 & U/16 Yrs 2018-2019	The Hills Swimming & Lifesaving Club
The Midget Championship Trophy Points Score 8-9 & 10-11 Yrs 2018-2019	The Hills Swimming & Lifesaving Club
The Walter Scott Trophy Restricted Fin Relay 2018-2019	The Hills Swimming & Lifesaving Club Team A
The 1983 Nsw State Men's Team Trophy Open Manikin Relay 2018-2019	The Hills Swimming & Lifesaving Club Team A
The Sue Gilmour Memorial Trophy U/12 Yrs Manikin Relay 2018-2019	The Hills Swimming & Lifesaving Club Team A
The Society Cup Open Medley Relay 2018-2019	The Hills Swimming & Lifesaving Club Team A
The 1983 Nsw State Ladies Team Trophy Open Obstacle Relay 2018-2019	The Hills Swimming & Lifesaving Club Team B
George H. Williams Memorial Trophy Open Mens' 200m Obstacles 2018-2019	Joel Piper - The Hills Swimming & Lifesaving Club
The Lou Stephens Memorial Trophy Open Mens Super Lifesaver Race 2018-2019	Thomas Doyle - The Hills Swimming & Lifesaving Club
The Shoebridge Cup Open Mens 100m Manikin Carry 2018-2019	Ben Fishburn - The Hills Swimming & Lifesaving Club
The Stamina Trophy Open Mens Manikin Tow 2018-2019	Ben Fishburn - The Hills Swimming & Lifesaving Club
The Nsw State Team Trophy Open Ladies 200m Obstacles 2018-2019	Jenny Whiteley - The Hills Swimming & Lifesaving Club
The C W Heyde Trophy Open Ladies 100m Manikin Carry 2018-2019	Jenny Whiteley - The Hills Swimming & Lifesaving Club
The Nerida Murray Trophy Open Ladies Super Lifesaver Race 2018-2019	Not awarded in 2018 -2019
The Wilson Reid Trophy Open Ladies Manikin Tow 2018-2019	Jenny Whiteley - The Hills Swimming & Lifesaving Club
The Ampol Club U19 Womens Super Lifesaver Race 2018-2019	Emily Doyle - The Hills Swimming & Lifesaving Club
The Fowler Shield Open Mens Cpr 2018-2019	Scott Fisher – Port Hacking Lifeguard Club
The J. Fowler Trophy Open Womens Cpr 2018-2019	Chantal Luxton – Engadine Lifesaving Club
The Auburn Lsc Trophy U19 Mens Cpr 2018-2019	Jack Curran - The Hills Swimming & Lifesaving Club
The Auburn Lsc U19 Womens Cpr 2018-2019	Kayla Holmes - The Hills Swimming & Lifesaving Club
The Crollick Family Plate U16 Mens Cpr 2018-2019	Holly Holmesby – Engadine Lifesaving Club
The Robert Wood Memorial Trophy U16 Mens Cpr 2018-2019	Harrison Williams - The Hills Swimming & Lifesaving Club

ACKNOWLEDGE OUR SUPPORTERS

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

New South Wales Government



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COMMUNITY SUPPORTERS

REGISTERED CLUBS

The following Clubs have been generous supporters of Royal Life Saving community education programs throughout 2018-19:

Brighton Lakes Golf and Recreation Club

Cabra-Vale Diggers

Campsie RSL

Canada Bay Club

Chatswood RSL

Club Burwood RSL

Club Marconi

Club Merrylands Bowling

Drummoyne Sailing Club

Earlwood Bardwell Park RSL

Fairfield RSL

Granville Diggers Club

Kemps Creek Sporting and Bowling Club

Magpies Waitara

Mosman Returned Servicemen's Club LTD

North Ryde RSL Club

Penrith Panthers

Pittwater RSL

Seven Hills RSL

St George Masonic Club

St John's Park Bowling

Sydney Rowing Club

Wenty Leagues Club





ROYAL LIFE SAVING
NEW SOUTH WALES

FOR MORE INFORMATION

Sydney T: 02 9634 3700
E: nsw@royalnsw.com.au

Hunter T: 02 4929 5600
E: hunter@royalnsw.com.au





Illawarra T: 02 4225 0108
E: illawarra@royalnsw.com.au

Northern T: 02 6651 6266
E: northern@royalnsw.com.au

Riverina T: 02 6921 7422
E: riverina@royalnsw.com.au

Western T: 02 6369 0679
E: western@royalnsw.com.au

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