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NEWSLETTER NOVEMBER 2018



Royal Life Saving

ROYAL LIFE SAVING SOCIETY QUEENSLAND



PRESIDENTS REPORT

With the summer season quickly approaching, I'm pleased to report to members that the intensity of our Organisation continues to grow every week.

The Queensland State Championships were held on Sunday 21 October, and it was extremely pleasing to work with a dedicated group of parents, volunteers, athletes and staff, to complete the event expeditiously and with many personal bests.

The State Team Selection panel will be meeting over the coming weeks and expect to present the line-up for Board approval soon after. The National Life Saving Championships will be held in Sydney from 11th to 13th January 2019.

Of significant importance was the recent release of the National Drowning Report. There were 249 drowning deaths in aquatic locations across Australia between 1 July 2017 and 30 June 2018. This is a 14% reduction on 2016/17 and a 11% reduction on the ten year average.

The crude drowning rate is 1.01 drowning deaths per 100,000 population, compared to a ten year average rate of 1.22. On 27 October 2018, the RLSSA national annual general meeting was held in Sydney and Mr Cameron Eglington from Western Australia, was elected as the National President.

May I sincerely thank all of the volunteers who have continued to contribute to the aims and objectives of the Society.

Yours in Lifesaving

Les Mole

EXECUTIVE DIRECTORS REPORT

Royal Life Saving continues to grow and make improvements so that we can provide a better service to our members, clients and patrons. Our course delivery, which has been headed by Sarah Boettcher, has continued to grow and we are now looking for casual trainers to help deliver high quality training. Anyone interested can apply using the link on our website.

With the growth in our training department I was pleased last week to promote Sarah Boettcher to the position of State Training Manager. Sarah will now be responsible for all training related matters, not just delivery of training.

Sarah is very busy working on our new online training system which is planned to be released soon. The new system will align the existing three software products to one supplier which is expected to alleviate most of the difficulties that users have experienced to date. We do intend to hold trainers workshops to fully explain the system once it is available.

In-Service Training

The Royal Life Saving In-Service Training is a free service we are providing the industry to help maintain and improve the skills of our life savers and lifeguards. Anyone with a RLSS Bronze Medallion or Pool Lifeguard Award can attend our sessions, which are held at Gumdale and Burpengary. For more information (or to register), visit our webpage (www.rlssq.com.au) or click on the information icon to the right.



Keep Watch and Drowning Incidents

Royal Life Saving launched our Keep Watch campaign for summer with a large number of media (both radio and television) interviews. Unfortunately in the days following the campaign a number of drownings occurred, with much media attention of the Airlie Beach drowning of a father and young son. In this particular incident two lifeguards were on duty and reports indicate the two were underwater for six minutes before retrieved by the lifeguards.

The lifeguards on duty at the time appear not to have been trained by Royal Life Saving and we are presently engaging with the various parties to find out what has happened and to implement steps so it does not happen again.



Life Saving Pool Sport

Royal Life Saving Pro-Am and State Selection Trials were conducted at the Sunshine Coast Grammar School Pool on Sunday 21 October 2018. The weather held out for an event that ran smoothly and the spirit of competition was strong.

Volunteer and State Team Manager Mr Les Mole said he was very pleased with the quality of athletes that attended and that he looked forward to building a strong team for the Australian Pool Life Saving Championships, which will be held in Sydney during January 2019. Thanks also to the State Team Coach Mrs Jeannie Baxter-Reid who was actively helping today.

We would like to thank the parents who volunteered to assist today with gear, time keeping and organisation of the day. Some RLSSQ staff also volunteered helping with preparation and gear (thanks Russel and Murrin).

For those that have applied, the State Team will be announced very soon by announcement on our public facebook page.

Paul Barry
Executive Director



TRAINING REPORT

The Importance of Training

In the light of the recent drownings at Airlie Beach Lagoon, I would like to use this month to discuss both the importance of training and the quality of training we are delivering.

As a lifeguard, supervision is our greatest defence against drownings. As a trainer it is our job to ensure we are educating the lifeguards that we train in all aspects of supervision and stressing the importance of this component of a lifeguard's job.

What does this mean? To me this means not cutting corners, ensuring courses are conducted in the length of time that they should be, so that all participants are given the chance to take in the information presented. This also means taking the time with your participants to make sure they do understand the information and how to put it into action. Also giving the participants real life scenarios so that they can practice the skills learnt and practice skills that will help them leave work for the day knowing their patrons went home safely.

As a trainer I can be somewhat tough on my participants, but I say to them each time I can feel they think I am being too hard – the reason I do this and expect this from you in this course is because I want you to leave here today confident and competent. I also do not want you to have to leave work with having lost a life on shift due to not having the skills on how to perform your job safely.

As the industry leader, we should all be doing as much as we can to give all our participants the best quality experience so they do leave each and every one of our courses with the skills they need to be able to safely supervise an aquatic facility.

Updated CPR & First Aid Workbooks

As a part of our continuing improvement, we have now gone back and improved and updated the CPR and First Aid workbooks. There has been considerable changes to the pre-course workbooks, so to assist you with this, we have also produced a new answer guide for all pre-course and assessment questions.

Thank you for those that have given feedback and assisted with workbook questions.

INHALO Oxygen Cylinders

BOC have released a new type oxygen cylinder which is referred to as 'INHALO Medical Oxygen'. The cylinder is size CD and contains 630 litres of oxygen. Royal Life Saving will commence training in the use of this cylinder from Monday 5 November 2018.

INHALO medical oxygen features a lightweight, high volume gas package with integrated valve, regulator & flowmeter. The INHALO cylinder is easy to use and provides simplicity to the lifeguard.

We have produced a short video which can be viewed at this link: <https://youtu.be/vrNNkQ9e8Gk>

We have also placed on the trainer's page on our website, the safety data sheet and instructions for use on the INHALO.

Watch our trainers update on the BOC INHALO Oxygen equipment by using the QR code below:



As we approach the summer season it is important that we remember to ensure we provide quality training so we can ensure a safe summer for all.

Sarah Boettcher
State Training Manager

EMPLOYEE OF THE MONTH

September 2018: Emily Addy

I would like to announce Ms Emily Addy as employee of the month, for the month of September. Emily works in a customer service role in training, and deals all day with course enquiries and bookings. The nomination states that whilst Emily has only been with us for a short period of time, she has shown great commitment and is constantly improving her skill set to enable her to help customers.

Congratulations on your hard work Emily.

SURPRISE GIFT

How many people read our newsletters? Lets find out, the first five (5) people to ring us on (07) 3823 2823 and ask for a surprise will receive a small gift.

NATIONAL DROWNING REPORT

The RLSS National Drowning Report was released on 12 September 2018 and a copy can be obtained from our [website](#). The report indicates 249 people drowned in Australia however concerningly 24% of the drowning were in Queensland but we only have 20% of the Australia population. High risk demographic group remain males over 55 years of age.

JOIN A LIFE SAVING CLUB

Royal Life Saving has three beach patrolling life saving clubs which are looking for new members. You can use your life saving knowledge to help the community and we have a club on the Gold Coast (Neptune Royal Life Saving Club), Sunshine Coast (Ithaca – Caloundra City Life Saving Club) and North Queensland (Whitsunday Coast Life Saving Club)

For more information, refer to the website: www.joinlifesaving.com.au

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