

PRESIDENT: MR LES MOLE
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SECRETARY: MRS CAROLYN ASHER

TREASURER: MR STEPHEN KAY
DIRECTORS: MR COLIN HARRIS, DR SHAYNE
BAKER OAM & MR RUSSELL GREEN

EXECUTIVE DIRECTORS REPORT

I am pleased to report Royal Life Saving continues to grow. As members will know, we are a diverse organisation with two aquatic facility, a training division, projects (which includes swim and survive, inland waterways and Aquafutures just to name a few).

Our facility at Burpengary has seen a large increase of student in it's learn to swim program with five additional staff coming from Caboolture Regional Aquatic Centre. We have recently advertised for a new manager for this facility to help us continue to grow Royal Life Saving in the region, applications can be lodged using the link on our website homepage.

Our training division is growing with a need for more staff trainers. Anyone interested in become a trainer with us can lodge an application using the link on our website homepage.

We have a number of significant projects to deliver in the coming months, all to assisting at risk students learn to swim. Also, our online shop is continuing to grow with about 80 different products now online.

We have also been very active in the local community this month. Activities included a presentation to 80+ members of the Carindale branch of the National Seniors Association. The presentation was focused on the benefits of members completing their Grey medallions and a demonstration of how easy it is to use a defibrillator.

*L to R: Paul Barry (RLSSQ),
Eddie Laycock (NSA) and Bob
Good (NSA).*



Paul Barry
Executive Director

2019 MARKS 125 YEARS SINCE ROYAL LIFE SAVING FIRST FORMED IN AUSTRALIA

During 1892 and 1893, following a number of drowning events across NSW, meetings were held amongst a number of NSW 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.

In Queensland we are holding a Life Savers Black Tie Ball on Saturday 6 April 2019 to celebrate the anniversary of operations in Australia and to present society honours. Members and interested person are invited to attend and tickets can be purchased from the link on our website home page. Tickets cost \$170 for the event which includes a feasting menu and five hours of drinks.

The last ball was held approximately ten years ago and we have released only 150 tickets at this stage, with over 40 having been sold already. This which means you should get in quickly to avoid missing out.



To purchase your tickets please head to our home page at www.rlssq.com.au

If you have any queries about the event please contact Kate Forrester via telephone on (07) 3823 2823 or via email : projects@rlssq.com.au



Australian Pool Life Saving Championships

PRESIDENTS REPORT
Mr Les Mole



Australian POOL LIFESAVING Championships 2019

The 2019 Australian Pool Life Saving Championships were held Friday 11th of January to Sunday 13th of January 2019 at Pymble Ladies College in Sydney, New South Wales.

The 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.

Over 300 athletes and officials attended the event, which saw New South Wales take out the Interstate Overall Championship for the third year running. Queensland had some cracking results with podium finishes across all state level categories, 2nd in the Interstate Overall Championship, 1st place in both the Open Interstate Championship and Women's Overall Interstate Championship, 2nd in the Under 19 Interstate Championship and 3rd in Under 16 Interstate Championship.

Queensland was represented by Jessica Oates, Jackson Chapman, Joseph Warne, Hamarna Williams, Rosie Lennox, Callum Brennan, Anthea Warne, Steven Coombes, Rory Blair, Lucy McGrath, Sofie McGrath and Summer Short. The team was Managed by Mr Les Mole who was supported by Mr Paul Barry, Mr Ashley Gordon, Mrs Lynda Barry and Mrs Carolyn Asher.



Photo's L to R- bottom Left: 2019 QLD State team with RLSSQ President /Team Manager Les Mole and coaches Ashley Gordon and Carolyn Asher, collage from the 3 days of competition featuring QLD athletes and team management, bottom right: Anthea Warne- Female Lifesaver of the Meet.



Female Lifesaver of the Meet- ★Anthea Warne★

Huge congratulations to Queensland's own Anthea Warne who was awarded Female Lifesaver of the Meet.

Anthea had a fantastic three days competing and summed up the event perfectly...*"The thing I love most about the Australian Pool Lifesaving Championships are the friendships you forge during the competitions with the athletes you race against. It's a close knit community [lifesaving], and despite the healthy competitive nature of the titles, there is still so much room for good-natured banter"*

Anthea completed in the Under 19's category and won the Individual Point Score with total of 112 points, 3 points ahead of her competitor in second place.

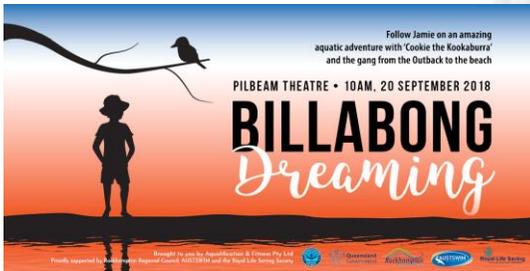




On the 20th of September 2018 the 'Billabong Dreaming' event (created by trainer Joy Symonds) was held at the Pilbeam Theatre in Rockhampton, Queensland. This event is a child safety aquatic awareness performance which was attended by 788 local school students and live-streamed to additional 75 schools across the state.

The event was proudly supported by RLSSQ along with Rockhampton Regional Council and AUSTSWIM.

Feedback from both students and teachers deemed the event a huge success with student surveys revealing key water safety messages had been received successfully. Congratulations to Joy and those who assisted in the delivery of the performance.



CALL FOR NOMINATIONS FOR VOLUNTEER ROLES

Royal Life Saving is seeking volunteers to nominate for the following roles:

- Club Liaison Officer
- State Sport Coordinator
- State Team Manager
- State Team Coach

Nominations can be made online at our website home page or by clicking [here](#).

SEEKING NATIONAL SPORTS ADVISOR 2019

Nominations are currently open for the role of National Sports Advisor and will close Friday the 1st of March 2019.

The primary function of this role will be to provide leadership, direction and guidance for Royal Life Saving Society Australia Sport.

If you or anyone you know might be interested in more information about this role please contact Kate Forrester on 0450 300 851 or projects@rlssq.com.au



SAVE THE DATE

Aquafutures International Conference is scheduled for the 16th-18th of August 2019
Runaway Bay, Gold Coast

Who should attend?

- | | | | | | | | | | |
|---------------------|--------------|------------------------|----------------------------|-----------------|------------|-----------------------|-------------------|--------------------|------------|
| ✓ Facility Managers | ✓ Lifeguards | ✓ Swim School Managers | ✓ Swim School Coordinators | ✓ Swim Teachers | ✓ Councils | ✓ Water Quality Staff | ✓ Pool Inspectors | ✓ Pool Shop Owners | ✓ Trainers |
|---------------------|--------------|------------------------|----------------------------|-----------------|------------|-----------------------|-------------------|--------------------|------------|

More details and registration opening soon



BRANDED BACKPACK

To celebrate our 125 anniversary, we will be releasing some branded products, the first of these is a branded backpack which can be purchased for \$48.00. You are able to purchase this now at [this link](#).



- TRAINING UPDATE-

Update on Oxygen Flow Rate Policy

Royal Life Saving Queensland has reviewed the Australian Resuscitation guidelines, Royal Life Saving Australia Lifeguard 5th edition and a range of other sources in respect to oxygen flow rates for both therapy and resuscitation. There remains some confusion on the correct flow rates, with majority of organisation suggesting 8 litres per minute or 15 litres per minute depending on a number of factors.

As there is some confusion, we thought we would provide some clarity and update our policy for the teaching of Oxygen Resuscitation.

Pulse Oximetry

Royal Life Saving Queensland recommends the use of Pulse Oximetry, in direct relation to Oxygen Therapy, as it may assist in identifying casualties most likely to benefit from oxygen therapy in a first aid settings. If available, oxygen should be administered to casualties with an oxygen saturation of less than 94% (SpO₂<94%).

Casualties with an oxygen saturation of 94% or above do not usually need supplemental oxygen unless there are signs of cyanosis (blue colouration of skin), shock, decompression illness or a situation suggesting carbon monoxide poisoning.

Source: ANZCOR Guideline 9.2.10 – The use of Oxygen in Emergencies

Oxygen Therapy

The Royal Life Saving Lifeguarding Manual (5th edition) recommended rate for Oxygen Therapy will remain at 8 litres per min. Oxygen therapy should only be used by personnel trained in its use, and its effects should be monitored whenever possible, by the use of pulse oximetry.



Oxygen Resuscitation

The ANZCOR Guideline 11.6.1 recommends: In patients requiring advanced life support, oxygen should be administered if the oxygen saturation (SpO₂) falls below 94% unless contraindications exist. ANZCOR recommends the use of 100% oxygen during adult cardiac arrest.

The guidelines for oxygen resuscitation are based on Pulse Oximetry and not on flow rates. Royal Life Saving Queensland recommends in emergency situation requiring CPR with the use of Oxygen that the flow rate is selected on a case by case basis. The choice of flow rate (either 8 litres per min or 15 litres per min) is dependent on:

- ❖ The patients Oxygen Saturation (SpO₂) and other signs/symptoms,
- ❖ If the oxygen supply is limited, and
- ❖ Time of arrival of emergency services

This means that if the casualty requires oxygen, sufficient oxygen supply is available and oxygen is not limited, oxygen may be delivered at 15 litres per minute.

Sarah Boettcher
State Training Manager



KEY DATES

MARCH 2019

Tuesday 12th of March : Trainers Workshop Cairns

Sunday 31st of March : Club Championships (Beach Carnival)

APRIL 2019

Saturday 6th of April : RLSSQ Black Tie Ball

Sunday 28th of April : State Schools Life Saving Championships and State Secondary Schools Life Saving Championships

AUGUST 2019

Friday 16th of August to Sunday 18th of August : Aquafutures Conference, Runaway Bay, Gold Coast

OCTOBER 2019

Tuesday 8th of October to Thursday 10th of October : World conference on Drowning Prevention

Saturday 26th of October : RLSSA AGM



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EMPLOYEE OF THE MONTH

December 2018: Cooper Brook

Cooper is a lifeguard at The Plantation Aquatic Centre and over Christmas completed a rescue of a young child and his mother who were having difficulty in the water

January 2019: Azin Fard

The nomination states that Azin always comes to work with a positive attitude. She demonstrates integrity by always checking with someone if she is concerned about something and ensures that she is always doing the right thing. Azin is a great team player. She is always willing to lend a helping hand and is on of the first to answer the phone even if she doesn't know that answers.



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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