

# NEWSLETTER SPRING 2019

## BOARD OF DIRECTORS

PRESIDENT: MR LES MOLE  
DEPUTY PRESIDENT: MR ROD WELFORD  
SECRETARY: MRS CAROLYN ASHER

TREASURER: MR STEPHEN KAY  
DIRECTORS: MR COLIN HARRIS, MR RUSSELL  
GREEN & MR JAMES MCCLELLAND



### MESSAGE FROM THE PRESIDENT

“Constant change” seems to be this summer’s war cry. And it’s not in just one sector of the aquatics industry. It’s almost anything and everything. Our trainers continue to be frustrated with the constant “re-invention” of their trainer status, dictated by the RTO treasure chest. It seems as though experience counts for absolutely nothing. And I don’t understand why, especially when our trainers aren’t getting any younger. Isn’t a Bronze Medallion a Bronze Medallion? But apparently the bureaucracy sees it differently. All I ask is, “trainers please don’t lose heart”, as something must give soon.

New Queensland Health regulations are immanent. Some parts I agree with, other parts simply are not humanly possible. More on this as the summer unfolds.

And then there are the latest Guidelines for Safe Pool Operation. Both Cath Sharples and I are on the review committee nationally, and we look forward to receiving any feedback that you may have, but please, put it in writing.

May I also express my heart-felt thanks to the volunteers, the Board of Directors and all of the staff under the guidance of Executive Director Paul Barry, for delivering another successful Aquafutures Conference. That was our fourth bi-annual event, and I certainly hope that it continues to foster, with your support.

All the best for the summer ahead.

Kind regards

Les Mole  
President



L to R:  
Ms Pat Wright, Mr Les Mole,  
Ms Lee Day

### EXECUTIVE DIRECTORS REPORT

I was pleased to present the Annual Report to members at the Annual General Meeting (AGM) held on Thursday 15 August 2019. The AGM was held immediately prior to our bi-annual conference, Aquafutures, which allowed members and trainers to attend the two events and I received positive feedback from those that were able to attend.

At the AGM Dr Shayne Baker OAM retired and I would like to thank him for his service on the board. Dr Baker has been involved in Royal Life Saving for many years and has not only served on the Queensland board, but also volunteers in various capacities at National and International levels. Dr Baker is replaced by Mr James McClelland BM, who is also a life member.

Staff at Royal Life Saving Queensland have been very busy over the last few months and are focussing this year on growth within the organisation. We have many projects and activities that will be happening, and focussing on regional and rural activity is included in our plans.

Changes are continuing to flow through the vocational training industry which will impact our competency based trainers. These changes are difficult, however long term will improve the quality of our training.

Paul Barry  
Executive Director



### KEY DATES

21 September 2019  
3 to 4 October 2019  
8 to 10 October 2019  
15 November 2019

Life Saving Clubs Sign on Day (Caloundra & Tallebudgera)  
AUSTSWIM World Conference, Sunshine Coast  
World conference on Drowning Prevention  
RLSSA AGM (Sydney) (note changed date)

# Grey Medallion Update

## New Workbook

### Trainers Workshop Soon

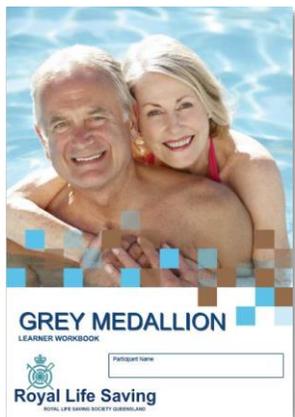
The Grey Medallion program is a water safety and lifesaving skills initiative for older adults. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic recreation activities safely.

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.

Unfortunately, older Australians (those aged 55 and over) make up a large proportion of the drowning statistics in Australia and as the population is ageing this continues to increase.

Royal Life Saving Queensland has just released updated course workbooks. These were tested by Ithaca Caloundra City Life Saving Club, who conducted two Grey Medallion courses in the last month, empowering 74 people over 55 in CPR, Rescue, Emergency Care and First Aid. The club ran it's first course ten years ago, with eight people. Since then, members have worked hard to promote the course and find sponsors for the two-day weekend course so that people from the community can attend at no cost.

Royal Life Saving is planning a Grey Medallion course in Brisbane in the coming months, stay tuned to our website and Facebook page for details.



New Workbook



**GREY MEDALLION**

A PROGRAM PROMOTING WATER SAFETY AND ACTIVE PARTICIPATION FOR PEOPLE OVER 55 YEARS OF AGE

WATER SAFETY KNOWLEDGE

RESUSCITATION AND EMERGENCY CARE

AQUATIC EXERCISE

PERSONAL SURVIVAL AND LIFESAVING SKILLS

EVERYONE CAN BE A LIFESAVER

**Royal Life Saving**

PROUDLY SUPPORTED BY Australian Government Department of Health and Ageing

[www.royallifesaving.com.au](http://www.royallifesaving.com.au)



## Annual Report

We are pleased to release our 2018/19 Annual Report. The Annual Report contains a summary of the activities of Royal Life Saving for the year and includes information on our governance, reports from various committees, honours & awards, clubs, activities, sport and participation. Download your copy at [this link](#).

## Guidelines for Safe Pool Operations

Commencing 1 September 2019 a new chapter comes into effect in respect to Aquatic Supervision at Commercial Swimming Pools. Amongst other things, this chapter requires each facility to have a unique *Supervision Plan*. This Supervision Plan is a comprehensive document that details how the facility will supervise patrons and manage the various risks including that of drowning. At the Aquafutures conference a workshop was held to assist facility owners and managers write their own Supervision Plan and an [example Supervision Plan](#) was provided.

The Supervision Plan should be specific to the individual facility and contain the facility policy and process for everything from training, through to the number of lifeguards and the location of lifeguards when on duty. These plans are new to the industry and replace some practices (for example Low Patronage).

You can access and subscribe to the GSPO at [this link](#).



## Royal Life Saving Clubs Start of Summer Season Members Wanted!

Royal Life Saving Queensland has two traditional life saving clubs that patrol beaches from September school holidays through to the May Day long weekend.

The 2019/20 patrols season commences on Saturday 21 September 2019 (the start of school holidays) and both clubs are looking for volunteers to join their ranks.



### Neptune Royal Life Saving Club

Based at Tallebudgera Creek, Gold Coast

Website: [neptunerlsc.com.au](http://neptunerlsc.com.au)

Sign on Day: Saturday 14 September 2019



### Ithaca - Caloundra City Life Saving Club

Based at Bulcock beach, Caloundra

Website: [www.caloundracity.org.au](http://www.caloundracity.org.au)

Sign on Day: Saturday 21 September 2019



If you are interested in joining a Royal Life Saving club, you can also refer to the website: [www.joinlifesaving.com.au](http://www.joinlifesaving.com.au)



Royal Life Saving Beach Patrolling clubs are proudly supported by the Queensland State Government.

## New Board Member Mr James McClelland BM

Following a ballot of members it was announced at the Annual general meeting that Mr James McClelland was elected to the Board of Directors.

Jim commenced with Royal Life Saving in 1971 and has held a number of positions including Assistant Treasurer, Board Member, Treasurer and Magazine Editor as well as full time employment with RLSSQ as a Project Manager, Acting Director of Coaching and Administration Manager. He became a Life Member in 2002.

Over his 48 years with RLSSQ he has undertaken instruction, assessing, demonstrations, lectures and seminars for the prevention of drowning. He has written and published four books on the history of RLSS and his Club, being awarded his second RLSS Diploma for his third book.

Professionally Jim has worked in accounting and management roles for 43 years and has owned his accounting practice since 1993. He has also owned successful enterprises within the accommodation and retail industries.

Jim's commitment towards RLSS and with his professional business, marketing and financial experience, he will bring a fresh outlook as an experienced lifesaver.



## 2018-19 Participation Numbers

Royal Life Saving is pleased to report continuing strong participation in society programs. The number of certificates issued for the year ending 30 June 2019 are indicated below:

Category	Details	Number
Swim & Survive	Number of certificates issued	92,302
Nationally Recognised & Industry Training	Industry based certificates, includes re-accreditations	6,478
Life Saving Club	Completed by members of affiliated clubs	544
Recreational	Not for industry purposes	6,197
<b>Total</b>		<b>105,521</b>

### ONLINE SHOP

Royal Life Saving Queensland has its very own online shop.

[www.lifesavingshop.com.au](http://www.lifesavingshop.com.au)

We are constantly adding new items and we are keeping our prices as low as possible.

Feel free to browse our [online shop](#), we now have almost 100 items for sale!

### NEW STOCK BRANDED WATER BOTTLE

RLSSQ has released a new thermo water bottle which can be purchased from our online shop for \$15.00 at [this link](#).



## New Australian Patron

Royal Life Saving Society – Australia is honoured to welcome His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of the Commonwealth of Australia, as our new national Patron.

In a statement His Excellency writes “A hot summer day spent swimming in the river or creek or having fun around the pool are iconic Australian images and familiar to so many. That is why Royal Life Saving Australia’s vision of a nation free from drowning should resonate with all of us.

“Through their advocacy, leadership, practical support and so much more, Royal Life Saving Australia have made and continue to make a profound difference and contribution to our nation. I am delighted to become their Patron and look forward to working closely with staff, supporters and volunteers over the next five years.”

2019 marks a special year in Royal Life Saving Society – Australia’s history as we celebrate our 125th anniversary. That means 125 years of saving lives, preventing drowning, and promoting swimming and water safety across Australia.

In welcoming His Excellency’s patronage, Royal Life Saving Australia President, Mr Cameron Eglinton, said “We value His Excellency’s support as we deliver drowning prevention, lifesaving, and swimming and water safety programs throughout Australia, with a special focus on those at greatest risk of drowning, such as those living in rural and regional areas, Indigenous Australians, children, economically disadvantaged communities and those from cultural and linguistically diverse backgrounds.”



### Swim & Survive

Royal Life Saving has the only youth swimming and survival program that is mapped to the National Swimming & Water Safety Framework.

We provide certificates and training resources free of charge. Any Queensland teacher can register to deliver this program.





Friday 16 August 2019  
to  
Sunday 18 August 2019  
*Runaway Bay, Gold Coast, Queensland*

We have selected some pictures from the conference for your enjoyment.



Royal Life Saving's bi-annual conference was another successful event with quality presentations and strong engagement with members. Streams included General Public, Trainers, Facility Managers and Volunteers.

Strong feedback was provided in respect to the:

- GSPO workshop which covered the new Supervision chapter of the GSPO, and
- Legal session, which covered workplace and employee legal matters.







# Aquatic Industry Awards

## Aquatic Industry Awards

Royal Life Saving Queensland took the decision to support the Aquatic Industry by hosting the Aquatic Industry Awards. The awards were open for nomination by any person, with judging by an independent panel.

The awards were presented at the Aquafutures function on Saturday 17 August 2019. Pictured are award nominees, and recipients.



Award	Finalist	Winner
<b>Trainer of the Year</b>	Peter Cox Matt Nelson	Alina Graham Gail Smail <b>Peter Cox</b>
<b>Facility of the Year</b>	Pat Wright Swim School Swim Logic / Penny Soper Sleeman Sports Complex Centenary Pool	<b>Sleeman Sports Complex</b>
<b>Swim School of the Year</b>	Alpha Learn to Swim Frogs Legs Swim School Yeronga Park Memorial	<b>Yeronga Park Memorial</b>
<b>Volunteer of the Year</b>	Sue Mole	Clive Newman <b>Sue Mole</b>
<b>Lifeguard of the Year</b>	Matt Gosper Cameron Keith Dean Trusheim	Graham Huband Erin O'Brien <b>Graham Huband</b>
<b>Facility Manager of the Year</b>	June Cotter Steve Heald Gabrielle Spragg	Maria Sieben Craig & Corinne Crozier <b>June Cotter</b>
<b>Swim Teacher of the Year</b>	Nicholas Folley Danielle Taylor Maddie Wood	Leesa Olsen Mandella Parmenter <b>Danielle Taylor</b>
<b>Award of Excellence</b>	Shane Churchwood Harry Spragg	Russell Green Marcelle Frederick <b>Marcelle Frederick</b>





**Aquafutures**  
international  
conference

# Aquatic Industry Awards



# TRAINING UPDATE

## Aquafutures

I would like to take the opportunity to thank all the trainers that took time out of your busy lives to attend the Aquafutures Conference. I understand taking three days out is a lot, especially as most of you are running your own businesses. It is great to see that so many understand the importance of attending the workshops and events we put on for you, as this is what helps us strengthen and develop as the leader in water safety. It was a great for our office staff, and I am sure yourselves, to put faces to names and hopefully to get some new ideas and network with other trainers. This years Aquafutures for trainers did have a strong focus on quality, as that is what we in the office have been working hard on improving since we all started. Now we have this covered, future workshops and Aquafutures can move forward to developing other skills and training techniques.

## ARC Guidelines

I have been reading over some of the Australian Resuscitation Council (ARC) Guidelines and have found some interesting little points that I would like to share/remind us all of. Some of these come about from things I have heard that I would like to clear up, and some just for pure interest. For those who attended Aquafutures and sat in with Professor John Pearn, you would have heard me ask this first one!

## Duty of Care

Did you know that only the Northern Territory has legislation that requires a duty to rescue by any person without a duty of care? In that jurisdiction, any person who callously fails to provide rescue, resuscitation, medical treatment, first aid or succour of any kind to a person urgently in need of it and whose life may be endangered is guilty of a crime and is liable to imprisonment for up to seven (7) years [Criminal Code Act 1983 (NT), s155].



## Bleeding

With bleeding management, in the new PowerPoints you will notice I have taken out PER (Pressure, Elevation and Rest). This is due to the guidelines specifically stating: There is no evidence that elevating a bleeding part will help control bleeding and there is the potential to cause more pain or injury.

## Hyperventilation

I would like to point out the ARC guidelines clearly state: Do not use bag for re-breathing. This practice may be dangerous and should only be used under medical direction.

## Hydrotherapy Rescue Award (Competency Based)

Royal Life Saving is pleased to be running a nationally recognised Hydrotherapy Rescue Award. The course includes the following units:

- HLTAID001 (CPR), and
- SISCAQU002 (Perform basic water rescues)

This course is contextualised for hydrotherapist undertaking aquatic activity.



## New Power Point Presentations for Courses

We have just released the following updated Power Point presentation for your courses:

- Power Point Presentation - CPR & First Aid
- Power Point Presentation - Bronze Medallion
- Power Point Presentation - Pool Lifeguard

These are available to download in the trainers area on our website (under Resource Material) and have improved visual appearance and branding.

We have lots of exciting projects and changes coming, so make sure you keep your eyes and ears open!

## Sarah Boettcher State Training Manager



# RLSS Commonwealth Young Life Saver of the Year

## Miss Marie Dunne



Commonwealth  
Drowning  
Prevention

The Royal Life Saving Society is pleased to announce that Marie Dunne has been honoured with the Commonwealth Young Lifesaver of the Year Award. This Award, established in 2015, recognises those young volunteers who are the future of the Society. Each recipient, of whom only one recipient is awarded per year per country, is an individual whose voluntary contributions and achievements have significantly impacted on the Society and its work and those assisted in our global drowning prevention mission.

Marie joined the Ithaca-Caloundra City Life Saving Club in 2014, at the age of 13 years, as a Rookie. Marie joined the Club's patrol activities. She has continued providing volunteer community lifesaving patrols at Bulcock Beach, Caloundra since, with exceptional commitment. During the 2014-15 season Marie patrolled 50 half day patrols with a total of 227 hours. The 2015-16 season she did 72 half day patrols of 335 hours; 2016-17 season was 77 half day patrols of 344 hours; and 2017-18 season was 74 half day patrols of 341 hours.

Marie has gained a number of RLSS awards, as well as Pool Lifeguard and Teacher of Life Saving Awards. She was appointed the Ithaca-Caloundra City's Life Saving Club's Honorary Deputy Chief Instructor in September 2016 and still holds this position (which is her third season). She is a keen educator. As a part of her commitment to lifesaving, and in particular drowning prevention, Marie has been appointed (in September 2018, for the 2018-19 season) the Club's Junior Lifeguard Coach, which educates children, from the ages of 6 to 14 years, in water survival, water safety and lifesaving.

Marie's commitment to drowning prevention doesn't stop with her own Club's activities or that of other clubs. She has helped on many occasions with the Club's public demonstrations and lectures and in particular the two free Grey Medallion courses held by the Club twice each year, which she has done for the last three years.

Marie commenced studies this year (2018) towards her Primary School Teachers Bachelor's Degree, and has worked part-time as a pool lifeguard and is currently employed part-time as a swim teacher, which her lifesaving has encouraged her to understand the importance of ensuring and encouraging children swimming from an early age. Unlike some lifesavers who are solely focused on gaining lifesaving awards and/or attending some lifesaving patrols, Marie has gone beyond the involvement of most people in her age group. She is truly an inspirational example of a young person giving back to the community in respect to drowning prevention and Royal Life Saving.



L to R: Em Pro John Pearn AO RFD, Ms Gwen Welford BEM, Miss Marie Dunne, Mr Les Mole

# Swim & Survive Workshop

Staff from Royal Life Saving, were at Boondall on 11 August 2019 running a Swim and Survive workshop with the staff of Swim Solutions Aspley & Boondall.

Did you know, RLSS can hold a swim and survive workshop at your pool, please contact us to find out more information.



# Over 50's Expo

Royal Life Saving attended the Over 50's Expo hosted by Queensland Police Service at Seventeen Mile Rocks on Wednesday 21 August 2019. Staff completed CPR & Defib awareness training, along with a host of Inland Water Drowning Prevention education.



# Sandgate State School

Royal Life Saving staff and volunteers from Ithaca – Caloundra City LSC attended the Sandgate State School Carnival on 23 June 2019 and provided a free First Aid facility, along with demonstration and education about CPR and drowning prevention.



Some of these projects are undertaken as part of Royal Life Saving Respect the River and Inland Water Ways Project.

# Farm Fantastic Expo

Most drowning occur in inland water ways, so staff from Royal Life Saving attended the Farm Fantastic Expo at Caboolture on 5 to 7 July 2019.



# St Anthony's Toowoomba

Our team attended St Anthony's Primary School and delivered water safety messages, taught rescues and CPR awareness to students from Prep to Year 6. Certificates were given to 260 children for participating in CPR.



# Free Community Programs

RLSSQ conducted two programs (one at Burpengary and one at Gumdale) for free swimming & water safety lessons to children who are disadvantaged or miss out. This four week program was conducted in an effort to target those who are high risk or drowning.



Nominate an employee for the Employee of the Month using the [link](#) on our website home page.

**May 2019**  
**Mr Jordan Aldridge**  
 Lifeguard  
 Settlement Cover Lagoon

**June 2019**  
**Mrs Wendy Cockett**  
 Swim Instructor  
 Burpengary Aquatics

**July 2019**  
**Naomi Dawes-Gwynne**  
 Swim Instructor &  
 Administration Officer



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 Life Saving Shop [www.lifesavingshop.com.au](http://www.lifesavingshop.com.au)  
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