NEWSLETTER AUTUMN 2022



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

PRESIDENT'S MESSAGE

With many pools now closed for the winter months, and the interruptions caused by Covid slowly allowing us to move more freely, I can assure all members of the Queensland Branch of the Society, that our pace of program delivery has been awesome. We are now back in full gear, and the pandemic that affected us all, is becoming past history. Incidentally, I was not exempt, and suffered a double-dose of the virus



During the past six (6) months many pools have been audited by Safe Work Queensland, who are now referring to the Safety In Recreational Water Activities Act 2011. If any members are unaware of this Act then I would advise that you download a copy from the Queensland Government website, and make yourself aware of the contents of the Act, and the penalties associated with nonconformance.

My recent drive holiday through the length and breadth of Queensland raised my awareness to the lack of compliance to the GSPO, of hotels, motels, caravan and camping grounds, body corporates and AirBNB accommodation houses. The risks that the properties face for nonconformance could be extremely costly should an accident occur. Just a few inexpensive signs would provide many facilities with the cover that they most urgently need.

Les Mole State President

KEY DATES

11-13 June 2022 29 June 2022 4 – 5 August 2022 13 & 14 August 20 Sep -9 Oct 2022: APLSC (Australian Pool Life Saving Championships)
QFES and RLSSQ Service Agreement Launch
National Water Safety Summit
Trainers Workshops
WLSC (World Life Saving Championships)

MESSAGE FROM THE EXECUTIVE DIRECTOR

We are heading towards the end of the financial year and it is poignant to reflect. Queensland, Australia and the world is taking the brave step and reopening from two years of restrictions, with many of us venturing on overseas holiday's and plane flights being one of the few bastions of mask mandates. A new (changed) federal government has just been formed and over the last two years most organisations have re-structured to be ready for change.



Royal Life Saving is no different, over the last two years we have been looking at our products and services and have made some majors changes. We have included to our suite new high quality courses, to fill the gaps in the market, and we are on the verge of releasing more new exciting courses.

For our stakeholders that are trainers, the months of March, April and May have been slow, which is no doubt a reflection on the anniversary of the lockdown's from June 2020. We expect July and August to be, if not more busier than what was experienced in 2021.

The aquatic industry workforce has faced its share of difficulties. We have been faced with staff shortages, including mental health and fatigue of a tired workforce has had its impact, due to sickness and many staff requiring isolation due to family illness.

With this, comes the expectation of change and new ways of undertaking activities.

Regards, Paul Barry | Executive Director

SCHOOL PROGRAMS











AIRLIE BEACH LIFEGUARD PROGRAM

The Junior Lifeguard School holiday program is an initiative started by Royal Life Saving Society Queensland (RLSSQ) along with Queensland Emergency Services. The overall aim of the program is to help establish a lifesaving club within the community of Airlie Beach.



The program was run slightly different over the April school holidays, running over the 11th, 12th & 13th of April from 9.30am-2.00pm each day.

Over the course of the two programs, we held an array of activities including: Beach board rescues, Tube rescues, learning beach flags, water rescues, safe entries, wading, dolphin dives, floating skills, how to use life jackets and more!

Overall, the April program was a huge success with 25 participants taking part each day!

We would like to thank Queensland Fire and Emergency Services and our sponsor Dominos for allowing RLSSQ to reach the community of Airlie Beach and teach the younger generation of lifesavers.

Next steps for the program are in active planning for the next school holidays, alongside organising more community involvement, and a focus on obtaining volunteers for our Beach patrol, Junior Lifeguard Program and Life Saving Sport.

For more information on the program and/or how to get involved please visit: www.airliebeachlifeguards.com.au



















BOARD NOMINATIONS

In accordance with our constitution, this year the positions of President, Honorary Treasurer and an ordinary board member are due for re-election.

Any two financial members of the Society shall be at liberty to nominate any person to serve in any vacant position on the Board of Directors. Board members are required to be members of the Society. The nomination shall be in writing and signed by the nominee, and the proposer and seconder and be lodged by 30 June 2022.

The nomination may be hand delivered during business hours to our office at the Plantation (1204 New Cleveland Road, Gumdale Qld 4154), or posted to the address shown below, however nominations must be received by us on or before 5pm on 30 June 2021. You can download the form here.

The Secretary Royal Life Saving Society Queensland Inc PO Box 1093 CAPALABA QLD 4157

All nominations must be accompanied by a citation of no more than 200 words (one page with no pictures). To be eligible, all nominees must comply with requirements for an officeholder as issued by Queensland Government Office of Fair Trading (OFT) and the Australian Charity and Not-for-profit Commission (ACNC) in addition to any requirements of our rules and by-laws. In the event that there are two or more nominations for a role a postal ballot shall proceed of all financial members as at 30 June 2022.

Please note that if you have an unpaid debt to the Society you may not be considered a financial member. When ballot papers are circulated, the citation of each nominee will be included, with each citation edited to be in a similar format and font.

The counting of ballot papers will be conducted by an external law firm and the outcome of the ballot will be announced at the Annual General Meeting which will be before 30 September 2022.

MEMBERSHIP RENEWAL

We are now finalising our Royal Life Saving Society Queensland memberships for the 2022/23 financial year!

If you have not had the chance to renew your membership or would like to apply to be a member, please complete and send through your membership form.

The Royal Life Saving Society (RLSS) is a public benevolent institution with Her Majesty The Queen as our Commonwealth Patron.

You can renew your membership by completing the one-page Membership Renewal form **here.**

You can apply to be a member by completing a New Member Application form **here.**





VOLUNTEER OPPORTUNITIES

Neptune Royal Life Saving Club

Neptune Royal Life Saving Club monitors the safety of swimmers in Tallebudgera Creek. Beach patrols generally consist of 2 x 4 hour patrols every 3-4 weeks, starting in October and ending in April.



Volunteering isn't limited by age, experience, fitness or skill levels. If you're interested in helping out, please phone 07 5535 7264.

Ithaca-Caloundra Life Saving Club

The Ithaca-Caloundra Life-Saving Club monitors the waters of Bulcock Beach, Caloundra. They patrol on weekends on public holidays during the summer months, and require a commitment to volunteering 4 days per month.



Volunteers are provided with a uniform and all necessary training qualifications. If you're interested in finding out more, please email enquiries@caloundracity.org.au or phone 0467 544 855.





Airlie Beach Junior Lifeguard Club

Our Airlie Beach Lifeguard Club is looking for volunteers who can supervise and organise the Junior Lifeguard Program, or help out for a few hours a day or week. Volunteers receive discounted costs for First Aid and Bronze Medallion qualifications, and 5 program volunteer hours can be counted as Professional Development hours for Swim Teach qualifications. Volunteering requires a minimum monthly commitment of 1 day of Beach Patrol or 10 hours of program delivery.

Beach Patrol duties include: Setting up, inspecting the beach for safety issues, providing First Aid, engaging with and educating the community, packing away equipment



Required qualifications:

Patrol Members – Beach Bronze Medallion, First Aid and CPR IRB crewman – Beach Bronze Medallion, First Aid and CPR, IRB Award IRB drivers - Beach Bronze Medallion, First Aid and CPR, IRB Award, and a Boat Licence

The Junior Lifeguard Holiday Program involves:

Setting up, enrolling kids and processing payments, engaging with the community and parents, teaching water safety and rescue skills, fostering teamwork, and supporting administrators and program officials.

Club Administration duties include:

Event organisation, programs and/or beach patrol set-up, enrolling kids and processing payments, managing memberships, writing newsletters, and organising volunteer rosters.



JOB OPPORTUNITIES

Lifeguard Positions: Redcliffe

A career as a pool lifeguard brings challenges and rewards, and can lead to further job opportunities in the aquatic industry.

It uses many core workplace skills such as communication, risk management, decision making, problem solving, teamwork, customer service and performing under pressure, all of which are transferable to other industry sectors. With the right qualifications, it is also a job that can take you all over Australia and the world!

We are looking for casual lifeguards for Settlement Cove Lagoon, Redcliffe.

If you think you would be perfect for this role, or know of someone who might be please express your interest using the link <u>here</u>.



Coordinator of Facilities

We are looking for a Facilities Coordinator to join our team. Reporting to the Manager of Training and Programs, this role will include managing staff, planning and evaluating department activities and more!

The successful applicant will have:

- A drive to deliver high quality Lifeguard services and community programs, as well as promote our Swim and Survive Program
- GSPO understanding
- Staff management skills
- Swim School management experience
- Weekday/weekend, morning and evening availability

And will possess:

- First Aid, CPR, Pool Lifeguard and Swim Teacher qualifications
- Blue Card
- Drivers License

To be considered for this role, previous experience in facilities coordination is desired. To apply, please click <u>here</u>.





Royal Life Saving is pleased to report updates on the following swimming and water safety projects with schools and other members of our community:

Water STAARS

Royal Life Saving Queensland's Water STAARS (Support To Access Aquatic Recreational Spaces) Program finished up at the end of April on the beautiful shores of Bulcock Beach, Caloundra.

This program is a youth with a disability program, targeted towards individuals between 5-21 years of age with a disability to access the beach.

In partnership with Steps Pathways College, our 2022 program focused on water and personal safety around the beach.

This initial partnership has aimed to drive disability participation, and allow many individuals (who have not previously had the opportunity) the chance to access these aquatic spaces in a safe, supportive and educational manner.

After the session came to a close, we were visited by Jason Hunt MP who attended the certificate ceremony for the participants and volunteers. This was followed by a morning tea, organized and funded by MP Jason Hunt's office.

We would like to thank Jason Hunt MP for coming down and presenting the awards, as well as supplying the delicious Morning Tea.









"It is through partnerships like this and support from the Sunshine Coast Council, Ithaca Life Saving Club and Queensland Fire and Emergency Services that we can continue to develop these disability programs and increase opportunities for youth with a disability to be part of this exciting program"

- Beverly Newton, RLSSQ Projects Officer.

Moving forward, our future programs will not only focus on the coastal aquatic environments, but will also focus on inland waterways such as rivers, lakes and dams and the considerations for each environment.

The success of our pilot program would not have been possible without the support from Steps Pathways College and their volunteers, and the Sunshine Coast Council's grants program. Royal Life Saving Society Queensland will now continue to plan for the next Water STAARS program for summer 2023.

If there are any organisations that would love to get involved in our Summer 2023 program please contact us at projects@rlssq.com.au

To read more about this program and what the participants got up to over the course of the four week program click here:





Boulia Community Programs and Courses

Over the last two weeks of March, our Projects team headed out to Boulia, QLD to deliver a range of courses and swim programs.

During the two week, our projects team conducted:

- Swim Teacher and First Aid (in and Education and care setting) courses
- Swimming lessons for two local primary schools
- Community swim lessons with Infant and Toddler lessons
- and more!

Swim Teacher and First Aid Courses

We had a total of 28 participants enrolled over our two courses. We would like to thank all participants for their enthusiasm and engagement across both courses, we hope you had just as much fun as we did!





School Swimming Lessons

The team had a ball teaching vital water safety and swimming skills to the students at Dajarra State School and Boulia State School during their two week trip to the Boulia Community.

The students learnt and refined an array of skills from the swim and survive program including:

- © Self preservation survival techniques and basic rescues.
- © Survival strokes such as Survival Backstroke and started learning the concepts of Sidestroke
- © Competitive strokes such as Freestyle, Backstroke and Breaststroke.

"Working with the staff and students from both Dajarra State School and Boulia State School was a privilege and it was invigorating to see the eagerness from students and staff to learn new skills and refine previously learnt skills. We look forward to working with the school and students again in the near future." - Elsha Projects Officer.







Boulia Community Programs and Courses continued

Community Swimming Lessons

Free swimming lessons were conducted for the Boulia Community, particularly our Infant and Toddler lessons.

We met with Mez and baby Boyd who not only benefited from our free infants and toddler lessons but also had an absolute blast!

Without much prior experience or opportunity to access infant and toddler swimming lessons out in Boulia, this family was overjoyed at the opportunity to undertake such vital lessons.

"I wanted to say a huge thank you for your time and effort with my kids over the course of the week, very much appreciate it!" - Mez.









Funded by the Queensland Government Community Drought Support Program

Come Splash With Us

Over the last few months we have been busily delivering our Come Splash with Us program far and wide! We have had so much fun delivering this Program to children at a range of Kindergartens including: C&K Proserpine Community Kindergarten, Little Gekos Early Learning Centre, and Genius Childcare - 121 Cannonvale.

This Program is a fun and interactive water safety education program for Preschoolers (Pre-Kindy to Kindy) aiming to provide the starting blocks for staying safe in and around the water.







Over the course of the four week program, the children were introduced to an array of topics on water safety around the Home, Beach, Pool and Farm.

Some of the activities included:

- Reading and learning Boo's water safety adventures in different environments
- Discussing rules and signs in different aquatic environments
- Talking about how we can rescue our friends through talking and with the assistance of reaching and different throw aids
- Life Jacket and Beach Lifeguard dress up
- Dancing to the 5 Alive Song
- and more!

If you are interested in having this program delivered at your kindergarten or Pre-School contact us today!





2022 Brisbane Careers and Employment Expo

On May 20 and 21, Royal Life Saving Queensland attended the Brisbane Careers and Employment Expo at the Brisbane Convention and Exhibition Centre.

Over the two day period, RLSSQ staff were joined by over 120 organisations and employers with career opportunities for all ages.

We were approached by many industry organisations, school students and job seekers, in which we provided an array of materials outlining our courses and career progression opportunities, as well as explaining options for individuals that worked with their goals in the future.

As the peak body for drowning prevention, we played a little game with all willing participants (via a video), to spot a drowning casualty before the lifeguard jumps in to rescue them by placing their hands on their head. If they did it correctly they won a duck.

We look forward to attending the next expo, and providing further information on our courses and training and career pathway opportunities for those interested in working in the Aquatic Industry!



Swim and Survive 40th Birthday

Last week, our Swim and Survive program turned 40!

To celebrate, we held a birthday party at The Plantation Swim School & Aquatic Centre with cupcakes, games, colouring in and of course, photos!

For 40 years, over 15 million children have participated in the Swim and Survive program, providing them with the skills and knowledge to be safer when in, on and around water.

This amazing program has contributed to the reduction of drowning statistics particularly for primary school children aged 5 to 14 years as well as provided the skills and knowledge required for a lifetime of active and safe aquatic recreation.





Queen's Jubilee Picnic in the Park: A Royal Life Saving Queensland Fundraiser

In celebration of the Queen's 2022 Platinum Jubilee, Royal Life Saving Queensland hosted a Picnic in the Park Fundraiser at The Plantation Aquatic Centre, Gumdale.

There were an array of exciting activities that took place over the course of the event, these included:

- A Royal Raffle with prize packs and an array of individual prizes up for grabs, with prizes from our incredible sponsors
- Best Tiara/Crown making competition with prizes for first, second and third winners
- An array of 'English Games' taking place, such as Tug-o-War and Badminton
- An assortment of cakes and sweets for sale at our cake stall
- Face painting
- and a Sausage sizzle!



















UPCOMING PROJECTS



Airlie Beach Junior Lifeguard Program

Following the success of the Airlie Beach Junior Lifeguard Program run in the January and April school holidays, Royal Life Saving Queensland is looking at returning to Airlie to run a program during the September/October School holidays.

The program will give active children and teens aged 6 to 15-years-old vital CPR, first-aid and rescue skills.

Additionally, the special junior lifeguard program is designed for kids who can already swim 25 metres. However swimming instructors will be on hand to help those who need some coaching to make the grade.

"This is an exciting opportunity for children and teenagers to use their holiday downtime to pick up skills that are literally life saving, as well as having fun in the pristine waters of Airlie Beach,"

- Nikki Thornhill, Manager of Programs

Splash'n Rhyme Time

We are so excited to introduce our brand new class... Splash'n' Rhyme Time!

Splash'n' Rhyme time is a non-structured, water-based socialisation class for infants and toddlers attending with their parents/guardians or appropriate adults carers.

During the class, parents will be in the water supporting their child, with a qualified Swim teacher present to provide advice and actively encourage a positive water sensory experience through music, rhyme and song activities.

The class will be a 1 hour open session, and will be running once a week in our indoor pool.

For just \$10 per session, you will receive:

- entry to the 1-hour session
- access to music and lots of fun, sensory equipment to play with
- A free coffee/tea/babycino and mini cupcake
- an opportunity to have a wonderful bonding experience

If you're looking for the perfect way to Introduce a love of water to your little ones particularly over the winter months this is the class for you!

Our first class kicks off on Thursday 14th July, no bookings required!





TRAINING UPDATES

Trainers Workshop

On the 15th of May 2022 from 9.00am-5.00pm we were joined by Trainers from across Queensland for our first Trainers workshop for 2022.

Over the course of the day, trainers learnt an array of skills and had the opportunity to reinforce current knowledge and abilities.

Some of our activities included:

- FA based scenario learning
- A review of ANZCOR guideline changes and updates
- Life threating bleeding workshop
- Introduction of Kahoot knowledge check activities

Our next trainers workshops will be held on Saturday the 13th of August (Mandatory) and Sunday the 14th of August (Pool Lifeguard with the location yet to be decided.









ONLINE PROFESSIONAL DEVELOPMENT MODULES

New Professional Development Modules have been rolled out, with a core focus on Child Safety. The modules are specifically targeted for the aquatic industry, one is aimed at frontline workers such as swim teachers, program instructors and pool lifeguards and the other, an extended module, is aimed at management level staff and roles such as Child Safety Officer.

The modules focus on equipping learners with knowledge and skills around legal requirements, appropriate and inappropriate conduct, identifying abuse, obligations and best practice around responding and reporting, and – in the management module – instilling a child safe culture at an organisational level, using the 10 Child Safe Standards as a guiding framework, and effectively managing risks to children's safety at all levels.

You can find the Professional Development Modules here.





RECREATIONAL COURSE

First Aid for Families: Recreational Course

Attention Queensland Families!

Have you heard of Royal Lifesaving Queensland's 'First Aid for Families' Recreational Program?

The Royal Life Saving First Aid for Families Program is a program for families aiming to gain and provide First Aid and CPR awareness skills and knowledge.

The Program recognises that Families who participate in this program, will gain skills and knowledge that may impact on their behaviours in everyday locations and be able to render assistance in an emergency.

It endeavours to teach families a range of personal First Aid and CPR techniques and provide them with skills to deal with an emergency situation.

There are three main components of the Recreational program:

- First Aid
- CPR
- Practical Sessions

If you would love to learn more about this program please contact us today!



Life Saving Shop *New* Water Repellent Lifeguard Jacket

We now offer a Water repellent Oxford shell jacket for those chilly mornings, cool evenings and cloudy days, when on duty watching out for swimmers and community members at your pool.



Visit the Life Saving Shop to order yours today!! www.lifesavingshop.com.au

Please refer to our website for product description, features and for more information. Limited stock available.



Water Safety Round Table Discussion: Townsville

At the start of May, members of Royal Life Saving joined a group of likeminded individuals committed to drowning prevention for a Water Safety Round Table discussion at James Cook University, Townsville.

The event brought together a diverse and knowledgeable group of stakeholders and practitioners from local and state government, aquatic facilities, lifesavers, safety advocates, swimming peak associations, emergency services, rescue associations, medical providers, regulatory bodies and peak authorities.

Multiple presentations and workshops were held, touching on multiple topics that included:

- Water Safety Shared Values
- Introduction to Drowning and Prevention
- Community Perspectives on Local Drowning Issues
- Working Towards and Local Water Safety Strategy
- Exploring Community Priority Areas for Local Water Safety
- and more!

We thank all guests for committing their time to reducing drownings in their local communities.

Stay tuned for future Water Safety Round Table discussions!









QUEENSLAND PARLIAMENT E-PETITION

Australian Resuscitation Club member Jamie Martin successfully launched a Queensland Parliament E-petition requesting the House to prioritise the consideration and implementation of a system of mandatory accreditation and annual training in Cardiopulmonary Resuscitation (CPR) for all residential properties.

This includes any residential property where there is a pool, including new builds, existing dwellings and rental properties where there is an existing pool, or pool to be installed.

Whilst pool fence regulations are there to save children from outside the pool, the requirement for formal mandatory accreditation in CPR training will enhance the ability to ensure the safety of children once inside the pool.

As an organisation dedicated to drowning prevention, Royal Life Saving Queensland urged all Queenslanders to consider signing this e-petition.

The petition has now closed and gained 544 signatures. We will post an update via our social media channels once the result is announced.

Queensland Parliament E-Petition 3722-22 - 'Mandatory accreditation and annual training in CPR, pool safety standards in Queensland'.





ANNUAL ROYAL LIFE SAVING CLUB BEACH CARNIVAL

On Sunday 27th of March, Bulcock Beach, Caloundra played host to the annual Royal Life Saving Club Beach Carnival.

Club members from Ithaca-Caloundra City and Neptunes Life Saving Clubs competed for a day of fun, fitness, life saving skills, board paddling and beach events technique and endurance.











MULTICULTURAL RESOURCES HUB

Royal Life Saving Queensland is committed to supporting our diverse communities with water safety and swimming education that is culturally appropriate and accessible.

We have developed resources in consultation and collaboration with different multicultural communities and leaders.

Our "To Keep Our Community Safe When Swimming, Fishing and Boating" water safety resources are in written and audio form to ensure they are readily accessible to native Bengali, Burmese, Farsi, Hindi, Korean, Kurdish, Swahili, and Vietnamese speakers.

They join the existing Arabic, Nepali, Simplified Chinese and plain English language resources.

Download these resources now and keep your community safe in, on and around the water. Click <u>here</u> to download the material.



RESOURCES









CITY OF GOLD COAST AQUATIC FACILITIES RECEIVE POOL SAFETY AWARDS

City of Gold Coast Aquatic Facilities have been awarded Royal Life Saving's Bronze and Silver Pool Safety awards.

In doing so, the City of Gold Coast facilities have become the first Queensland aquatic facilities to be recognised as achieving a high level of safety within their aquatic facility operations.

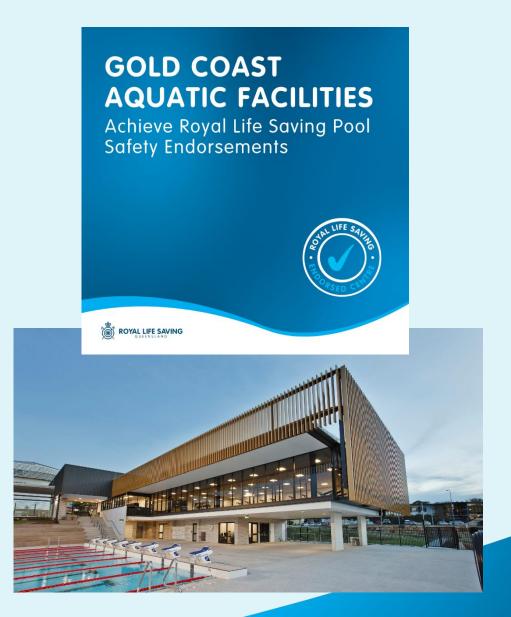
The facilities endorsed under the program are Pimpama Sports Hub, Gold Coast Aquatic Centre, Upper Coomera Aquatic Centre, Helensvale Aquatic Centre, Miami Aquatic Centre and Nerang Aquatic Centre.

Endorsements are only awarded to facilities that provide high levels of safety management at an aquatic facility. To achieve the award the City of Gold Coast facilities had to go through a rigorous series of assessments to ensure it met all of Royal Life Saving's criteria for the accreditation.

"The award is similar to accrediting a lifesaver, and therefore facilities must undergo a thorough assessment of their skills and performance and attain a high standard throughout.

"We are very selective when endorsing aquatic facilities and swim schools. Royal Life Saving must be satisfied that exemplary levels of aquatic safety are being achieved and constantly maintained before the award is issued." - Paul Barry, Director Royal Life Saving Queensland.

For more information on the program or to sign up, please contact: aquaticservices@rlssq.com.au







WHO TO CONTACT IN THE OFFICE

We have a number of new staff and each staff member has specific duties. Whilst every staff member will do their best to help you, the following list will assist you determine the most appropriate person to speak to in the office:

training@rlssq.com.au Course set up Amy **Course Registration** Hayley courses@rlssq.com.au Pack Dispatch Hayley courses@rlssq.com.au Memberships Cathy membership@lifesavingtraining.com.au swimandsurvive@rlssq.com.au Swim & Survive Ben projects@rlssq.com.au **Projects** Mattii accounts@rlssq.com.au Accounts Saad Shop / Sales Grant shop@rlssq.com.au Marketing Holly marketing@lifesavingtraining.com.au Workbook design lauren@lifesavingtraining.com.au Lauren qualifications@rlssq.com.au Certificates Maddie, & Cathy



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Course Outlines



National Aquatic Industry Workforce **Profile**





SURVIVE





FOR MORE INFORMATION

Royal Life Saving Society Queensland Inc ABN 60 478 008 791 RTO 5431

(07) 3823 2823

□ admin@rlssq.com.au

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