



ROYAL

LIFE

NEWSLETTER

JANUARY 2011



Royal Life Saving Queensland

10 April 2011	Austswim State Conference Plantation	21 May 2011	Trainers And Assessors Conference Burpengary Aquatics
8 May 2011	Secondary School Championships	22 May 2011	Queensland Pool Lifesaving Championships Yeronga Park Swimming Pool
11-13 May 2011	International Water Safety Conference Vietnam	16-17 July 2011	Austswim National Conference Radisson Resort, Gold Coast Australia

# QUEENSLAND FLOODS TEST LIFE SAVING

The recent traumatic floods throughout the State of Queensland have tested almost every element of the life saving fraternity. We offer our heart felt sympathy to everyone who has been affected in some way. There has been no limit to the impact of nature's fury, and many of our Board Members, staff and participants state-wide, all have their own stories of both survival and despair.

Life's work for some of us has been washed away. The extent of the damage will not be known for years ahead.

Thankfully our extensive network of volunteers has opened their hearts to support those who have suffered the most, and we need to all pitch in together, to aid the recovery effort.

The message below was received from the RLSS Commonwealth Vice President:

*May I please ask you to pass on to our lifesaving colleagues in Queensland and across Australia our thoughts and condolences at the disasters which are sweeping across that wonderful State.*

*I see with enormous sadness the news bulletins here in the UK and the tragic stories that are emerging, heartbreaking and I applaud the resilience of the Queenslanders.*

*The true impact will take time to emerge and on behalf of RLSS I send you and all Australians our thoughts and condolences on this the most tragic of circumstances.*

John C Barwick MBE  
Deputy Commonwealth President  
Royal Life Saving Society



## CHANGES TO CPR

On Friday 31st December 2010, the Australian Resuscitation Council (ARC) released their updated guidelines. Please note copies of the revised guidelines can be found on the Australian Resuscitation Council website (<http://www.resus.org.au/>).

As such we are proposing the following internal (Royal Life Saving) process to incorporate the changes into Royal Life Saving material:

By 1st April 2011 all Royal Life Saving courses will be delivering to the new guidelines, however we suggest that you implement the changes as soon as is practical.

·An insert ('Royal Life Saving CPR Flow Chart' and 'Things you need to be aware of with the changes to the CPR guidelines') on the changes to resuscitation to be included with all Royal Life Saving material.

·A new 1st Aid Manual reflecting the changes will be available by 1st April 2011.

A new CPR chart for home swimming pool will be available by 1st March 2011

A new Keep Watch CPR Refrigeration magnet will be available by 1st March 2011.

In servicing by Branches to occur from now, with all people to be aware of and teaching to the new guidelines by 1st April 2011.

There is a greater emphasis on AED and as such we recommend that you try and have a AED demonstrator model in the course.

FAQ's

**What RLSSA resources do the ARC changes relate too?**

Swimming and Life Saving Manual

Lifeguarding

1st Aid Manual

Grey Medallion

Bronze Pack

Keep Watch

Trainers kits for: Lifeguarding, resuscitation and 1st Aid CPR signs

**Why were there changes?**

The Australian Resuscitation Council (ARC) regularly reviews its guidelines and makes changes, however every five years as part of the International Liaison Committee on Resuscitation (ILCOR) there is a major review of the evidence for Resuscitation. The ARC participates in these reviews and upon their publication reviews its own policies to ensure they are best practice.

**What were the changes?**

The major changes are:

An 's' has been added into the chart after 'response' and is for 'send for help'.

Breathing unless it is a drowning death commence with compressions.

The 'c' has been changed to CPR thus reflecting the whole process.

Start with compressions when commencing CPR. However Royal Life Saving continues to advocate starting with Rescue Breathing for drowning related incidents.

**Why have we not made these changes straight away?**

As an organisation with a range of resources, and a large number of people who need to be made aware of the changes we felt that the time period provided allowed ample time for all of us to put appropriate strategies in place, make changes to resources and inform all staff, contractors and volunteers involved with Royal Life Saving. This however does not mean that you cannot in your Branch implement these changes earlier, just bearing in mind any material that is required from the National Office.

**What should we be teaching between now and 1st April 2011?**

By 1st April 2011 all people should be teaching to the new guidelines, in the interim the teaching can teach either to the old or new guidelines based on whether a trainer has been updated or not.

**When will the changes be incorporated into the Swimming and Water Safety Manual?**

At the mid-term review period, depending on sales. This is anticipated to occur around late 2012 to early 2013.

**When will the changes be incorporated into the Lifeguarding Manual?**

In the new version, the current version of the manual is due to commence a review and update in the financial year 2011/12, with a publication date in late 2012

**What should I tell people in a course if I am asked about why we have not made the changes?**

While each change of the guidelines is aimed at improving resuscitation outcomes either via better techniques, better memory cues, or evidence that one thing or another does not work, the changes this time are minor and will be incorporated into RLS material. As the guidelines only were finalised at the start of the 2011, a couple of months to ensure all material reflect these changes is short period, also those who had previously undertaken a course should not feel that what they previously learnt was wrong just that in some situation there are some minor improvements which may improve outcome. As such next time they do a course, which should be within 12 months, they will then learn about the new techniques.



**WATER SAFETY WEEK LAUNCH**

On Christmas Eve 2010, the Royal Life Saving Society Queensland launched a major project, as a timely reminder leading into the festive season.

Water Safety Week was the brain-child of Executive Director, Michael Darben, who has been at the coal face of life saving development and delivery for three decades.

Michael said: we wanted to develop a program for promoting water safety in the community that was dateless, highly portable, and something that could be seamlessly integrated with current activities and programs that were being run.

The launch of the inaugural program was co-ordinated at the Clem Jones Centre, Carina, in Brisbane. Mark Frazer, Project Officer from RLSSQ worked with Steve Heald, the Manager of Clem Jones Centre, and the first week of activities recorded a class of twenty-eight (28) children participating in both Swim and Survive and Love2Swim accredited training programs.

National League Water Polo Champion, Jamie-Lee Lewis attended the graduation ceremony, and highlighted to the children, the vital role that swimming and life saving had played in her life as she aims for selection in the 2012 Olympic Women's Water Polo Squad.

For information on the Water Safety Week project, please contact Mark Frazer at Royal Life Saving Queensland on 07 3823 2823.



AIRLIE  
BEACH  
LAGOON

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EVERYONE CAN BE A LIFESAVER  
Royal Life Saving  
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

+ H<sub>2</sub>O x FUN + SKILL = POOL LIFESAVING  
**FITNESS**