

Life Saving
Queensland **IMPORTANT**

DATES

11-13 May 2011 International Water Safety Conference

21 May 2011

22 May 2011

16-17 July 2011

20 August 2011

21 August 2011

Burpengary Aquatics

Vietnam First Aid Trainers Workshop

Plantation **RLSSQ State Championships** Yeronga Park Swimming Pool

AUSTSWIM National Conference Radisson Resort, Gold Coast Australia **RLSSQ Trainers & Assessor Workshop**

RLSSQ State Short Course Champs. Venue TRC

11 September 2011 RLSSQ Pro-Am & State Team Selection Trials Venue TBC

Queensland Royal Life Saving Primary School Championships

The State Primary School Championships where held at the Burpengary Aquatic Centre on Thursday 24th March 2011. The Championships included fifty four (54) participants from five (5) schools.

The competition was based on the highly successful Swim and Survive program and included the following events; 10m Line Throw, 100m Individual Medley, 50m Rescue Race, 4 x 25m Team Survival Relay, 100m Individual Lifesaving Race and the 4 X 25m Fin Relay.

All of the events where highly contested and there was some very close racing in the older age groups. The overall winner of the carnival was the Sunshine Coast Grammar School, followed by Southern Cross Catholic School and the Narangba Valley State School, finished in third position.

The volunteers and parents who helped out during the event were exceptional and made the carnival a huge success.

For more information about the **Queensland State Primary School** Life Saving Championships contact either Mark Frazer on (07) 38232823 or Ashley Gordon on (07) 38881088.



Event 1 Boys 10 SC Mtr Line Throw

Event 2 Girls 10 SC Mtr Line Throw

Event 3 Boys 100 SC Mtr Rescue Med

Event 4 Girls 100 SC Mtr Rescue Med 1.Parker, Leighella

Event 5 Boys 50 SC Mtr Rescue Race

3.Cumberlidge, Jaime

Event 6 Girls 50 SC Mtr Rescue Race

Event 7 Mixed 100 SC Mtr Survival Relay

Event 8 Boys 100 SC Mtr Lifesaving Race

Event 9 Girls 100 SC Mtr Lifesaving Race

Event 10 Mixed 100 SC Mtr Fin Relay



AUSTRALIAN POOL LIFE SAVING CHAMPIONSHIPS 2011

BRISBANE AQUATIC CENTRE, CHANDLER, QLD FRIDAY 10 - SUNDAY 12 JUNE 2011

CALL FOR VOLUNTEERS

Contact Royal Life Saving Queensland Michael Darben - (07) 3823 2823

Royal Life Saving





Chinese Life Saving Delegation Visits Yeronga Pool





A delegation from Chinese Life Saving recently took time out to visit the Yeronga Swimming Pool, to discuss the development of children, through the facilities comprehensive swimming and lifesaving program.

The delegation was from the city of Xiamen, where Royal Life Saving Queensland has been assisting China Life Saving with their intensive lifeguard training program for nearly ten (10) years.

Members of the China Delegation are also actively involved in the Red Cross Association in China, and they were eager to see first hand the delivery of lifesaving and first aid in Australia.







Honours Dominations

The Royal Life Saving Society has one of the most comprehensive systems for recognising volunteer involvement, both within the organisation, and in serving the general community. The Honours System serves to reward the rigorous efforts and contributions of our members, and they are awarded at National and Commonwealth level. At the end of each summer, Honours nominations are called, and it is your opportunity to nominate a worthy candidate to receive due recognition.

Recipients could receive a simple Vote of Thanks, or they may be entitled to a more prestigious level of recognition eg Life Membership.

Once the nominations have closed, the State Honours Committee will be responsible for evaluating all applications. and they are then graded according to their level of contributions, towards the aims and objectives of the Society.

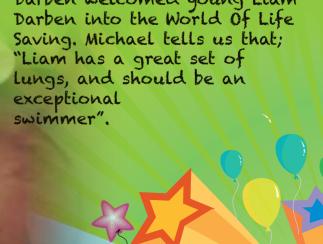
An Honours nomination form has been enclosed with this newsletter.

A digital copy is also available on www.royallifesavingqueensland.com



Queensland Government

> On 1 April 2011, Michael and Mel Darben welcomed young Liam Darben into the World Of Life Saving. Michael tells us that; "Liam has a great set of lungs, and should be an exceptional swimmer".



ROYAL LIFE SAVING CPR FLOW CHART

DANGER

CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?

YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT

PLACE THE HEEL OF YOUR HAND ON THE COMPRESSION POINT WITH THE FINGERS PARALLEL TO THE RIBS AND SLIGHTLY RAISED. PLACE YOUR OTHER HAND ON TOP OF THE FIRST.



CHEST COMPRESSIONS

COMPRESS TO APPROX 1/3 OF DEPTH OF CHEST. 30 COMPRESSIONS AT A RATE OF 100 PER MINUTE.



Royal Life Saving recommends for drowning related emergencies:

- Ensure your safety while undertaking a rescue.
- Check and clear the airway with the person on their side.
- If not breathing give 2 rescue breaths and commence CPR.

RESCUE BREATHS

SUPPORT HEAD AND JAW.
A SLIGHT HEAD TILT
MAY BE NECESSARY TO
OPEN THE AIRWAY.
DELIVER 2 RREATHS ALLOWIN

DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.

IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.



RETURNS, POSITION
CASUALTY ON SIDE.
ENSURE THE AIRWAY
REMAINS CLEAR.



FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE

FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR DROWNING RELATED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.

ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSSA 2011

FOR MORE INFO CALL: 1300 737 763

EVERYONE CAN BE A LIFESAVER

