



# ROYAL

# LIFE

# NEWSLETTER

APRIL 2011



## Royal Life Saving Queensland

### IMPORTANT DATES

11-13 May 2011	International Water Safety Conference Vietnam	11 September 2011	RLSSQ Pro-Am & State Team Selection Trials Venue TBC
21 May 2011	First Aid Trainers Workshop Plantation		
22 May 2011	RLSSQ State Championships Yeronga Park Swimming Pool		
16-17 July 2011	AUSTSWIM National Conference Radisson Resort, Gold Coast Australia		
20 August 2011	RLSSQ Trainers & Assessor Workshop Burpengary Aquatics		
21 August 2011	RLSSQ State Short Course Champs. Venue TBC		

## Queensland Royal Life Saving Primary School Championships

The State Primary School Championships were held at the Burpengary Aquatic Centre on Thursday 24<sup>th</sup> 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 were 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

1. Cumberland, Jaime
2. Gray, Tom
3. Quail, Corey

### Event 2 Girls 10 SC Mtr Line Throw

1. Bourke, Nikki
2. Campbell, Laura

### Event 3 Boys 100 SC Mtr Rescue Med

1. Lennox, Campbell
2. Blackbeard, Ross
3. Lane, Nick

### Event 4 Girls 100 SC Mtr Rescue Med

1. Parker, Leighella
2. Scott, Emma
3. Hall, Caitlin

### Event 5 Boys 50 SC Mtr Rescue Race

1. Lennox, Campbell
2. Blackbeard, Ross
3. Cumberland, Jaime

### Event 6 Girls 50 SC Mtr Rescue Race

1. Scott, Emma
2. Stone, Dana
3. Bourke, Nikki

### Event 7 Mixed 100 SC Mtr Survival Relay

1. Sunshine Coast Grammar B
2. Southern Cross Catholic A
3. Sunshine Coast Grammar C

### Event 8 Boys 100 SC Mtr Lifesaving Race

1. Lane, Nick
2. Hall, Joshua
3. Blackbeard, Ross

### Event 9 Girls 100 SC Mtr Lifesaving Race

1. Wardley, Taylah
2. Shield, Bridget
3. Elliott, Deanne

### Event 10 Mixed 100 SC Mtr Fin Relay

1. Sunshine Coast Grammar A
2. Southern Cross Catholic A
3. Southern Cross Catholic B



## 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

EVERYONE CAN BE A LIFESAVER  
Royal Life Saving  
www.royallifesaving.com.au

## Australian Junior Barras train on the Sunshine Coast



Members of the Australian Junior Barras team were recently on the Sunshine Coast preparing for the Arafura Games, which will be held in Darwin during May. Eight (8) of the ten (10) team members are Queenslanders, highlighting our state's current domination in the sport of lifesaving.

Males: David Elliot (QLD), Macaulley Kippen (QLD), Jed Boxall (NSW), Nick Brooks (NSW)

Females: Alexandra Nolan (QLD), Alisha Ellwood (QLD), Eilish Fahey (QLD), Shayla Gimblett (QLD)

Coach: Ashley Gordon (QLD)

Manager: Katrina Kirk (QLD)



## 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.



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Royal Life Saving  
ROYAL LIFE SAVING SOCIETY - AUSTRALIA



Queensland Government

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## Honours Nominations

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](http://www.royallifesavingqueensland.com)



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

FIND THE CENTRE OF THE CHEST.  
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.



### RESCUE BREATHS

SUPPORT HEAD AND JAW.  
A SLIGHT HEAD TILT  
MAY BE NECESSARY TO  
OPEN THE AIRWAY.  
DELIVER 2 BREATHS ALLOWING  
1 SECOND PER INHALATION.



### RECOVERY POSITION

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



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

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**

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