

MARCH TWENTY EIGHTEEN

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Executive Directors Report

The last month has been very busy for Royal Life Saving. We have continued to liaise with the Queensland Government in respect to school swimming and our training staff have been very busy running courses. As we look forward, the biggest news for Queensland is the Commonwealth Games on the Gold Coast from 4 to 15 April 2018. More than 6,600 athletes will attend the games from 71 Commonwealth nations. This is the largest sporting event staged in Australia this decade and will feature the largest integrated sports program in Commonwealth Games history. Royal Life Savers have a tradition of volunteerism and I have no doubt many members will be volunteering at the games. In our next newsletter I would like to share members stories of involvement and would like to invite members to send me your stories and a picture to include in the next newsletter.

Swim & Survive Workshops

Royal Life Saving is very proud of the Swim & Survive program, which is the only National Swimming & Survival program for children that directly maps to the Australia Water Safety Framework and Australian Water Safety Strategy. We provide resources (certificates, lesson plans, etc) essentially free of charge to trainers. We are also prepared to run workshops in swim and survive and would love to run more workshops, particularly in regional and north Queensland.

These workshops are usually free and a great opportunity to undertake professional development and learn some more about Swim & Survive.

So, please get a few people together and let us know if you would like a workshop and we will see what we can do to help you.

Link to Workshop registration: <https://www.rlssq.com.au/?show=Form-Workshop>

Employee of the Month – Grant Thomson

I wish to announce the employee of the month for March is Mr Grant Thomson.

Grant works as an administration officer at The Plantation and was nominated for living our values (teamwork, integrity, respect & safety). The nomination noted that Grant will do whatever task is asked of him including pergola booking, swim school, training, answer the phone, invoicing, etc. He is always helpful, polite and courteous. He always comes in to work early and stays back when needed. Thank you Grant for your dedication and hard work.

The Employee of the Month award is a valuable tool I am using to help recognise staff when they do a good job. RLSSQ staff have to know allot about many subjects, and they are working really hard to deliver services to you. They really do appreciate it when they get thanked for doing a good job.

If a staff member has delivered exceptional service to you, please nominate them at the link on our website home page (top right-hand corner). A nomination can be made at any time.

Link to nominate: <https://www.rlssq.com.au/?show=Form-EOTM>

Trainers Workshop

I am pleased to announce that we will be holding a number of trainer's workshops over the next few weeks. These workshops will be focussing on First Aid, and our new First Aid workbooks. Trainers that do competency based First Aid training will need to attend a workshop, in order that we can explain the new workbooks to you and explain the rationale behind what changes have occurred. The workshop will also allow members to gain an understanding of recent changes within the Society and an opportunity to ask questions.

In regional areas we are likely to offer Swim and Survive workshop at the same time as trainers workshops, so please let us know if you would like a workshop near you and we will see what we can work out for you.

You can register for the workshops at this link:

<https://www.rlssq.com.au/?show=Form-Workshop-Trainer>

Society Honours – Nominations

Do you know a Society member who has gone above and beyond that which is required of a normal member. If so, we are calling for nominations for Australian and Commonwealth Society Honours. You can download nomination forms from our website. Please remember, Society staff cannot nominate or be recipients, and the focus for honours is those who volunteer their services towards drowning prevention. Please submit your nomination to the Queensland Branch before 1 May 2018 by email to admin@rlssq.com.au.

Regards,

Paul Barry
Executive Director

Swim & Survive – Regional State Schools working together

Royal Life Saving congratulates teacher and RLSSQ trainer Janet McKenna for taking the initiative and working with other schools in her region to deliver a swim and survive program.

Three state schools (Roadvale, Warrill View and Aratula) combine to ensure all students, from prep onwards, learn to swim at an early age. Physical education teacher and Royal Life Saving instructor Janet McKenna said that by combining, the schools have been able to maintain a continuous water safety program since 2012.

“Students from the three schools all come on the same day, Monday, each week during Term 4. This way I can spend the day at the Boonah High School pool where I’m assisted by Boonah Community Aquatic Centre instructors Samantha Wimmer and Ruth Lamb-Carlsen.

We have been able to provide continuity for the students – they see the same instructors each week over their several years of primary school. “As a Royal Life Saving instructor I’m able to assess students as they progress and award certificates to encourage them on to higher achievements.

Janet said the schools and Boonah Community Aquatic Centre were to be commended for the success of the program. The schools, come up to 30 kilometres away, have to hire buses each week.



Small Schools and Community Working Together

Royal Life Saving Society congratulates principals: Rhonda Wakefield, Christine Clark and Angela Armstrong for supporting the aquatics focus area within the HPE curriculum. Not an easy task when the schools' enrolments range from 11–50 students; the pool is up to 30kms away, the 25m pool is shared between 9 schools and the PE teacher only visits for 2 hours a week.

To make the lessons happen, each school financially contributes for the PE teacher and RLSS Instructor, Janet McKenna to conduct the lessons on a separate day to the normal PE lessons. She is assisted by swimming instructors from the Boonah Community Aquatic Centre to deliver the lessons.

Janet has been an instructor since her university days (late 1980's) where she took the opportunity to gain her qualifications within her tertiary course. Being exposed to the Swim and Survive curriculum early in her teaching career has ensured that she has become very familiar with the resources provided by RLSS and has promoted them over the years. "I have always used the Swim and Survive resources in my 20 plus years of swimming teaching. The resources are so comprehensive, the content is spot on and the students are motivated to work towards each goal".

The principals are keen to continue and financially support programs that cover the national curriculum, students engage in and enjoy. We started this structure when I began on a new PE circuit in 2012. If everybody keeps working together the students and teachers from these small schools, will reap the benefits for many years to come.

Picture courtesy of The Fassifern Guardian



Formation of Heritage Committee

A small group of long term Society members has been working hard to preserve our history and heritage by coming out to our office at the Plantation, going through our archives and organising our records to be preserved for future years. They have found annual reports dating all the way back to 1912–13 season and even a copy of the original hand-written minute book from 1905. The group has now been formalised into a Heritage Committee and are working to digitise some of our records. Pictured are Jim McClelland, Carol Stinson and Anne Brett surrounded by ledgers, minutes and trophies from the early 1900's. It great that we have such dedicated volunteers in our organisation that are preserving our history in such a professional way. If any member would like to help please contact the office on (07) 3823 2823.



Swim & Survive at Augathella State School

Trainer Karen Gilcrest attended Augathella State School in February 2018 to conduct a swim and survive program. The program was conducted for students in prep through to years 6.

Karen reports that she was impressed with the teaching staff, swim club parents and the community in general who have done an amazing job in ensuring swimmers have a sound knowledge of survival and swimming techniques.

The students participated in reach and throw rescues, treading water, basic floatation front and back, movement through the water, entries and exits, CPR, donning PFD's, completing feet first dives and showing off their survival backstroke skills.



Royal Life Savers to the Rescue

Pictured are Robbie and Dom who performed a dangerous rescue on 17 March 2018. Both are volunteer Royal Life Savers patrolling Bulcock Beach, Caloundra. The pair rescued a paraglider who was swept into Pumicstone Passage (Caloundra) after a sudden gust of wind. The paraglider was weighed down by his motorised harness and drowning. Robbie and Dom reacted and using an Inflatable Rescue Boat (IRB) kept the man afloat until further assistance was able to dispatch him from his kit. Without Robbie and Dom the man would have certainly drowned. This was their second rescue for the day, earlier in the day they assisted another life saving club who flipped their IRB. Well done Robbie and Dom, fantastic work in drowning prevention.

If you are interested in joining a Royal Life Saving Club, please look at 'Clubs' on our website homepage.

Link: <http://www.joinlifesaving.com.au/>

Swim & Survive in Regional Queensland

Dereck & Carolyn Taylor took on the Longreach Aquatic centre 18 months ago and has been working on providing Learn to Swim not only in Longreach, but also to the surrounding towns.

Trainer Carolyn Taylor was contacted by Isisford State school to provide a program for the school in Term 4. The school is about a 1.25 hour drive which Carolyn drove for five weeks. She then ran a week swim camp in Muttaborra prior to Christmas. In term 1 Carolyn assisted Isisford, Ilfracombe and Windorah schools providing instruction to these schools. This involved a 1.25 hour drive to Isisford, a 20 minute drive to Ilfracombe and a 2.25 hour drive to Jundah.

Carolynne said, "this is all done with pleasure to provide Swim and Survive to our surrounding community. The schools are most appreciative and we get a lot of pleasure seeing the improvement in the Swimming ability of the Kids."

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