



Enjoying a water way of life ...our entire life

Belonging to a community offers a range of social, physical and mental health benefits. Whether it provides you with a support network, a sense of purpose, camaraderie, inspiration, confidence, or opportunities to participate, your community may be the key to living a happy and fulfilled life.

Meaningful and productive activities like volunteering or employment are a great way to get involved with your community!

Five reasons why volunteering may be right for you:

- 1. STAY ACTIVE** – keep your body moving and your mind active.
- 2. GIVE BACK** – help others in need and contribute to your community.
- 3. CONNECT WITH OTHERS** – meet like-minded people and expand your social networks.
- 4. FILL YOUR CUP** – Revisit old hobbies or make meaningful memories with loved ones.
- 5. NEW EXPERIENCES** – Try something new to broaden your skillset and interact with people from different walks of life.

> COMMUNITY INVOLVEMENT

Additional benefits of volunteering or paid employment may include:

- Sense of identity
- Structure and routine to your life
- Opportunities to challenge yourself
- Employment benefits
- Prevent boredom and loneliness

GET INVOLVED WITH ROYAL LIFE SAVING

Volunteer

- Become a coach or official for lifesaving sport
- Become a community educator and deliver water safety education to your community
- Volunteer at RLS community and industry events

Paid Employment

- Become a Swim Teacher
- Become a Lifesaving Teacher or Coach
- Become a Lifeguard
- Work as a customer service representative
- Become a RLS Casual Community Educator

Study

Royal Life Saving NSW | ACT | TAS have a number of courses available for the community:

- Teacher of Swimming and Water Safety
- Teacher of Lifesaving
- Bronze Award Facilitator
- Resuscitation Awareness Facilitator
- Provide CPR
- Provide First Aid
- Provide First Aid in an education and care setting
- Bronze Medallion Award



To find out more visit our website:
drowningprevention.org.au



ROYAL LIFE SAVING
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