

Royal Life Saving NSW

Annual Report

2023–24

130 years

ROYAL LIFE SAVING
NEW SOUTH WALES

Welcome to the 2023–2024 Royal Life Saving NSW Annual Report

This past year marked another milestone in our longstanding commitment to ensuring the safety and wellbeing of aquatic enthusiasts across New South Wales.

With a legacy that spans 130 years, our vision is as relevant today as it was when we first began. We continue to evolve our services to meet the demands of an ever-changing society, diverse population, and the shifting needs of our environment.

Our focus on the future is unshakeable. The shape of our services is set to develop in exciting new directions that echo the aspirations and challenges of our diverse communities. We are passionate about providing programs and services that not only meet the needs of our ever-growing community but also foster safe, enjoyable, and fulfilling aquatic pursuits.

We recognise the strength in unity and are tirelessly working with our vast network of partners to explore and implement best practice principles and strategies. These collaborations increase safe participation across all aquatic environments and serve as a testament to our adaptability and innovation.

As a peak body for water safety, we leverage our robust structure and reputation to foster healthy and engaging aquatic options, both now and in the future. With new initiatives on the horizon and crucial investments with our collaborative partners, we are confident in our ability to meet our organisational objectives.

Through a shared vision and unwavering commitment, we are making significant strides towards key drowning prevention benchmarks. We are expanding our engagement across all waterways, creating safer environments for our community, and educating people about the importance of water safety.

While we celebrate the progress we have made, we acknowledge that our journey is far from over. Our commitment to enhancing the health, safety, and wellbeing of our people, partners, and communities is as strong as ever.

Thank you for your continued support. Together, we are making a difference.



Our Vision

More Australians enjoying the water safely.

For all of time, Australia's rivers, creeks and lakes have been essential…for life.

And for 130 years, Royal Life Saving has been educating and inspiring Australians to enjoy the water…for their entire lives. We've helped millions of Australians learn to swim. We've taught the swim teachers, trained the lifeguards and championed CPR. We've led essential research and safety assessments and we continue to deliver innovative programs, products and services to ensure those we love…are happy, healthy and safe. Royal Life Saving is behind every splash, stroke, kick and paddle, behind every breath of life…to ensure we all enjoy a water way of life.

Watch the video



Reflecting on our Past

Since our establishment in 1894, Royal Life Saving has consistently embodied a culture of learning, innovation, and resilience. The contributions we've made have played a significant role in moulding the aquatics community and facilitating safe water pursuits. We've grown with our communities, earning their trust and forging an identity embedded in safety, knowledge, and community engagement. An increase in population growth, greater access and utilisation of clean waterways, cultural diversity, and a surge in domestic and international arrivals has catalysed our drive for advancement. Coupled with an elevated interest in healthy and active aquatic pursuits, these changes necessitate continued, focused investments in our communities to safeguard the future of aquatic engagements.

Navigating the Challenges

We understand that community and market changes can present their own set of challenges, which demand our agility and adaptability. However, we also recognise that these changes are a breeding ground for opportunities and expansion. To maintain our influence and relevance, we must stay abreast of industry and sector developments. While our unique offerings may sometimes limit our adaptability, we remain steadfast in our commitment to innovation and modernisation. As the custodians of water safety, our challenge is to advocate our prevention messages while also fostering a culture where Australians can enjoy our aquatic environments safely.

Our Future Journey

As we look towards the future, we understand the need to rapidly adapt to changing political, stakeholder, and community circumstances and opportunities. We aim to engage communities more strategically and consistently, leveraging data to understand community patterns – from population trends and aquatic usage to public policy. We are committed to being innovative, investing in our future, and developing our people to build a safe and vibrant aquatic community. Our journey thus far has prepared us for the challenges ahead, and we are confident that we will navigate them with the same resilience and dedication that has been our hallmark for the past 130 years. Our future is promising, and we are excited about the opportunities it holds.

Contents

01 / Achieving Together 2023–2024

9 Message from the Governor

10 Message from the Minister

10 Message from the President

12 Message from the Chief Executive Officer

14 Our Organisation – Royal Life Saving NSW

23 2023–2024 Highlights

38 NSW Fatal Drowning Report 2023–24

02 / Our Achievements

41 Leadership & Collaboration

49 Participation Growth

62 Safe Environments

68 Skilled Community

75 Sustainable Future

03 / Our Celebrations

91 Honours

96 Commendations

100 A Time in History

106 Point Score





Board of Directors

Mr. James Whiteside (President)

Ms. Anita Collins BApp Sc (OT) AccOT

Ms. Lynette Harrison BEc. LLB

Dr. Holly Smith MDCM, FRACP

Ms. Melissa Tooke BA, MIntS, GradCert RiskMgt, GradDipOHS, FGIA, AMIIA

Ms. Rebecca Shaw BA (Marketing)

Dr. Christopher Baldwin MPE JP

Mr. James Borbone

Acknowledgement to Country

Royal Life Saving New South Wales acknowledges the Traditional Owners of the lands where its offices are located, the Eora, Dharug, Wallumedegal, Awabakal, Worimi, Dharawal, Waaganwaagan, Gumbaynggirr, Kamilaroi and Wiradjuri people, and pays its respect to all Elders past and present and emerging.
We recognise and respect First Nations connection to land, waterways and community and make a commitment to reconciliation.

01 / Achieving Together



Message from the Governor



Her Excellency the Honourable Margaret Beazley AC KC

Governor of
New South Wales

As Patron of Royal Life Saving NSW, it is an honour to reflect on the organisation's achievements over the past 12 months in their mission to prevent drowning and promote water safety education.

In the period covered by this report, over a quarter of a million people participated in a Royal Live Saving NSW program or service. More than 78,000 individuals achieved vocational accreditations, with nearly 44,000 of these participants hailing from regional areas, demonstrating the organisation's enduring commitment to regional and rural communities.

6,266 individuals were accredited as pool lifeguards, and 2,500 new swim teachers were trained to support swimming and water safety programs across the state.

Despite these remarkable achievements, the past year has been marked by tragic loss. 128 individuals lost their lives to fatal drowning in NSW – an increase of 33% compared to the ten-year average. Each of these drownings is a heartbreaking reminder of the importance of Royal Life Saving NSW's work.

Males accounted for 81% of the drowning toll, often due to risk-taking behaviours. Inland waterways, where 31% of drownings occur, remain particularly hazardous, followed closely by our beaches, which account for 27% of these fatalities. Addressing the dangers of our waterways requires ongoing advocacy and community support, both of which have been key elements in Royal Life Saving NSW's efforts to reduce the burden of fatal drownings, and of the often complex and challenging impacts of non-fatal drowning, which may affect a person's long-term health and quality of life.

While our beautiful aquatic environments provide myriad social and health benefits to communities in New South Wales, it is crucial that vulnerable and disadvantaged groups continue to receive the training and support they need to so as to participate safely in aquatic activities. This year Royal Life Saving NSW has worked tirelessly to ensure that all people, regardless of their background, can enjoy our waterways with the necessary proficiency and awareness.

I commend Royal Life Saving NSW for its unwavering commitment to drowning prevention and water safety education. Let us continue to support their advocacy for safer aquatic environments and their leadership in safeguarding lives and empowering communities across New South Wales.

Message from the Minister



The Hon. Stephen Kamper, MP

Minister for Sport

Minister for Small Business

Minister for Lands and Property

Minister for Multiculturalism

On behalf of the NSW Government, I extend my heartfelt thanks to the entire Royal Life Saving NSW community for their unwavering dedication and tireless efforts.

In New South Wales, we are fortunate to have access to a diverse range of stunning waterways that are central to our lifestyle. These natural assets provide endless opportunities for recreation, sport, and maintaining a healthy lifestyle.

The NSW Government is committed to encouraging all residents to safely enjoy these aquatic environments. Every year, too many lives are lost due to fatal drowning in NSW. The impact on families and our communities is significant, and it is imperative that we remain focused on key priorities, maintaining a zero-tolerance approach to drowning.

As the NSW Minister for Sport, I emphasise the importance of promoting safe participation in water activities. Royal Life Saving NSW is pivotal in this mission, delivering innovative programs that educate the public, reduce drowning incidents, and improve water safety and lifesaving skills.

I commend everyone involved with Royal Life Saving NSW for their steadfast commitment to enhancing community safety.

Message from the President



Jim Whiteside

President

As we look back on the past year, I am filled with pride in recognising the remarkable contributions our organisation has made to protect communities throughout NSW at all our aquatic locations. Our mission is to ensure the safe participation of all Australians in aquatic activities while promoting active engagement and leveraging the benefits these activities provide.

We are acutely aware of the ongoing challenges faced by many in our communities, especially the rising cost of living, which impacts families' ability to provide essential swimming and water safety programs for their children. It is crucial that we support and create opportunities to ensure our most vulnerable members have access to high-quality solutions, guaranteeing their future aquatic activities are both safe and enjoyable. We remain committed to working alongside the NSW Government and our communities to ensure adequate provisions are in place.

It is heartening to see the continued growth and success of our Aquatic Academies and regional offices. These "hubs" are fundamental to our organisational objectives, directly engaging with programs and services that enhance and develop aquatic skills. Our regional network is essential, and our efforts in these areas need increased support as we continue to observe rising drowning rates in these regions.

The past year has demonstrated our heightened commitment to our social and humanitarian goals, with a variety of services supporting the most disadvantaged sectors of our communities. As our communities become more diverse, Royal Life Saving has an increased responsibility to ensure these individuals are aware of and prepared for the aquatic opportunities available throughout NSW. With expanding access to inland waterways, tailored solutions that address the needs of these communities are crucial.

We extend our deepest thanks to the NSW Governor for serving as our Patron and hosting our Commendation Ceremony at Government House. The event was a wonderful tribute to some of our extraordinary heroes who carry out remarkable rescues and respond to emergencies. Your actions epitomise our organisational goals and serve as an inspiration to us all.

I would like to take this opportunity to express my heartfelt thanks to the Minister for Sport, The Hon. Stephen Kamper, MP. Your support is deeply appreciated, and our future collaborations will enhance our engagement efforts. Additionally, I extend my gratitude to Ms. Karen Jones, CEO at the NSW Office of Sport, and her dedicated team. Your unwavering guidance and passion for active aquatic participation and community development are vital to achieving our core priorities.

To our members who tirelessly serve our regional and remote communities, you are the backbone of our organisation. Your dedicated service and unwavering spirit are both inspiring and invaluable.

I wish to acknowledge our National Office, which continues to steer our strategic direction through critical advocacy campaigns and evidence-based research. Your insights help shape our programs and services, ensuring they remain relevant and impactful.

I would like to express my heartfelt thanks to everyone who has contributed to our success this year.

The NSW Board of Directors and our executive team continue to provide exemplary leadership and an unwavering commitment to strong governance. Your dedication has been instrumental in guiding our organisation through a year of significant achievements and challenges.

Our incredible staff have demonstrated a steadfast adherence to the highest values and their prioritisation of community safety and well-being has been truly commendable. Your hard work and passion are the backbone of our organisation, ensuring that we continue to make a positive impact on the communities we serve.

Looking ahead, we see a future filled with opportunities to elevate our offerings and provide even greater support, especially to our disadvantaged communities. This will require sustained commitment and passion from all of us. Together, we can continue to build a safer, more inclusive, and water-smart NSW.

Thank you for your continued support and dedication to our mission.

Message from the Chief Executive Officer



Michael Ilinsky

Chief Executive Officer

As we reflect on the past year, it is with a sense of optimism and achievement that I share the 2023–2024 Annual Report for Royal Life Saving NSW. This year has been one of growth, innovation, and meaningful impact, where despite encountering challenges, we have thrived and strengthened our commitment to the safety and wellbeing of the communities we serve.

The landscape we operate in has presented both opportunities and complexities, from addressing the needs of regional and remote communities to navigating the rising cost of living affecting many families. However, what stands out most is the resilience, dedication, and passion that have driven us forward. Our ability to adapt and innovate in the face of these hurdles has not only ensured our success but has allowed us to flourish.

One of the highlights of the year has been our unwavering commitment to our core mission – ensuring that swimming, water safety, and lifesaving skills are accessible to all. Through strategic efforts and the dedication of our remarkable team, we have expanded our services, reaching more communities and making a lasting difference in people's lives. Our staff's devotion to excellence and community service has been instrumental in fostering a culture of safety and preparedness across New South Wales.

Our leadership team has been a catalyst for success, guiding Royal Life Saving NSW with clarity, vision, and strategic intent. By cultivating a culture of performance and well-being, we have created an environment where every member of the team can thrive, both personally and professionally. The focus on work-life balance and growth opportunities has resulted in a motivated, enthusiastic, and high-performing workforce – one that we are incredibly proud of.

This year, we've continued to embrace technological advancements, allowing us to break down geographical barriers and enhance our digital capabilities. These efforts have made it possible for us to deliver essential training and educational programs to even the most remote communities, ensuring that no one is left behind when it comes to water safety. Additionally, our partnerships with culturally and linguistically diverse communities have expanded, helping us address unique water safety needs and deepen our connection with those we serve.

Looking ahead, we are excited about the future. Our focus remains on enhancing our support for key areas such as Western Sydney and Western NSW. These regions will continue to benefit from targeted initiatives aimed at improving water safety outcomes and reducing the risks associated with aquatic environments. Our upcoming social media campaigns are set to engage and educate the public, preparing them for a safe and enjoyable summer.

The 2023–2024 NSW Drowning Report provides an essential reminder of the critical work that lies ahead. With 128 tragic drownings recorded, the highest in over 30 years, it is clear that our mission is as vital as ever. These statistics, while sobering, serve as a driving force for us to redouble our efforts, adapt our strategies, and strengthen our outreach to ensure safer outcomes for all.

We are deeply grateful for the ongoing support of the New South Wales Government and the NSW Office of Sport. Their unwavering belief in our mission enables us to focus on creating positive and lasting change, particularly for children and marginalised communities. Their partnership is a cornerstone of our progress.

To our members, facilitators, and partners – you are the foundation of our success. We truly value and appreciate your commitment to our cause.

I would also like to extend my heartfelt thanks to our incredible staff, whose tireless efforts ensure that our programs reach every corner of the state. Your passion and dedication to making NSW waters safer are an inspiration to us all.

A special note of gratitude to our Board of Directors for their guidance and insight throughout the year, and to our President, Jim Whiteside, for his visionary leadership and support.

Together, we continue to build a future where drowning is preventable and everyone can safely enjoy our beautiful aquatic environments.

As we embark on the year ahead, Royal Life Saving NSW remains focused, driven, and committed to preventing drownings, educating our communities, and ensuring that every individual has the opportunity to enjoy the water safely. Our journey is one of hope, progress, and unwavering purpose, and we are confident that with our collective efforts, we will continue to prosper.



ROYAL LIFE SAVING
NSW | ACT | TAS

Our Organisation

Royal Life Saving NSW

Since time immemorial, Australia's rivers, creeks, and lakes have been vital to life. These natural water bodies are an integral part of our nation's identity and heritage, a source of sustenance, recreation, and profound connection. Royal Life Saving NSW has been an unwavering guardian of these waters, educating and inspiring Australians to safely enjoy them, fostering a harmonious and enduring relationship between our communities and the water.

We have been instrumental in helping millions of Australians learn to swim, ensuring they are equipped with the vital skills to enjoy and respect the water while prioritising their safety. Our efforts extend to nurturing the next generation of swim teachers and training lifeguards, creating a robust network of professionals dedicated to maintaining a safe and inclusive aquatic environment.

Our commitment to water safety is also evident in our championing of CPR, an essential skill that can save lives in critical moments. Through our various training programs, we empower individuals to be first responders when every second counts.

Beyond training, we actively engage in essential research and safety assessments, constantly striving to enhance our understanding of water-related risks and develop more effective prevention strategies. We continually innovate, delivering groundbreaking programs, products, and services designed to ensure the safety of those we love, promoting a culture where happiness, health, and safety go hand in hand with enjoying the water.

Every splash, stroke, kick, and paddle, every breath of life taken near or in the water, has Royal Life Saving NSW standing vigilant behind it. We are there in spirit, backing every water enthusiast, every casual swimmer, every child taking their first dip, and every elderly person relishing a soothing swim. We are committed to ensuring that we all enjoy a water way of life, safely and joyfully.

Royal Life Saving NSW is more than just an organisation – we are a pledge to our communities, a promise to protect and educate, a testament to the profound bond between Australians and their waters.

As we look ahead, our mission remains steadfast – to stand behind every moment in the water, ensuring it's safe and enjoyable for all, for their entire lives.







Adhering to our Values

Royal Life Saving NSW is unequivocally committed to delivering exceptional quality service to our communities, relentlessly seeking to enhance and enrich lives through our diverse range of lifesaving programs and initiatives. Our guiding principles are deeply embedded in honesty, respect, confidentiality, and compliance, providing a firm foundation for all our operations. We value transparency and integrity in our interactions, and we honour the trust placed in us by demonstrating uncompromising honesty in all our undertakings. Our respect for each individual in our community is reflected in our inclusive approach to service delivery, with an understanding of the unique needs and experiences of every person we serve. We ensure the highest level of confidentiality in our dealings, respecting the privacy and dignity of all members of our community.

Moreover, we are committed to strict compliance with legal and ethical standards, prioritising safety, quality, and reliability in all our endeavours. At Royal Life Saving NSW, we are more than a service; we are a promise to uphold these core values as we strive for a safer and better community.

Building our Strategy

At Royal Life Saving NSW, we are passionately committed to implementing a forward-thinking strategic plan that aligns with, and indeed propels, our organisational mission and objectives. Our plan encapsulates our commitment to fostering safer communities and promoting life-saving skills, while ensuring our actions and initiatives are tailored to meet the evolving needs of those we serve.

Guided by a profound understanding of our mission, and backed by thorough research and analysis, our strategic plan is built to deliver measurable and meaningful impact. From enhancing our training programs, expanding our reach, to driving innovation in our lifesaving strategies, each element of our plan is crafted to mirror our objectives and advance our vision. As we embark on this strategic journey, we reaffirm our unwavering commitment to delivering tangible results that resonate with our values and benefit our communities. Our strategic plan is not just a roadmap to our future; it is a testament to our dedication to serve, save, and inspire.



Strong Governance

At Royal Life Saving NSW, we are steadfast in our commitment to upholding strong, ethical governance as the cornerstone of our operations. We believe that effective and responsible governance is not just a requisite, but an embodiment of our dedication to our mission and vision.

Our governance framework emphasises transparency, accountability, and fairness, ensuring that our strategic objectives are met with the highest level of integrity and ethical conduct. Each decision we make, each strategy we adopt, is underscored by this commitment to ethical governance, creating a culture of trust and responsibility that permeates every level of our organisation. Our leadership team, staff, and volunteers are all guided by these principles, facilitating a cohesive effort towards achieving our organisational goals. We strive to set a benchmark for good governance within our sector, inspiring others by our example, as we continue our work towards building safer communities. Ethical governance at Royal Life Saving NSW is not merely an approach to leadership; it is our promise to our communities, our teams, and to ourselves.

The Board of Directors of Royal Life Saving NSW is instrumental in guiding the organisation and steering its strategic direction. Comprising individuals with a diverse range of expertise and experience, the Board ensures that the organisation operates in line with its constitution and company law.

Stable and Sustainable

Royal Life Saving NSW, focussed on its dedication to stability and sustainability, stands committed to creating a future where our mission flourishes and our services persistently meet the evolving needs of our communities. Our commitment to stability resonates in our organisational structure, our decision-making processes, and our consistent delivery of life-saving programs. We maintain a level of robustness that allows us to weather uncertainties, remain resilient, and always be there for our communities when they need us most.

Sustainability is woven into the fabric of our work – it's not just about longevity, but also about creating a meaningful, lasting impact. We strive to ensure that our lifesaving initiatives are sustainable, scalable, and capable of making a difference today and for generations to come. We continuously invest in resource efficiency, knowledge sharing, and capacity building, positioning ourselves as a sustainable organisation ready to respond to future challenges.

Our commitment to stability and sustainability goes beyond mere words. It is a pledge to our communities and stakeholders that we are a resilient, responsible, and future-focused organisation, prepared to safeguard lives now and into the future.



Our People

At Royal Life Saving NSW, our people are our greatest asset and the very heartbeat of our organisation. It is their unwavering dedication, passion, and commitment to our ideals and organisational intent that enables us to make a real, lasting impact in our communities. Each member of our team, from our frontline responders to our support staff, plays a vital role in promoting safety, preventing accidents, and saving lives.

We are deeply committed to nurturing, supporting, and appreciating our people, ensuring that they are equipped with the tools, training, and supportive environment necessary to excel in their roles. We believe in fostering a culture of mutual respect, inclusivity, and open communication where everyone feels valued and empowered. Moreover, we prioritise the health and well-being of our people, as they are not just our employees or volunteers, but also an integral part of the communities we serve.

Our commitment to our people is a reflection of our core values. It is their tireless dedication and effort that make us who we are, and we pledge to continue to invest in their development and well-being. After all, by taking care of our people, we are ensuring the strength and resilience of our organisation as a whole. In our mission to save lives, it is the lives of our own team that we value the most.

Our Customers

At Royal Life Saving NSW, we stand firmly committed to providing exceptional customer service, understanding that our ability to fulfil our mission is intrinsically tied to the experiences of the individuals and communities we serve. As an organisation driven by a mandate to save lives and create safer communities, our standards of customer service are not just high, but at the pinnacle of excellence.

Each interaction we have, every query we respond to, and every service we deliver is guided by our pledge to offer timely, respectful, and responsive service. We believe that every individual who reaches out to us, in need or for support, deserves to be treated with utmost dignity, empathy, and understanding. We seek to build meaningful relationships, characterised by mutual respect and open communication, with all those we engage with.

Further, we consistently strive to enhance our customer service by incorporating feedback, pursuing innovative solutions, and training our team to anticipate and address the unique needs of our customers.

Our commitment to superior customer service isn't just a business strategy, it is an expression of our core values and a testament to our dedication to the communities we serve. Our customers are our partners in creating safer communities, and we pledge to serve them with the highest degree of professionalism, empathy, and excellence.



Business and Organisational Integrity

We hold an unwavering commitment to business integrity as a fundamental pillar of our operations. We deeply understand that the trust and respect we garner from our communities, partners, and stakeholders are earned through consistent demonstration of ethical and transparent business practices. We maintain the highest levels of integrity in our decision-making, resource allocation, and execution of our lifesaving initiatives. Our commitment to honesty and transparency in all aspects of our work ensures that our actions always align with our mission and values. We refuse to compromise on these principles, no matter the circumstance, as we recognise that our credibility is vital for our continued success and community impact. Further, we place a strong emphasis on open communication and accountability. We believe that our stakeholders deserve a clear understanding of our strategies, decisions, and actions. This is reflected in our efforts to share our performance reports, financial information, and strategic plans in a timely and comprehensive manner.

Integrity is not just a virtue, but a non-negotiable standard in our business conduct. It is a promise to our communities, our team, and ourselves, that we will always act in a manner that upholds our reputation, strengthens our mission, and contributes to a safer community.

Challenges Faced by our NSW Communities

Over the past year, our New South Wales communities have encountered a range of challenges that have tested our collective resilience and adaptability. The cost-of-living crisis, in particular, has presented unprecedented difficulties that have affected all facets of our lives, including our ability to engage in safe aquatic activities.

Environmental changes have played a significant role in shaping the context of our operations. Increased unpredictability of weather patterns, alongside rising water levels and changes in the quality of our waterways, have impacted how and when our community can engage with aquatic environments. These changes require a continuous review of our safety protocols and educational efforts to ensure that everyone can enjoy water-related activities safely and responsibly.

The ongoing impacts of inflation have also presented challenges, affecting the affordability of essential equipment, swimming lessons, and life-saving training. The financial burden can impede participation in aquatic activities and potentially compromise safety as individuals may attempt to navigate our waterways without adequate preparation or equipment.

The combination of reduced proficiency and a heightened desire to visit our vast aquatic environments raises serious concerns. Increased exposure to waterways without adequate skills and knowledge can lead to potential risks and unfortunate consequences. This is a significant challenge that our organisation, in collaboration with our partners and the wider community, must urgently address.

Looking forward, these issues underscore the need for us to enhance our efforts and respond more effectively. Our priority is to ensure that all individuals can participate in aquatic activities safely, irrespective of the challenges we face. The lessons learned from the past year will undoubtedly shape our strategic focus and actions in the coming year, as we continue to work towards creating safer aquatic environments for all.





A Collaborative Future

As we chart the course for our future, Royal Life Saving is dedicated to fostering a proactive response that builds capacity and resilience in our communities. We are committed to providing the necessary resources and support to navigate the shifting landscapes of our world.

Adaptation will be at the heart of our approach, in order to meet changing political, stakeholder, and community circumstances and opportunities. Engaging communities more strategically and consistently, analysing community patterns – including population trends, aquatic usage, and public policy – and fostering innovation are crucial elements of our roadmap.

In an increasingly complex and dynamic post-pandemic world, collaboration with our industry partners becomes more important than ever. By enhancing consultation and engagement, we can build a common voice that advocates for better outcomes for the communities of New South Wales.

We remain committed to our partnerships and will continue to work towards greater humanitarian outcomes. We are particularly mindful of those burdened by socio-economic disadvantage, isolation, or prejudice, and will strive to provide them with the support and assistance they need.

Royal Life Saving's stakeholder investment strategy is designed to raise awareness through strong advocacy and provide practical solutions to address water safety priorities. By understanding the triggers and causal patterns of fatal drownings, we can develop interventions that change behaviours, build resilience, and enhance skills.

As we move forward, we will initiate the implementation of our framework for measuring social impact across our strategic priorities. This will enable us to quantify our contributions and guide our future actions.

Technology is a crucial enabler of our strategy. We are leveraging digital technology, data, and automation to improve our products, processes, and systems to better meet community needs. Our key priorities include maintaining business safety and resilience in the face of ongoing challenges such as the cost-of-living crisis and increasing cybersecurity threats.

We aim to architect our technology for the future, making our systems more efficient and flexible. We will harness the power of data, digital, and automation to create personalised and seamless customer experiences. Lastly, we will focus on transforming our ways of working, building internal capabilities and leveraging our technology and business process partners.

In essence, we envisage a future where Royal Life Saving, together with our key partners, builds a safer and more resilient aquatic community through our concerted, collaborative efforts.

By the end of our strategic plan, Royal Life Saving NSW will be recognised as the leading facilitator for swimming and water safety as an integral part of the Australian way of life. Our employees will feel energised by their roles, experiencing fulfilment in their career aspirations.

At-risk communities, irrespective of who they are, will be well educated and skilled to enjoy our waterways safely. Human networks, serving as a crucial part of our mission's success, will feel supported and celebrated. Governments will demonstrate a committed investment in the growth of swimming and water safety through Royal Life Saving NSW.

Our partners will share our commitment to unite and inspire others, witnessing significant value in their investments. Risk sector and land managers will acknowledge our profound expertise in maintaining the safety of our aquatic communities. Finally, the aquatic industry will align with our commitment to collaboratively grow the sector so that our waterways can be enjoyed by all.

At the culmination of our strategic plan, Royal Life Saving NSW will stand as a symbol of safety, collaboration, and enjoyment for aquatic activities across all Australian communities.

As we move towards our envisioned future, we anticipate a transformative shift in our public pools, aquatic participation, and the way we service our communities' ever-changing needs concerning water-based activities.

In this ever-changing world, we envision a future where all Australians can engage, experience, and enjoy our aquatic environments safely and confidently – a true "water way of life".



2023 – 2024 Highlights

Key achievements made by Royal Life Saving NSW during the 2023–24 period.

- Maintained partnerships with 94 public pools under the Keep Watch @ Public Pool program.
- Successfully completed 85 Aquatic Risk Audits.
- Undertook 184 Mystery Guest assessments.
- 67 five-star facilities across NSW.
- Issued 78,392 vocational accreditations, with a significant number (43,943) in regional NSW.
- Partnered with 430 registered pre-schools.
- Expanded to over 200 public pool training locations.
- Accredited 6,266 Pool Lifeguards across NSW.
- Received $700,000 in core support from the NSW Government.
- Provided $300,000 in fee-free training for the aquatic sector.
- Delivered $300,000+ in fully subsidised education programs in Metropolitan Sydney.
- Engaged 250,000+ participants in a Royal Life Saving program or service.
- Enrolled 2,046 children in the Swim and Survive Vacation program in regional remote NSW.
- Trained 2,500 new Swim Teachers.
- Enabled 31,508 teachers to complete CPR, First Aid & Anaphylaxis training.
- Had 50 industry employees complete a leadership program.
- Achieved 56,212 online enrolments in swimming, water safety and lifesaving programs.
- Generated $1,000,000 in lifesaving product revenue.
- Achieved a high customer satisfaction rate (98%) from vocational training students.
- Supported 4,000 children per week learning to swim at our Academies.
- Received $100,000 in NSW Government support for Project Harmony.
- Developed 43 partnerships with swimming pools for the SwimVac Program.

This list serves to reflect the immense progress and success achieved by Royal Life Saving NSW in advancing water safety and swimming competence across the state.

Regions and Academies

Our Regions

The regional offices of Royal Life Saving NSW are the pillars of our organisation, playing an essential role in turning our vision into reality and advancing our mission across the state. They are the local faces of our organisation, making a tangible difference in their communities by delivering our vital programs and services.

The diverse geographical spread of NSW presents unique challenges, and our regional offices are at the forefront of addressing these. Their intimate knowledge of the communities they serve enables them to tailor programs to meet local needs and opportunities. They work tirelessly to ensure that our water safety education, lifesaving training, and community health programs reach even the most remote corners of our state.

Our regional teams go above and beyond in engaging local communities, fostering strong relationships, and promoting the benefits of water safety and enjoyment. They are dedicated advocates and ambassadors of our mission, ensuring that the values and goals of Royal Life Saving NSW resonate with every person they reach.

The ongoing success of our regional offices lies in their financial stability and the resources they have to continue their important work. They are empowered by the support from our central office, fostering a synergy that enables them to operate effectively and sustainably.

The collaboration between our Sydney-based units and our regional offices is critical, ensuring a seamless, consistent level of quality and support across all services. This mutual partnership is a testament to our commitment to equipping each regional office with the necessary resources and support to thrive.

We salute the dedication, perseverance, and passion of our regional teams. They are the heart and soul of Royal Life Saving NSW, embodying our mission and making a significant difference in the lives of countless individuals and communities.

The collective work of our regional offices ensures that our mission of fostering a culture of safety, resilience, and active participation in aquatic activities is realised in every corner of NSW.

We are committed to their growth, we celebrate their achievements, and we look forward to a future filled with even greater impact.



Our Regional Future

Going forward we are appealing for government and community support to establish permanent offices for Royal Life Saving NSW in Wagga Wagga, Orange, and Tamworth. These offices are crucial in our mission to bring key services, programs, and vital water safety education to our regional and remote communities, which are unfortunately overrepresented in the state's fatal and non-fatal drowning statistics.

Each year, our inland waterways continue to record high numbers of fatal and non-fatal drowning incidents. This tragic reality underscores the urgent need for a permanent Royal Life Saving presence in these areas. By establishing offices in these key regional locations, we can actively and effectively deliver our life-saving programs and services to these communities, offering them consistent and timely access to water safety education and resources.

A local Royal Life Saving office means more than just a physical presence; it is an ongoing commitment to safeguarding our communities, an assurance that help and expertise are just around the corner, and a message to our regional and remote communities that they are not alone in tackling water safety issues.

Through this initiative, we hope to significantly reduce the prevalence of water-related incidents in these regions and foster a culture of water safety that will protect current and future generations.



Hunter



Tanya Brunckhorst

The Hunter Regional Office has made significant strides in revitalising swimming and lifesaving programs across the region during the 2023–2024 year. After a three-year hiatus due to the impact of COVID-19, the focus was on re-engaging with the community, particularly in the school network, to educate local teenagers about risk-taking behaviours and provide funded swimming lessons to low-income families in regional areas.

The summer months saw a robust effort to reinstate essential skills and safety awareness. We began by training over 300 school teachers in the "Perform Water Rescues" course. This training is crucial, as it enables teachers to safely supervise students during water-based excursions, such as fishing, school camps, and beach visits. The response from the school community has been overwhelmingly positive, recognising the importance of this training for student safety.

In addition to teacher training, we successfully implemented a range of funded swimming programs, including learn-to-swim programs at Cessnock and Newcastle for disadvantaged children. This initiative was made possible through the generous funding from Clubs NSW, specifically Cessnock Leagues Club, East Cessnock Bowling Club, and The Wests Group.

These programs have provided vital swimming skills and water safety knowledge to children who might not otherwise have had the opportunity to participate.

One of the standout achievements this summer was receiving the Port Stephens Council Community Grant funding. This funding enabled us to deliver a Teen Life Saving Program to 100 Year 8 students at Tomaree High School. The program addressed the significant drop in swimming carnival participation due to the pandemic, changing family circumstances, and financial pressures that affected learn-to-swim lessons. Tomaree High School, with its many students owning small boats and frequently recreating in and around the Port Stephens waterways, was an ideal setting for this initiative.





The project involved a collaborative effort between the local Tomaree Aquatic Centre, Royal Life Saving, and Tomaree High School. It began with training teaching staff to obtain their Perform Water Rescues Qualification and inducting them into the Royal Life Saving Junior Lifesaver program. The funding also facilitated the purchase of equipment for the school, ensuring the program's sustainability. Given the coastal location of Tomaree High School and recent local drownings, Marine Rescue staff attended the two-day program, providing essential education on safe boating practices, including lifejackets, flares, and weather checks.

Students engaged in a variety of water-based activities from the Royal Life Saving Junior Lifesaver program, including rescues, swimming activities, flotation, and safe entries and exits. The pilot program was a resounding success, with 15 teachers fully trained and accredited to run future programs, stronger relationships forged between the school and the pool, new connections established with the local Marine Rescue Team, and essential equipment supplied to the school. The success of this program has ensured that swimming and lifesaving programs are now firmly embedded in the school calendar and culture.

We extend our gratitude to all our partners, volunteers, and the broader community for their unwavering support and dedication. The achievements of the Hunter Regional Office this year underscore our commitment to enhancing water safety and lifesaving skills across the region. We look forward to continuing this important work in the coming year.



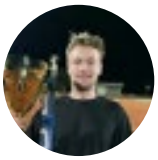




"The new program helping Illawarra women overcome their fear of water."

Originally published by the Illawarra Mercury – Natalie Croxon, Journalist, 31 March 2024

Illawarra



Jake Ritchie

Empowering Women from Culturally Diverse Backgrounds in Water Safety

This year, the Illawarra Office of Royal Life Saving has been proud to support a groundbreaking initiative aimed at helping women from culturally and linguistically diverse (CALD) backgrounds overcome their fear of water and, for many, learn to swim. Launched in collaboration with Warrawong Community Hub and with funding support from Figtree Sports, the program has given 30 local women the opportunity to take part in a life-changing 10-week swimming course at McKeon's Swim School.

For many of these women, cultural barriers and personal trauma have previously prevented them from engaging in swimming programs. Some participants have never had the chance to learn to swim due to the environments they grew up in, while others have been deeply affected by the loss of a loved one to drowning. As Ms. Farah Alashhab, the leader of Warrawong Community Hub, emphasised, the goal of this program was to provide these women with a safe, supportive, and women-only environment where they could begin to overcome their fears and, potentially, learn to swim.

A Response to High Demand

The demand for this program was evident from the beginning. With 50 applications for just 30 places, Ms. Alashhab had to adopt a 'first come, first served' policy. The program runs for two hours every Saturday, with McKeon's Swim School providing the participants with exclusive access to the pool and instructors during this time. This structure ensures that each participant receives the personal support and guidance they need to build confidence in the water.

Among the participants is Suham Ali, an Iraqi-born woman who had never had the opportunity to swim in her home country, where access to swimming facilities was limited. She, like many of the women in the program, initially joined because of a fear of water. Already, after just two lessons, Mrs. Ali has begun to gain confidence, encouraged by her daughter and the supportive environment.



Women from Warrawong Community Hub, which facilitates a learn-to-swim program for women.

PICTURE BY SYLVIA LIBER

Addressing a Broader Community Need

Jake Ritchie, Royal Life Saving's regional manager for the Illawarra, highlighted the critical need for programs like this. He pointed out that 35 percent of people born overseas identify as poor or non-swimmers, a particularly concerning statistic in a country surrounded by water. Through initiatives like this one, Royal Life Saving aims to address this gap, helping these women feel more comfortable in aquatic environments and ultimately ensuring their families are safer around water.

As Mr. Ritchie noted, "this program doesn't just change the lives of the 30 women participating. It has the potential to impact their entire families, giving them the confidence to bring their children to the beach or pool and encouraging a generational shift in water safety awareness."

Looking to the Future

The success of this year's program has already sparked discussions about continuing and expanding the initiative in the years to come. Both Mr. Ritchie and Ms. Alashhab are committed to securing additional funding for 2025 and beyond, with the hope that many of the women from this year's program will return to further develop their skills.

Ms. Alashhab remains optimistic that through regular participation and practice, these women will not only conquer their fears but also become proficient swimmers, ensuring their safety and well-being in aquatic environments.

Northern



Jason Phillips

ARMIDALE SUB BRANCH

A Legacy of Lifesaving Education

The Armidale Sub Branch has been a cornerstone in promoting water safety and lifesaving skills in the New England region for over five decades. As the last remaining Sub Branch in Australia, its legacy will now continue through the newly established Member Facilitator network model, ensuring that the vital role the branch played in schools is preserved.

Over the years, tens of thousands of students have participated in the Swim and Survive and Bronze Medallion programs, learning essential water safety skills under the expert guidance of a committed network of Examiners and Facilitators. Although the governance activities of the Armidale Sub Branch have ceased due to changes in vocational training and facilitator requirements, the local member network will still receive support from the Northern Regional Office, maintaining the region's long-standing dedication to aquatic education.

WORKPLACE CPR TRAINING

A Life-Saving Initiative

The importance of CPR training was clearly demonstrated at the Coffs Harbour Golf Club when a member suffered a sudden cardiac arrest. Thanks to the prompt action of the club staff, who provided early CPR and used the Club's Philips HeartStart AED, the individual survived and has since returned to the course.

Following this event, the Club's management prioritised CPR and AED training for all staff, reaching out to Royal Life Saving as their trusted training provider. The Northern Regional Office structured a comprehensive training program for staff across all departments, from Grounds and Greens to administration and management, ensuring everyone was equipped with the skills to respond to emergencies.



Armidale Sub-branch



Coffs Harbour Golf Club staff

NSW HEALTH ENVIRONMENTAL HEALTH OFFICERS

Pool Water Testing Training

This year, the Northern Regional Office played a critical role in enhancing public pool safety by providing accredited training in Pool Water Testing to NSW Health Environmental Health Officers. This training took place across various towns in NSW and aimed to align Health Officers' skills with those of local pool managers and aquatic technical operators. By doing so, the training ensures consistency in the testing and maintenance of public swimming pool water quality, which is essential for public health and safety.

TRAINER DEVELOPMENT

Supporting Our Workforce

A key priority for the Northern Regional Office has been the professional development of our Vocational Trainers, who are fundamental to the delivery of Royal Life Saving's programs across the aquatics, education, and corporate sectors. Over the past 12 months, many Trainers have accessed free webinars, online learning modules, and industry workshops, helping them stay current with the latest industry practices. Several Trainers also had the opportunity to attend conferences and upgrade their qualifications, ensuring they continue to meet the high standards expected by our partners and clients.

We are immensely proud of the dedication and passion shown by our Trainer Network, whose expertise and commitment have been crucial in meeting the training demands of our stakeholders. Their ongoing development ensures that Royal Life Saving remains a trusted provider of essential lifesaving skills across Northern NSW.





Royal Life Saving Northern Trainers Andrew and Keith



Riverina

Verity Smith, Manager

The 2023–2024 year has been notably busy and productive for the Riverina Regional Office of Royal Life Saving NSW. Our team has actively engaged with the community and key stakeholders, focusing on our core offerings of Pool Lifeguard, Swim Teacher, and First Aid training. We have consistently met the needs of the NSW Department of Education by fulfilling mandatory requirements and upskilling staff in anaphylaxis, CPR, and first aid training across a vast region, from Broken Hill to Bombala.

We are pleased to welcome Gus Bormann back to the Riverina Office in the newly established full-time role of Riverina Training & Development Officer. Gus brings extensive experience from his 20 years with Royal Life Saving, addressing the training void left by Riverina Regional Manager Michael Dasey, who is currently on extended leave after 21 years of dedicated service. Gus's expertise has been a valuable asset, and he has been warmly received.



Outback Lifesaver Program

Key highlights of 2023–2024 for the Riverina Office include:

Collaborative Training Initiative

In partnership with NSW Ambulance and the Oasis Regional Aquatic Centre, we facilitated a hands-on, simulation-based emergency training exercise. This exercise simulated a real-life emergency scenario, covering all aspects from recognising and responding to an emergency to performing aquatic casualty retrieval, initiating CPR, and collaborating with emergency services.

NSW Ambulance's Intensive Care and Special Operations paramedics guided the simulation, providing invaluable practical experience for lifeguards and swim teachers and insight into advanced emergency equipment use, such as the LUCAS device. NSW Ambulance staff also benefited from observing the water rescue and resuscitation session by first responders.

Partnership with the Clontarf Foundation

We continued our partnership with the Clontarf Foundation to provide Bronze Medallion training for their staff in the Riverina area. The Clontarf Foundation's unique approach harnesses the passion of young Aboriginal and Torres Strait Islander men for sport to increase school attendance and engagement. We are proud to be associated with the Foundation, equipping their staff with skills to offer aquatic activities that align with the Foundation's goals.

Outback Lifesaver Program

The Outback Lifesaver program returned to Wagga Wagga for its fourth year. This initiative, a partnership between Wagga Wagga City Council, Oasis Regional Aquatic Centre, and Royal Life Saving NSW, was coordinated by the Oasis Regional Aquatic Centre this year. The program focused on enhancing water safety and lifesaving skills among young residents of Wagga Wagga and surrounding areas. Though conducted at the Oasis Aquatic Centre rather than the Murrumbidgee River, the emphasis remained on education related to water safety, particularly in inland waterways.

I would like to extend my gratitude to our network of volunteers, facilitators, trainers, facilities, and clients for their continued support, dedication, and hard work over the past twelve months. As we look ahead to the next year, we anticipate an exciting period and remain committed to delivering valuable services to the Riverina Region.

Western

Alison Middleton, Manager

The 2023–2024 year marked a significant period of revitalisation for the aquatics industry in the western region, building upon the foundational work laid after the disruptions caused by previous shutdowns and catastrophic flooding. The Western Regional Office, in collaboration with the Orange Aquatic Centre, made substantial strides in addressing local workforce needs through the Regional Industry Education Partnership (RIEP) program, offered by Training Services NSW.

This year, we focused on training and providing employment opportunities for local senior high school students as Learn to Swim instructors and Pool Lifeguards at the Orange Aquatic Centre. The Centre had identified a critical staff shortage leading into the summer season, and the RIEP program enabled us to offer free training to selected candidates. This initiative was crucial, given the findings of the most recent National Aquatic Industry Workforce Report 2023 by Royal Life Saving Australia, which estimated a workforce shortfall of around 5,000 workers over the summer season of 2022–2023 compared to 2019.

Through the partnership program, 18 local high school students successfully gained the Swim Teacher Skillset (SISSS00112 – Swimming and Water Safety Teacher + HLTAID009 Provide CPR). Of these, 17 have commenced work as Learn to Swim Instructors at the Orange Aquatic Centre. Additionally, eleven students acquired the Pool Lifeguard Skillset (SISSS00133 – Pool Lifeguard + HLTAID009 Provide CPR), with nine of them now employed as lifeguards at the Centre. This outcome not only addressed the immediate staffing needs of the Orange Aquatic Centre but also provided valuable skills and employment opportunities for local youth.

As we look forward to a promising season ahead, we are eager to explore further partnership opportunities to strengthen the aquatics industry across the western region of NSW. The success of this year's initiatives demonstrates our commitment to supporting local communities and enhancing water safety through quality training and employment pathways.

We extend our gratitude to our partners, including the Orange Aquatic Centre, Training Services NSW, and the participating schools and students. Together, we are building a stronger, more resilient aquatics industry for the future.





Together, we are building a stronger, more resilient aquatics industry for the future.



Denistone East Academy

Our Academies

Bernadette

At Royal Life Saving, we understand the importance of sound asset management. These assets include our Aquatic Safety Training Academy precincts. We operate and maintain a variety of assets, all geared towards providing communities with unrestricted access to our programs and services. These assets range from training materials and rescue equipment to our Aquatic Safety Training Academy precincts.

Our Academy precincts serve diverse sectors, offering community development and industry innovation. They stand as centres of excellence, providing resources and services that are vital to the enhancement of water safety skills and knowledge. As we look towards the future, we acknowledge the necessity of strategic planning to ensure maximum value and extended useful economic life of our assets. We are committed to appropriately managing, maintaining and expanding these assets to cater to our growing needs and to continue providing top-tier services to the community.

We envisage a future where our precincts expand and our asset base grows, allowing us to reach and impact more communities. Our asset management strategy will remain aligned with our core mission: to make water safety accessible to everyone. We will continue to strategically invest and maintain our assets to support the delivery of our lifesaving programs and services, ultimately aiming to reduce the incidence of drownings and water-related accidents.

We have much to celebrate with the tremendous achievements and contributions of our Aquatic Safety Training Academies located in Seven Hills and Denistone East. These centres of excellence have been pivotal in delivering our mission, providing accessible and comprehensive services and programs to all sectors of our community. Our academies have stood as beacons of development and innovation in the aquatic safety sector. They have provided a multitude of life-saving programs, training courses, and educational initiatives, equipping individuals with essential water safety skills and fostering a safer and more resilient community.

The impact of our academies extends beyond teaching survival skills and promoting safe water practices. They have become integral parts of their respective communities, driving community development, inclusivity, and empowerment. The heart of our academies' success lies in our dedicated and passionate workforce. Their unwavering commitment and ability to inspire have been pivotal in engaging the communities we serve. Their energy and passion have turned our facilities into vibrant community hubs that not only teach vital skills but also foster a sense of community spirit and cohesion.

The future growth and expansion of our academies will be strategically planned to maximise the value and economic life of our assets. This will further enhance our ability to serve and benefit our communities.

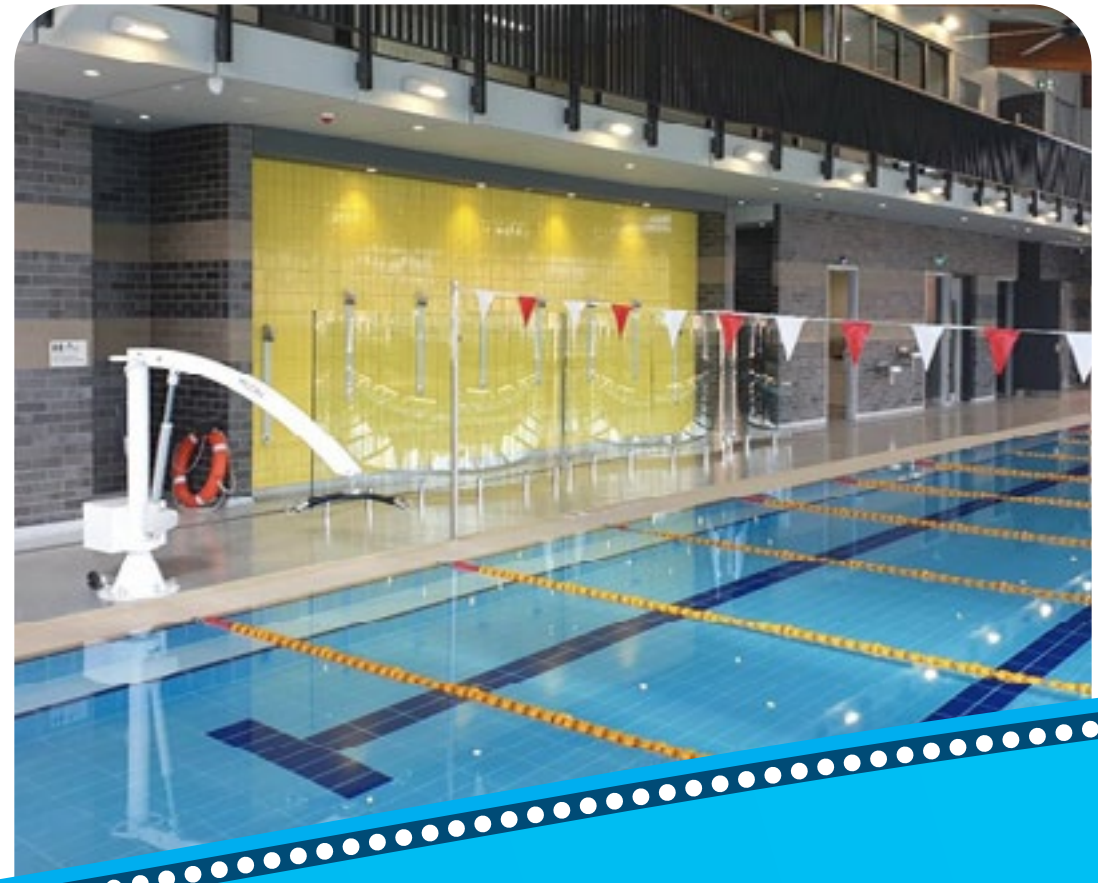
Our work would not be possible without the significant support we receive from our partners. In particular, we extend our heartfelt gratitude to Seven Hills RSL Club for their ongoing support of the Aquatic Safety Training Academy in Seven Hills. Their direct funding of many of our community initiatives has significantly aided our mission and shown a profound understanding and appreciation of the importance of local community resilience and development. We are incredibly thankful for their commitment, and we look forward to continuing our collaboration in the future.

To the Management, Board, and Members of the Club – we extend our deepest appreciation. Your support empowers us to continue making a real difference in the lives of individuals and communities across Western Sydney. Together, we are making our waterways safer for all.

The Aquatic Academy offers the communities in and around Sydney a range of services at our state-of-the-art facilities. These include:

- Learn to Swim and Survive programs (for ages 6 months to adults)
- Swimming training and fitness squads
- Resuscitation (CPR) and First Aid courses/updates
- Pool lifeguard and vocational industry career pathways (including Aquatic Technical Operations)
- Swim Teacher Courses
- Disability initiatives through our long-standing relationship with Rainbow Club Australia.

To learn more about our Seven Hills or Denistone East facilities, along with the wide array of programs and services we offer, please visit our website.



NSW Fatal Drowning Report 2023–24

A copy of the report can be found at www.drowningprevention.org.au



Summer Report

The Royal Life Saving Summer Drowning Toll recorded 99 drowning deaths across Australia between 1 December 2023 and 29 February 2024. Tragically this is a 10% increase on the 90 drowning deaths recorded last summer and 5% increase on the 5-year average of 94 drowning deaths.

We remain ever mindful of the people whose lives have been lost or impacted by drowning, including the many families affected by the loss or long-term injury of a loved one.

The highest number of drowning deaths were recorded in New South Wales (30, a 17% decrease from last summer), Victoria (27, a 23% increase from last summer) and Queensland (22, a 57% increase from last summer).

Males remain over-represented, consistent with annual drowning trends. Over a quarter of all summer drowning deaths were among people aged 55 years and over. Ten children (0–14 years) drowned this summer, up 66% from the same time last year.

Similar to previous years, drowning deaths most commonly occurred at beaches and rivers/creeks. Compared to last summer, drowning deaths at ocean/harbour locations increased, whereas drowning at swimming pools decreased.

2023–2024 Summer drowning trends:

- 26% of all drowning deaths occurred during the week between Christmas and New Year.
- 26% of people who drowned were older adults aged 55 years and over.
- 10% were children aged 0–14 years.
- 7% were flood-related (Queensland and Victoria).
- All States/Territories reported an increase in drowning compared to last summer except New South Wales, ACT and SA.
- 10% were reported as being overseas tourists on holiday in Australia.
- Many drowning deaths occurred at unpatrolled, isolated locations, including beaches, rivers, lakes and dams.

Sustained patterns of drowning deaths at unpatrolled open water locations including rivers, lakes and at beaches underscore just how important swimming skills are. The summer has again highlighted that children who miss out on lessons, become teenagers and adults at increased risk of drowning.

While the Summer Drowning Toll numbers are helpful for timely tracking of drowning deaths, Royal Life Saving cautions against relying only on data from one summer to make important decisions regarding drowning prevention policy, funding, or programs.

Royal Life Saving is advocating for long-term investments to ensure everyone in the community has access to safe places to swim year-around, including at community swimming pools, especially at a time when many pools are closing and community infrastructure is being lost.

Royal Life Saving wants everyone to enjoy the water safely, follow these five safety tips to stay safe:

01 Always supervise children around water
02 Avoid alcohol around water
03 Wear a lifejacket when boating and fishing
04 Know the conditions
05 Avoid going alone.



A copy of the report can be found at www.drowningprevention.org.au

Miller L, Koon W, Pidgeon S. (2024) Summer drowning report 2023/24: An investigation into drowning in Australia between 1 December 2023 and 29 February 2024, Royal Life Saving Society – Australia. Sydney.

02 /

Our Achievements



Leadership & Collaboration

Leading and coordinating an aquatic community.

Strengthening our Position

Our long history and investment in drowning prevention has ensured our status as a peak entity. Our leadership responsibilities position us to develop and support key sector policy, plans and agenda. Building sector and community intelligence via our actions ensures safer aquatic communities.

Goal	We will engage with government, community, corporates, and industry to ensure high quality outcomes and aquatic prosperity. We will lead and drive our collective agendas to ensure our communities have genuine access to aquatic solutions and services no matter where they reside or visit.
Actions	> Increase visibility of the organisations brand. > Strengthen and broaden our partnerships with purpose-driven organisations that support our vision and goals. > Solidify our position as the lead agency for the aquatic industry advocacy and engagement.

Increasing Visibility of Brand, Core Message, and Protection of Integrity

As a highly valued and trusted brand, Royal Life Saving NSW is committed to planning and coordinating strategies that increase sector awareness and articulate our organisational intent. Our reputation brings trust to our messaging and advice, and we continuously strive to partner with key stakeholders to maximise exposure and acceptance.

Australia's affinity with water, from our local pools, lakes, and rivers to our beaches and bays, is an integral part of our national identity. However, many of us overestimate our skills in and around the water, resulting in hundreds of drownings each year and countless more close escapes. This discrepancy between perceived and actual aquatic competence presents a significant risk to ourselves and others.



The significant influx of migrants and refugees has added to these risks, as many recent arrivals are unfamiliar with our aquatic environments and associated behaviours. Additionally, it is estimated that millions of lessons have been missed due to the pandemic and rising cost of living, potentially leading to tragic consequences for many and creating a generation of non-swimmers now and in the future. Given our lifestyle, swimming is not just a recreational activity but a vital life skill. Lack of swimming proficiency diminishes the enjoyment of life and puts lives at risk.

As custodians of water safety, Royal Life Saving NSW acknowledges its responsibility to leverage its brand and reputation to ensure all communities have access to vital swimming and water safety programs. Our mission continues to be to safeguard lives and create a safe, enjoyable aquatic environment for all.

By increasing the visibility of our brand and core message, we aim to reach wider audiences and reinforce the importance of water safety. Protecting the integrity of our brand is essential in maintaining the trust and confidence of the public, enabling us to effectively deliver our life-saving programs and initiatives. Our strategic role in this endeavour is critical, as it helps us navigate the evolving landscape of water safety and ensures that we remain a leading authority in the sector.

Royal Life Saving NSW will continue to advocate for water safety education, promote the value of swimming as a life skill, and collaborate with key stakeholders to address the challenges and risks faced by our communities. Together, we can make a significant impact in preventing drownings and fostering a culture of safety and awareness around water.



CASE STUDY

Are you Summer Ready?

The summer months are the most lethal when it comes to fatal drowning incidents, making it critically important for communities to be well-prepared to avoid aquatic accidents.

Recognising this, Royal Life Saving NSW launched the "Are You Summer Ready?" campaign during the summer of 2023–2024. This initiative aimed to equip communities with the knowledge and tools needed for a safer summer.

As part of the campaign, Royal Life Saving NSW developed a series of simple, Summer-Ready Checklists, offering practical tips for staying safe around water. These resources were tailored to a variety of aquatic environments, including pools and rivers, and provided specific information for families and individuals over the age of 65 – a group particularly vulnerable to drowning incidents.

To ensure broad accessibility, a range of social, digital, print, and translated resources were created and distributed. These materials emphasised the importance of preparation before visiting an aquatic location or participating in an aquatic activity, underscoring the fact that taking simple precautions can significantly reduce the risk of drowning.

The "Are You Summer Ready?" campaign is a vital part of Royal Life Saving NSW's ongoing commitment to promoting water safety and preventing drowning across all communities. By providing clear, actionable guidance, we aim to make every summer a safer one for everyone.





Strengthening and Broadening Partnerships to Fulfil Our Vision

Royal Life Saving NSW places great importance on collaboration to effectively address the water Royal Life Saving NSW places great importance on collaboration to effectively address the water safety agenda. Our working relationships with government and strategic entities enable us to influence change, develop policy, create guidelines, and provide vital services. We lead and assist in identifying priority water safety agendas, establishing strategies based on evidence and expert opinion.

The fiscal year 2023–2024 was marked by significant challenges. The rising cost of living impacted many families and communities, affecting our capacity to deliver services and meet priority objectives with key partners. However, these challenges underscored the importance of our strategic role in fostering and expanding partnerships that further our organisational vision and goals.

Looking ahead, increasing healthy and active aquatic participation will remain a priority for both Royal Life Saving NSW and our community and government partners. Many of our organisational goals depend on a robust aquatic sector, capable of engaging directly with communities across NSW. Yet, this sector has faced substantial burdens, including a lack of community confidence, service reductions, and broad workplace employment issues.

Moreover, we have noticed that many children and disadvantaged communities have not returned to swimming and water safety programs. This gap could have significant future consequences for their aquatic proficiency and abilities. As we move forward, our collaborations with the community and government will need to adapt to the changing expectations of our communities and devise tailored solutions to meet their needs.

Despite the complexities over this period, Royal Life Saving NSW maintained a key leadership role, resulting in newly implemented policies to assist with community engagement and workforce development. This highlights our commitment to adapting and overcoming challenges, underpinning our ongoing mission to ensure the safety and well-being of all those engaging with our aquatic environments.

By strengthening and broadening our partnerships, we can continue to make significant strides in promoting water safety, supporting community engagement, and developing a skilled and resilient aquatic sector.

CASE STUDY

Project Harmony

In an effort to combat the alarming rates of drowning incidents among vulnerable communities, Royal Life Saving NSW and the NSW Government have joined forces to launch Project Harmony. This groundbreaking initiative is designed to provide essential swimming lessons to 1,000 children residing in communities with the highest drowning risks across the state, effectively removing barriers to participation in such vital lifesaving skills.

With a significant $100,000 investment from the NSW Government, in collaboration with local governments in Western Sydney and the invaluable support of local pools and community leaders, Project Harmony is set to make a profound impact. The program specifically targets children aged three to six years who have not yet enrolled in school, offering them 10 complimentary swimming lessons. For many of these children, this may be their first experience with water, making the program an essential introduction to water safety.

At the heart of Project Harmony lies a commitment to inclusivity and accessibility. Families who have not yet utilised their child's First Lap voucher can now participate in the program free of charge upon redeeming their voucher, ensuring that financial constraints do not prevent access to these life-saving skills.

The launch of Project Harmony took place at the Whitlam Leisure Centre in Liverpool on Thursday, 4 April 2024, underscoring the significance of this initiative. The event was graced by esteemed guests including the Member for Liverpool, Charishma Kaliyanda, CEO of Multicultural NSW Joseph La Posta, along with many community leaders. Their presence marked the beginning of a transformative journey towards water safety for the region's most vulnerable children.

Project Harmony plays a critical role in bridging the gap in swimming and water safety skills. Long-term drowning data reveals a stark reality – 8 out of the 12 local government areas in Australia with the highest drowning rates are situated in Western Sydney. This initiative is our proactive response to safeguarding the next generation from the perils of drowning.

A heartfelt thank you goes out to Blacktown Council, Camden Council, The YMCA, Canterbury Bankstown Council, Cumberland Council, Georges River Council, Bluefit Swimming, The Hills Shire Council, Parramatta Council, Liverpool Council, and Belgravia Leisure. Your commitment to ensuring that every child has the opportunity to learn vital water safety skills has made a lasting impact.

As we look ahead, we are pleased to announce that Project Harmony will continue to be supported throughout 2024, further extending our reach and ensuring that more children from disadvantaged backgrounds have access to life-saving aquatic education. Together, we are making a difference, one child at a time.



Ms Charishma Kaliyanda
MP Member for Liverpool



Mr Joseph La Posta
Multicultural NSW – CEO



Implementing Initiatives Aligned to Core Agenda and Community-Supported Priorities

Implementing targeted and tailored solutions that address key water safety priorities is central to our mission at Royal Life Saving NSW. Through awareness campaigns, education initiatives, training programs, and other bespoke solutions, we strive to ensure long-term benefits and outcomes for our communities.

The past 12 months have presented significant disruptions to traditional swimming and water safety education for our children and vulnerable communities. Financial constraints and workforce losses have profoundly affected the timing and availability of essential services. Moving forward, we will increase our emphasis and support to ensure children have access to comprehensive swimming and water safety programs. The collaboration of the aquatic and education networks, along with community support, will be instrumental in addressing gaps and disadvantages that may have arisen due to these disruptions.

Royal Life Saving NSW has remained steadfast in our focus on increasing participation opportunities in water safety, swimming, survival, and water safety programs. We strive to equip those without aquatic proficiencies with the skills and resilience they need to understand the risks and dangers around our aquatic environments, while simultaneously ensuring they can enjoy aquatic activities and experiences now and in the future.

Furthermore, we have directed resources towards our community and aquatic industry network and key partners to enable them to provide programs and services that consider health, social, and wellbeing factors. By prioritising these initiatives and investing in our communities, we aim to build a safer and more informed aquatic environment for all.

Our strategic role in implementing initiatives aligned with our core agenda and community-supported priorities ensures that we remain responsive to the evolving needs of our communities. By continuously evaluating and adapting our approaches, we can effectively address the challenges and opportunities that arise, reinforcing our commitment to water safety and drowning prevention.

CASE STUDY

Drowning Prevention Plan – Hawkesbury

At Royal Life Saving NSW, we believe in the power of communities coming together to create safer aquatic environments. Towards the end of 2023, we had the privilege of hosting our Drowning Prevention Workshop for the Hawkesbury community and neighbouring LGAs. This event brought together government representatives, emergency services, the aquatic industry, and local community members under a common cause: to reduce drowning incidents in the region.

The workshop, delivered by Royal Life Saving NSW as part of the Inland Communities Water Safety Program, was made possible with the support of the Royal Life Saving Society – Australia and the Australian Government. Drowning prevention is not just an issue; it is a critical concern that demands a collaborative and holistic approach. Together, we are working towards building safer and more inclusive water environments.





Our Event Objectives:

- Address complex problems that require an adaptive and systematic approach within the support of a strong legal framework.
- Motivate individuals and communities to change their behaviour through context-appropriate information.
- Present research, policy, and practice that aim to provide insights and address the issues.
- Facilitate the setting of a collective agenda and action plan for the Hawkesbury region and neighbouring LGAs.
- Engage, collaborate, and strengthen partnerships with key stakeholders.

This event was the fifth of its kind hosted by Royal Life Saving over the past 15 months, with previous workshops making a positive impact in Albury–Wodonga, Western Sydney, Tasmania, and now, the Hawkesbury. These workshops have proven to be vital in addressing the unique challenges faced by different communities, each with its own distinct water safety needs.

As we plan our events for 2024, Royal Life Saving is committed to continuing these critical workshops to engage with communities and key stakeholders throughout NSW on inland water safety and drowning prevention initiatives. Through these efforts, we aim to foster a culture of water safety that resonates across all levels of society, ensuring that every individual, regardless of where they live, can enjoy aquatic environments safely.



MEASURE

2024–2027 Strategic Plan – Leadership and Collaboration

Royal Life Saving NSW has made tremendous strides in achieving its vision of becoming a vibrant, collaborative organisation with a focus on community safety and wellbeing. We have championed strategies that facilitate healthier, more active, and skilled communities, delivered through our innovative, reliable, and quality solutions, and supported by our partnerships with the Government, the Community, the Aquatic Industry, and the Corporate Sector.

Our strategic relationships have seen continued growth and expansion, enabling us to meet community needs and water safety priorities effectively. These partnerships have been crucial in our mission to spread awareness, enhance safety measures, and promote aquatic participation, thereby contributing to healthier and safer communities across NSW.

Our expansive array of programs and services has reached and benefited communities across Australia, reflecting our commitment to inclusivity and wide-scale impact. From life-saving training to water safety education, our diverse initiatives have catered to varied community needs and have significantly boosted safety and enjoyment in and around water.

Moreover, our organisational influence and presence amongst priority audiences have seen a remarkable increase. By focusing on strategic communications, advocacy, and stakeholder engagement, we have managed to extend our reach and resonate with key audiences. This has not only raised awareness about our cause but also mobilised resources and support towards achieving our mission.

Through steadfast commitment and strategic action, Royal Life Saving NSW has successfully embodied its goal of becoming a sector leader that prioritises community safety and wellbeing. Our accomplishments over the last 12 months are a testament to our dedication and effectiveness, and we look forward to building upon these achievements.

As we embark on our 2024–2027 Strategic Plan, we are committed to further strengthening our leadership and collaboration efforts. We will continue to innovate, engage, and expand our reach, ensuring that we remain at the forefront of water safety and community wellbeing initiatives. Our future success will be built on the strong foundation of our past achievements, driven by our unwavering commitment to making a positive impact on the lives of individuals and communities across NSW.

Participation Growth

Promoting greater participation in safe aquatic pursuits.

Supporting Active Communities

Our waterways provide significant health and well-being benefits. They enable opportunities to engage and recreate with family, friends and for personal solace. They also provide for active and sporting pursuits that enhance our lifestyles and livelihoods.

Goal	Inspire and support the growth of opportunities for all Australian to participate and engage with water. We will ensure that our actions consider everyone's life journey and ensure appropriate and accessible opportunities to build their capabilities and participate safely.
Actions	> Champion inclusive aquatics with a particular focus on our diverse, regional & vulnerable communities. > Lift the communities swimming and lifesaving benchmarks. > Accelerate programs that focus on adult swimming skills and swimming in open waterways. > Drive participation in lifesaving programs resulting in a more prepared community.

Championing Inclusive Aquatics with a Focus on Regional and Remote Communities

One-third of the Australian population lives in regional and remote communities, outside the major cities. These diverse areas pose unique challenges for drowning prevention. With low population density, lifesaving services are limited, emergency response times are longer, and program availability is lower. Extensive river systems flowing into coastal waters further compound the complexity of risks. These communities often face disadvantages due to limited access to services and lower socioeconomic status.

Children in regional and remote areas spend more time outdoors but also experience lower developmental outcomes, which impacts risk reduction. Water safety strategies designed for major cities are not necessarily relevant for regional and remote communities. Effective strategies require community-specific approaches to engage stakeholders.

Risk factors associated with our regional and remote communities include:

- Geographical remoteness
- Increased emergency response times
- Increased exposure to environmental hazards
- Lower socioeconomic status
- Increased accessibility to water bodies on properties
- Limited telecommunication access, facilities, and range
- Limited access to swimming and water programs.

Despite these complexities, Royal Life Saving NSW has provided a range of impactful initiatives and services that support regional resilience. Tens of thousands of vocational outcomes were achieved, and many disadvantaged children were given access to high-quality swimming and water safety programs.

Additional strategies to address regional and remote drowning prevention include developing local water safety plans through consultations and collaborations with local government and communities. These tailored approaches ensure that the unique needs and challenges of each community are met effectively.

Royal Life Saving NSW remains committed to focusing on regional communities to ensure that every Australian has access to comprehensive swimming and water safety education. By championing inclusive aquatics, we aim to build safer, more resilient communities across NSW. Our strategic role in this endeavour is crucial, as we strive to overcome the barriers faced by regional and remote areas and provide equitable access to lifesaving programs and resources.



CASE STUDY

SwimVac

While 59% of drowning victims reside in major cities, the risk for those living in outer regional, remote, and very remote areas is disproportionately higher by 1.77 times. Addressing this alarming disparity is a critical objective for Royal Life Saving NSW, as we strive to ensure that every child, regardless of location, has access to vital swimming and water safety education.

The SwimVac program is our flagship initiative designed to provide essential swimming and water safety lessons to children aged 3–14 in regional towns across NSW. Conducted over 5 or 10 days during the summer vacation period, SwimVac focuses on helping children achieve key national swimming and water safety benchmarks. The program is aligned with the National Swimming and Water Safety Framework, ensuring that children not only learn to swim but also develop a lifelong relationship with water safety.

During the 2023–2024 summer vacation period, SwimVac reached 2,046 participants across 43 regional venues, with the support of 47 dedicated casual swim teachers. This program is more than just lessons; it's a critical intervention aimed at reducing drowning risks in our regional communities, where access to regular swimming programs is often limited.



Future Plans

The challenges faced by our communities are significant. The pandemic led to the loss of over 3 million learn-to-swim lessons, and today, 40% of our children are unable to swim a lap of a pool or float for 2 minutes by the time they leave primary school. As inflationary pressures continue to impact families, many are forced to make difficult choices, including whether they can afford to enrol their children in essential water safety programs.

This combination of increased cost of living, reduced aquatic proficiency, and a heightened desire to visit our vast aquatic environments raises serious concerns. Increased exposure to waterways without adequate skills and knowledge can lead to potential risks and unfortunate consequences.

This is a challenge that Royal Life Saving NSW, in collaboration with our partners and the wider community, must urgently address. Moving forward, these issues underscore the need for us to enhance our efforts and respond more effectively. Our priority is to ensure that all individuals can safely participate in aquatic activities, irrespective of the challenges we face.

We recognise the strength in unity and are tirelessly working with our vast network of partners to explore and implement best practice principles and strategies. These collaborations increase safe participation across all aquatic environments and serve as a testament to our adaptability and innovation. Through a shared vision and unwavering commitment, we can make significant strides toward key drowning prevention benchmarks.

Together, we can expand our engagement and educate people about the importance of water safety. A special thank you goes out to the following swimming pools for their support of the SwimVac program:

Adaminaby Pool, Coleambally Pool, Gunning Pool, Manildra Pool, Ashford Pool, Coolamon Pool, Hay Pool, Mudgee Pool, Balranald Pool, Coonabarabran Pool, Henty Pool, Nyngan Pool, Baradine Pool, Corowa Pool, Howlong Pool, Quandialla Pool, Barellan Pool, Cumnock Pool, Jerilderie Pool, South West Rocks Pool, Berridale Pool, Cudal Pool, Jindera Pool, The Rock Swimming Pool, Berrigan Pool, Darlington Point Pool, Jindabyne Pool, Tocal Pool, Bingara Pool, Finley Pool, Kandos Pool, Tocumwal Pool, Bombala Pool, Grenfell Pool, Leeton Pool, Trundle Pool, Cessnock Pool, Gulgong Pool, Lightning Ridge Pool, Tullibigeal Pool, Uralla Pool, Walcha Pool, Werris Creek Pool, Yeoval Pool.



With the continued support of the NSW Government, we look forward to expanding the reach and impact of SwimVac in the years to come, ensuring that every child in NSW has the opportunity to learn how to swim and stay safe in and around the water.



Together, we can expand our engagement and educate people about the importance of water safety

Maintaining and Expanding Our Health and Community Developments

At Royal Life Saving NSW, we are dedicated to supporting community priorities by collaborating with strategic organisations and partners to develop and implement novel strategies addressing community water safety needs. Our focus remains on reaching out to those often overlooked, ensuring balanced water safety education is accessible to all. Through partnerships with research institutions, we develop high-quality, evidence-based platforms to guide our influence and priorities, with water safety remaining paramount, especially for culturally and linguistically diverse (CALD) communities.

It is known that migrants and refugees typically have less robust swimming skills and water safety knowledge compared to those who have grown up in Australia. With the recent increase in new residents from various countries and cultures, it is essential to adapt our drowning prevention strategies to keep everyone safe around Australia's waterways.

On average, 274 people drown in Australia each year, with about one in four being born overseas. Most of these overseas-born deaths were men who drowned in rivers while swimming, often with alcohol being a significant risk factor. These trends mirror those of Australian-born individuals. However, our research reveals unique risk factors among people born overseas, highlighting the need for specific approaches to drowning prevention for different subgroups such as residents, overseas visitors, and international students.

Although the number of drowning deaths was highest among people from the United Kingdom and New Zealand, the drowning rates for migrant populations were highest among those born in Korea, Taiwan, and India. This underscores the need for tailored water safety strategies targeting multicultural communities with clear, culturally sensitive, and educational messaging. This strategy should cater to overseas transient populations such as tourists, seasonal workers, or short-term business visitors, as well as new permanent residents and international students.

One aspect of this targeted approach is fostering greater cultural diversity among those working in the aquatic industry in Australia, which can help engage multicultural populations. By maintaining and expanding our health and community developments, Royal Life Saving NSW aims to address the unique challenges faced by diverse communities and ensure that everyone, regardless of background, has access to life-saving water safety education and resources.

Our strategic role in collaborating with community partners, government bodies, and research institutions ensures that our initiatives are relevant, impactful, and inclusive. We remain committed to developing and implementing strategies that support the health and wellbeing of all community members, prioritising those most at risk, and fostering a culture of safety and awareness around water.

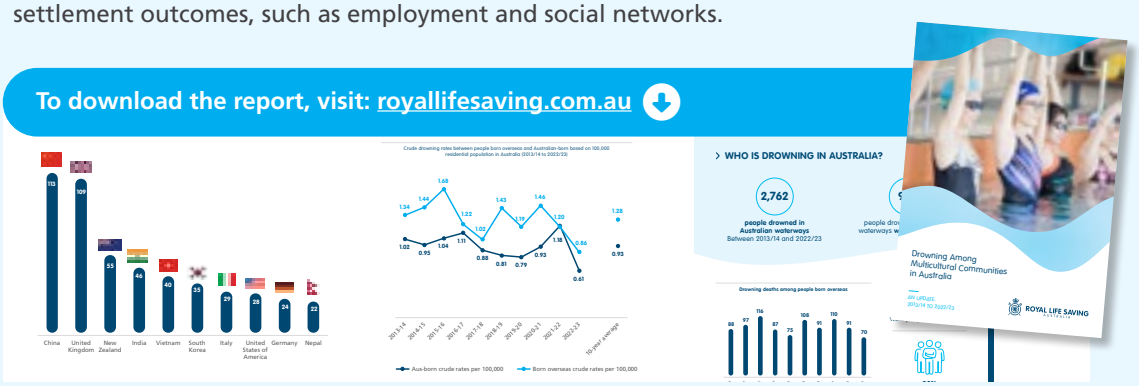
CASE STUDY

CALD Initiatives

Royal Life Saving – Australia and Life Saving Victoria hosted a Multicultural Water Safety forum in Melbourne recently in response to a tragic summer where it is estimated that 25% of drowning deaths involved people born overseas.

Over 60 delegates from across Australia, including multicultural community leaders, government officials, academics, and the water safety sector, gathered for a two-day, nationally focused workshop to prioritise high-level solutions for addressing drowning among Australia's multicultural communities. Community leaders who attended the Forum made it clear to policy makers and water safety agencies that multiple solutions are needed that go beyond signage, learning to swim and translated resources. Community leaders emphasised that initiatives need to be co-designed with community and tailored to community needs in order to make a difference. A highlight of the Forum was hearing from young community role models from multicultural backgrounds who learnt to swim in Australia and are now teaching their own communities, as one example of successful solutions that address both water safety and settlement outcomes, such as employment and social networks.

To download the report, visit: royallifesaving.com.au



The forum highlighted several key areas that require future discussion and action to improve water safety and reduce drownings in diverse communities. Some of these include:

01

Partnerships and collaboration among water safety organisations, swim program providers and multicultural agencies and community leaders to drive community level change, including working with university sectors to prioritise strategies for international students.

02

Sustained, expanded investment for the ongoing implementation of programs and initiatives aimed at reducing the drowning toll in vulnerable communities across the country.

03

Robust communication of water safety messages that go beyond translation and signage, co-designed with community leaders to ensure education campaigns and safety messages are understood and have greater reach into communities.

04

Removing barriers to participation and increasing access to appropriate swimming and water safety education programs for people of all ages, from all backgrounds and abilities.

Driving Participation in Lifesaving Programs for a More Prepared and Resilient Community

At Royal Life Saving NSW, we are committed to rejuvenating our sporting and active recreation pursuits by providing a series of unique options that build on our swimming and water safety experiences. Our connections with the aquatic, education, and sporting sectors offer a distinct opportunity to expand and breathe new life into our sporting and active recreation endeavours. Our strategies have led to an increase in participation opportunities and promoted inclusion.

Sport and active recreation are crucial elements in rural, regional, and remote Australia. They unite communities, contribute positively to community identity, foster a sense of belonging and place, encourage social interaction and inclusion, and provide opportunities for physical activity, thus enhancing health and wellbeing outcomes.

During 2023–2024, we continued to expand the availability of the Junior Lifesaver program. This initiative has witnessed thousands of children expanding their aquatic skills through highly structured lifesaving activities. This program provides a genuine pathway for future athletes seeking to advance their lifesaving skills and careers. Further programs are scheduled across the next 12 months, which will expand genuine opportunities for communities across NSW.

To ensure our peak athletes have the opportunities to compete at the highest levels, Royal Life Saving NSW has continued to partner with Surf Lifesaving NSW in hosting joint State Pool Life Saving championships. This collaborative approach ensures our combined athletes have a competitive arena in which to showcase their capabilities and achieve at the highest level.

By driving participation in lifesaving programs, we aim to create a more prepared and resilient community. Our initiatives not only enhance individual skills and safety but also foster a culture of inclusivity and active participation across all regions. Royal Life Saving NSW remains dedicated to supporting and expanding these opportunities, ensuring that every community member has the chance to develop vital lifesaving skills and contribute to a safer, healthier society.

CASE STUDY

NSW Pool Lifesaving Championships

On 14 – 16 June 2024, Royal Life Saving NSW and Surf Life Saving NSW teamed up to host the 2024 NSW Pool Life Saving State Championships at the Sydney Olympic Park Aquatic Centre. This iconic, Olympic-sized venue provided the perfect stage for the high calibre of competition, welcoming 230 competitors from 27 Royal and Surf Life Saving Clubs across NSW.

The Championships offer a fantastic opportunity for the top Pool Lifesaving athletes in NSW, ranging in age from as young as 10 to over 70 years old, to showcase their lifesaving techniques in a competitive setting. Over the course of three days, athletes participated in eight individual disciplines and three relay events. These events tested their speed and precision in simulated lifesaving scenarios, incorporating obstacles to mimic waves and weighted manikins to simulate real patients.

Royal Life Saving NSW athletes once again demonstrated their impressive talent, with many achieving personal bests and setting new state records. Special congratulations go to Brayden Woodford from Engadine Lifesaving Club, who broke an outstanding five individual records in the U19 Men's events – a remarkable achievement that highlights the strength and dedication of our young athletes.

Another outstanding performance came from Mack Elliott, also from Engadine Lifesaving Club, who set a new National Record in the Men's U16 12.5m Line Throw Event with an impressive time of 12.50 seconds. Congratulations, Mack!

This year also witnessed three world records being broken in the Masters age categories, further showcasing the exceptional talent within our community. Ronnie Dalsgaard from Manly Surf Club set new world records in the Men's 40–44 100m Manikin Tow with Fins and the Men's 40–44 100m Manikin Carry events. Dan Kingsley from Shelly Beach Surf Club also made his mark by breaking the world record in the Men's 45–49 100m Manikin Tow with Fins.

In a significant and inclusive development, this year's Championships introduced five new Multi-Class events for athletes with disabilities. Building on the success of the Inclusive Championships at previous NSW State and National Surf Life Saving competitions, these events provided a platform for all athletes to excel. Notably, in the Line Throw Event, every athlete successfully tossed their ropes the 8m distance and pulled their patients back to the wall within the 45-second time limit. These events were a fantastic addition to the Championships and hold great promise for future growth.

Congratulations to all the competitors for their outstanding performances, and a massive thank you to the Club Representatives, Team Managers, officials, and, of course, the friends and family who came along to support the athletes. Your encouragement and dedication make these events possible and contribute to the ongoing success of lifesaving in NSW.



Australian Pool Lifesaving Championships (APLSC)

The Australian Pool Lifesaving Championships (APLSC) is a prestigious event that brings together athletes, teams, volunteers, and staff from across Australia for three days of intense competition, both in the water and out. The event features speed events in the pool and tests of initiative and CPR skills out of the water. While many compete for Championship titles, the APLSC also serves as a unique gathering for Royal Life Saving members to celebrate their contributions to the lifesaving movement and the friendships formed along the way.

Competitors, ranging from Under 14 to Masters divisions, vie for prestigious Championship trophies, each named after a pivotal member of Royal Life Saving (UK and Australia) who has significantly contributed to the lifesaving community. These trophies honour individuals who have played a crucial role in teaching and supporting others in learning the rescue skills that are still practiced today.

The APLSC draws a diverse group of lifesavers from across Australia, including first-time pool lifesavers, lifeguards, 'clubbies,' and members of the Australian Lifesaving Team. To participate in the championships, competitors must hold a Bronze Star (for those 15 years and under), a Bronze Medallion, or an equivalent lifesaving award (such as a Surf Rescue Certificate or Surf Bronze) and be a current financial member of Royal Life Saving or Surf Life Saving Australia.

The 2024 Australian Pool Lifesaving Championships were held at the Melbourne Sports and Aquatic Centre from 18–20 January 2024. This year's event saw the Western Australia State Team crowned champions, ending a 22-year drought since their last title win in 2002. The Western Australian State Team edged out strong competition from the Victorian and New South Wales State Teams to claim victory, winning both the Interstate Overall Championship and the Sir Percy Joske Trophy.

A special mention goes to Cathy Hynd from New South Wales, who was awarded Official of the Meet by Chief Referee Jo Teagle for her exceptional role at the event. Jo Teagle praised Cathy as a "quiet achiever" and noted that "nothing is too much trouble for her; she is a safe pair of hands who can be relied on without condition to ensure the accuracy of results."

This year, New South Wales was represented by both a State Team and a Development Team. Ryan McNamara stood out as the Men's U14 Overall Individual Champion, securing five individual gold medals, marking a significant achievement for the NSW team.

The APLSC continues to be a hallmark event that not only showcases the best in pool lifesaving skills but also fosters a sense of community and camaraderie among lifesavers across Australia.





Accelerating Programs that Focus on Adult Swimming Skills

Royal Life Saving NSW is strategically focused on accelerating programs that enhance adult swimming skills, addressing the unique needs of our ageing population. Australia's older adults are living longer, healthier lives than previous generations, and the low-impact nature of aquatic activity makes it an ideal form of physical activity and recreation for them. However, reduced physical ability and pre-existing medical conditions increase the drowning risk in this demographic.

Reducing drowning among older adults (65+ years) is a priority because Australians are remaining more active into their later years and are well placed to realise the benefits of fun, fitness, and recreation in and around the water. Yet, they need appropriate water safety education to stay safe.

At Royal Life Saving, we want every Australian, no matter their age, experience, or background, to enjoy a water way of life. Aquatic recreation in, on, or around the water is a fantastic way to stay fit throughout life and enjoy our Australian waterways. The Active Adults campaign encourages older Australians to participate in, and enjoy, a water way of life throughout their entire life.

Research from the Australian Sports Commission into the exercise patterns of older adults has shown that the majority of adults over 55 years of age are insufficiently active.

59%
of adults between 55–64 years of age
are not meeting recommended
activity levels for their age.

75%
of adults 65+ years of age
are not meeting recommended
activity levels for their age.

With a large proportion of our older adults not meeting suggested activity levels, Royal Life Saving NSW is promoting the benefits of participating in recreational activity in, on, or around the water. Whether it's swimming, aqua aerobics, kayaking, cycling, tai chi, or walking by the water, the physical, mental, and social health benefits of exercise are vital for good health throughout life.

Unfortunately, the drowning statistics for adults over the age of 65 have been steadily increasing in recent years, with approximately 60 Australians losing their lives each year. Falls into water are one of the main contributing factors to these statistics. Maintaining a good level of physical fitness reduces the risks of falls by the water that could result in a fatal incident.

It's never too late to start enjoying the benefits of physical activity in, on, or around the water. Royal Life Saving NSW is committed to ensuring that every adult can safely enjoy aquatic activities and the numerous health benefits they offer.

Let's enjoy a water way of life … our entire life!

CASE STUDY

Active Ageing

A NSW government funded program with Royal Life Saving NSW helped seniors in the Hunter region learn to stay safe and build confidence in the water, while socialising with others in the pool.

It was one of 21 organisations across NSW to receive funding under the Connecting Seniors grants program which aims to help older people stay connected.

The Royal Life Saving Active Adults program took place across a range of venues including Lake Macquarie, Maitland, Central Coast and Bateman's Bay. The sessions comprised of three, one-hour sessions covering CPR and a review of health factors to consider when exercising, an in-pool water-safety session and a swimming or water activity.



Minister for Seniors, Jodie Harrison said:

"The Connecting Seniors Grants support activities which can provide a social lifeline for seniors, especially those who live alone. The NSW Government is pleased to be partnering with Royal Life Saving NSW in this program, which not only provides seniors with a refresher in water safety to help them stay active, it also contributes to their wellbeing as they connect with others in and out of the pool. As our population ages, we want to make sure we provide our seniors with opportunities to socialise while enjoying engaging experiences."



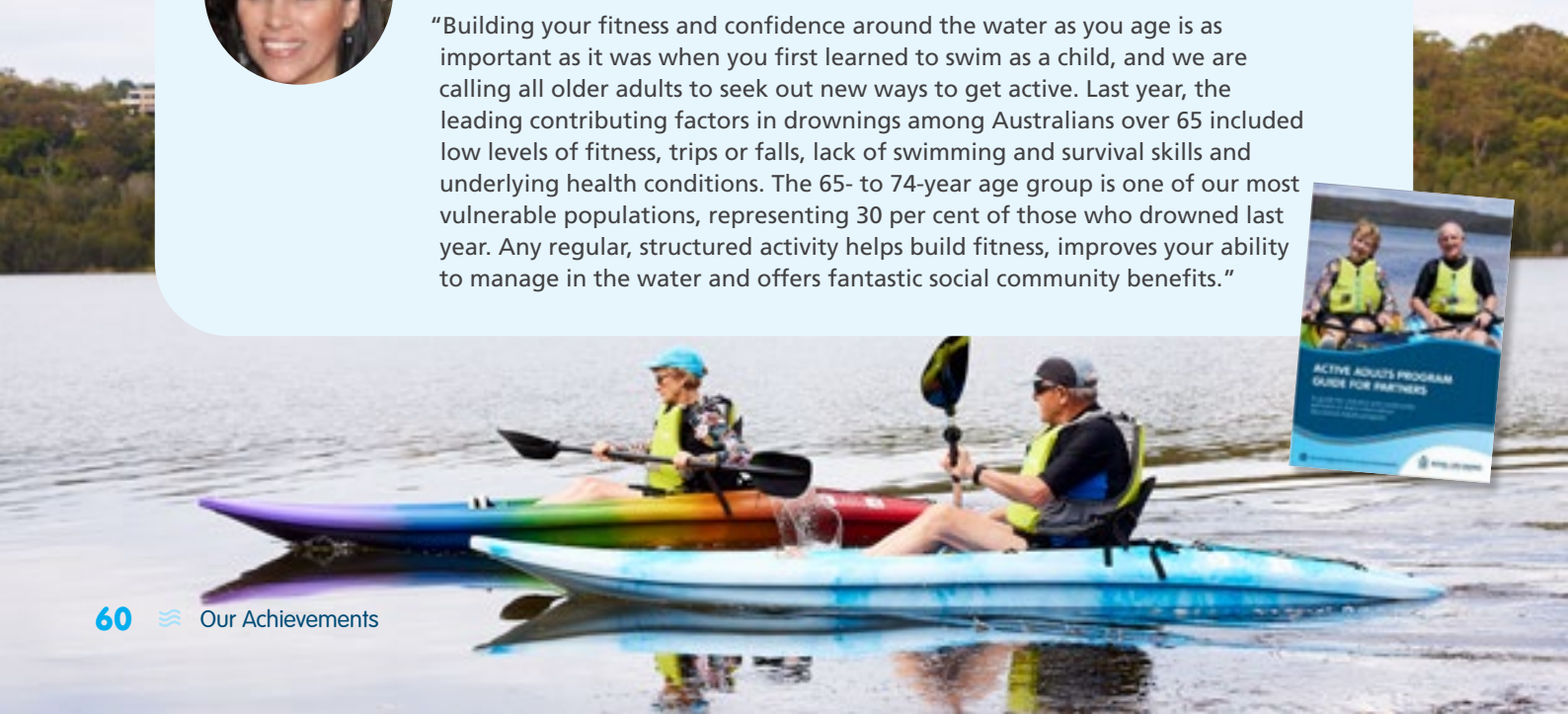
Minister for the Hunter and Member for Swansea, Yasmin Catley said:

"This is a great opportunity for Hunter seniors to get out and try something new. Getting in the water is a part of the lifestyle here as anyone from the Hunter knows. That should be for everyone. This grant supports an important program run by Royal Life Saving NSW, making sure we support our seniors to enjoy the water with their families."



Royal Life Saving NSW Manager for the Hunter, Tanya Brunckhorst said:

"Building your fitness and confidence around the water as you age is as important as it was when you first learned to swim as a child, and we are calling all older adults to seek out new ways to get active. Last year, the leading contributing factors in drownings among Australians over 65 included low levels of fitness, trips or falls, lack of swimming and survival skills and underlying health conditions. The 65- to 74-year age group is one of our most vulnerable populations, representing 30 per cent of those who drowned last year. Any regular, structured activity helps build fitness, improves your ability to manage in the water and offers fantastic social community benefits."



MEASURE

2024–2027 Strategic Plan – Participation Growth

Royal Life Saving NSW is committed to elevating standards and adopting innovative approaches to ensure enjoyable and safe experiences in the aquatic realm. With a strategic focus on quality and impact, we have accomplished our goals and surpassed our priorities, making a significant difference in communities across the region.

Since 2020, we have succeeded in engaging over one million individuals in our training, community, and education programs. This achievement showcases our commitment to fostering a culture of safety and enjoyment around water, equipping people with the skills and knowledge they need to thrive.

We have also seen an uptick in participation in our sporting and lifesaving agenda, with an increasing number of individuals recognising the value and excitement of aquatic sports and lifesaving activities. This development reflects our efforts to promote and popularise these pursuits.

In parallel, our community development programs have expanded and flourished, reaching more communities than ever before. We have worked tirelessly to ensure these programs cater to diverse needs, focusing on inclusivity and relevance. These efforts have had a demonstrably positive impact on community engagement and safety around water.

Royal Life Saving NSW has not only met but surpassed its goals and priorities over the last 12 months, effectively advancing our mission of creating safer and more enjoyable aquatic experiences for all. Our commitment to continual improvement and innovative solutions remains strong as we look forward to making even greater strides in the years to come.

Our strategic initiatives have been instrumental in fostering a resilient and prepared community. By prioritising innovation and community-centric approaches, Royal Life Saving NSW is poised to continue its leadership in water safety and aquatic enjoyment. We look forward to the future with a steadfast dedication to excellence and a commitment to creating lasting positive impacts across NSW.

Safe Environments

Creating safer and more inclusive aquatic environments.



Creating Safer and More Inclusive Environments

To benefit from our urban and natural aquatic environments opportunities to engage and be supported by a skilled and knowledgeable sector are vital. A strong, intelligent network ensures quality outcomes and successful aquatic experiences.

Goal	We will build a skilled and resilient workforce and sector capable of providing broad aquatic opportunities safely and confidently.
Actions	> Drive investment in aquatic infrastructure to enhance the community's ability to enjoy the water. > Aquatic safety policy and plans for swimming pools and inland waterways are embedded through government and industry. > Aquatic locations and workplaces are equipped with necessary lifesaving equipment and resources.

Drive Investment in Aquatic Infrastructure to enhance the Enjoyment of Water

Royal Life Saving NSW is dedicated to creating safer and more inclusive aquatic environments. As leaders in the planning and coordination of risk minimisation strategies, we work closely with the aquatic and government sectors to provide high-level advice to aquatic practitioners. Our goal is to maximise the aquatic experience for the community while also helping to meet legislative and best practice demands.

Australia's public aquatic facilities generate substantial economic benefits for their patrons and the Australian healthcare system. Increased physical activity, primarily in the form of swimming and other aquatic exercises, contributes to significant health outcome improvements. Furthermore, these facilities offer Australians a safe environment to familiarise themselves with the water, with the support of lifeguards, clear visibility, and marked depths. This facilitates the development of aquatic survival skills in a low-risk environment, inspiring confidence in water before exposing individuals to more hazardous open water aquatic recreation. We actively encourage the provision and utilisation of suitable public aquatic facilities for all Australians, given the benefits they offer for exercise and improved aquatic safety.



With the significant costs associated with building public swimming pools, land managers are carefully assessing the utilisation of inland waterways to provide access to communities across NSW. These natural environments offer substantial social, mental, and physical benefits, contributing to overall community well-being. However, their utilisation requires considerable thought and planning to ensure safety and maximise these benefits. By strategically managing these resources, we can create inclusive, enjoyable, and safe aquatic experiences that enhance the quality of life for all community members. Our commitment to creating safer and more inclusive aquatic environments is unwavering. Through our strategic partnerships, innovative solutions, and dedicated risk management services, Royal Life Saving NSW continues to lead the way in promoting safety and inclusivity in aquatic settings across the region. We strive to ensure that every individual, regardless of background or ability, can safely enjoy the many benefits of aquatic activities.

CASE STUDY

Penrith Beach

We are delighted to reflect on a groundbreaking season of lifeguard services at Penrith Beach from December to April 2024, marking the inaugural year of this vital community initiative. In partnership with the Department of Environment and Planning, Royal Life Saving successfully implemented lifeguard services for the first time at Penrith Beach, enhancing safety and peace of mind for residents of Penrith and Western Sydney.

The collaboration with the Department of Environment and Planning proved instrumental, allowing us to deliver professional and effective risk assessments, emergency planning and lifeguard services tailored to the needs of local residents. This partnership exemplified a shared commitment to promoting water safety and ensuring enjoyable experiences for all visitors to Penrith Beach.

We are thrilled to announce that due to the overwhelming positive feedback and community support, Deputy Premier Prue Carr MP has confirmed the continuation of Royal Life Saving lifeguard services at Penrith Beach for the 2024–2025 season. This endorsement underscores the importance of our efforts and reaffirms our dedication to safeguarding lives and promoting water safety throughout the Penrith community and beyond. We look forward to building upon this success and continuing to serve the community with excellence in the seasons to come.







CASE STUDY

New Inland Waterway Guidelines

Inland waterways such as rivers, creeks, streams, lakes, dams, and lagoons provide significant social and economic value to Australia and require comprehensive consideration in waterway planning and management. However, the use of any water body introduces a level of risk to the public. Inland waterways are the most prominent location for unintentional fatal drownings to occur in Australia. In the summer of 2021–2022, 51% of all drowning deaths occurred in inland waterways. Twenty-eight percent of drownings involved swimming and recreation, 13% involved boating, and 13% involved an unintentional fall into water.

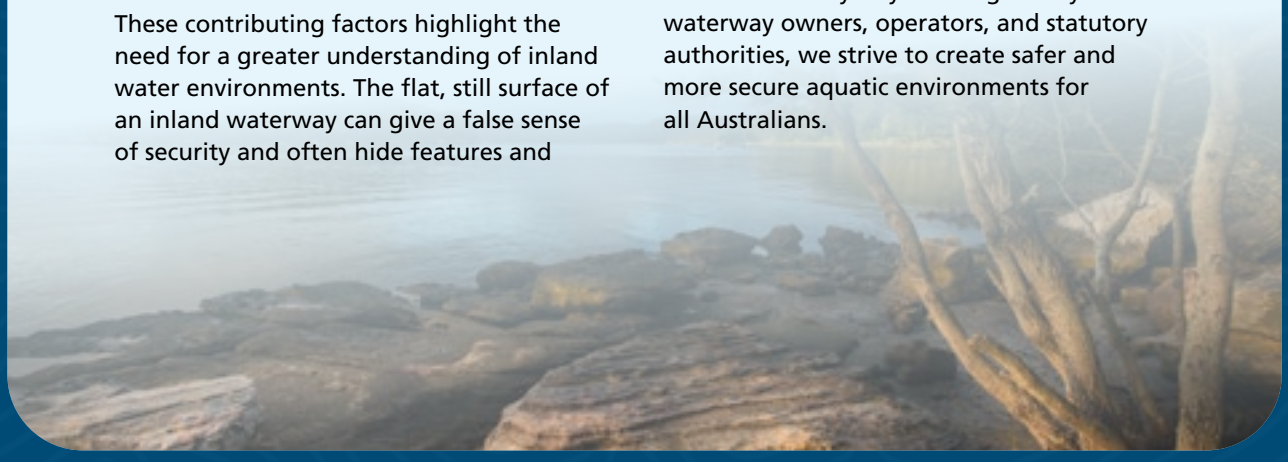
In response to this risk, the Royal Life Saving Society Australia has developed the Guidelines for Inland Waterway Safety. These guidelines provide practical guidance to assist inland waterway owners and operators, as well as statutory authorities, in determining how best to manage the risk of drowning and serious injury resulting from the use of or access to inland waterways and their waterfronts.

Royal Life Saving NSW, a specialist service provider in the field of aquatic risk management since its inception in 1894, has worked to harness the strengths of the communities we work with to reduce drowning and aquatic-related injuries in, on, and around water. Throughout Australia, inland water environments continue to experience a dramatic increase in patronage. Climate change and rising temperatures during summer periods have driven people to seek out aquatic locations. The global push for the responsible use of natural resources and environments has also led to an increase in the use of natural inland recreational locations.

These contributing factors highlight the need for a greater understanding of inland water environments. The flat, still surface of an inland waterway can give a false sense of security and often hide features and conditions such as currents, undertows, or submerged objects, making them potentially dangerous. Conditions in our inland water environments can change unexpectedly, and for the unprepared, it can lead to severe consequences. Therefore, the formulation and implementation of risk management strategies are essential to maintaining an efficient and safe aquatic environment for the community.

Through its Aquatic Risk Services Team, Royal Life Saving NSW can assess inland water environments such as lakes, rivers, and dams that are proposed or currently utilised by the community for recreational activities and assist in the development of risk management strategies. In doing so, Royal Life Saving aims to mitigate potential loss and provide recommendations for best practices for public safety in inland waterways.

The deployment of these new Inland Water Guidelines underscores our commitment to safeguarding lives and promoting the responsible enjoyment of Australia's inland waterways. By working closely with waterway owners, operators, and statutory authorities, we strive to create safer and more secure aquatic environments for all Australians.



CASE STUDY

Risk Management Services

In the field of Aquatic Risk Management, Royal Life Saving NSW has distinguished itself as a specialist service provider. Our services focus on harnessing community strengths to mitigate aquatic related injuries and drownings. We strive to provide a multidisciplinary approach to manage aquatic venues and facilities effectively, aligning with evolving business management practices, legislative compliance, and industry best practices.

In the past year, we have supported numerous facilities in crafting risk management strategies, with dual objectives of loss prevention and the promotion of safety best practices for employees and customers. These comprehensive services form the backbone of successful and sustainable operations of any aquatic venue or facility.

Our extensive range of services caters to the varied needs of the NSW Aquatic Industry. We have consistently aimed to provide cost-effective solutions that maximise patron safety and promote safe aquatic environments.

These services include:

- Local Water Safety Planning: Designed to customise safety measures according to the local needs.
- Safety Equipment: Provision of essential safety gear to ensure patron protection.
- Aquatic Facility Safety Assessment: Evaluation of the overall safety measures and procedures in place at aquatic facilities.
- Facility Design Assessment: Review of facility design from a safety and compliance perspective.
- Mystery Guest Assessment: Anonymously assessing the facility's adherence to safety protocols.
- Supervision Validation Assessment: Evaluating the effectiveness of supervision within the facilities.
- Signage Assessment: Checking compliance and effectiveness of safety and informational signage.
- Emergency Action Plans: Crafting robust emergency response strategies.
- Operations Manuals: Comprehensive guides for facility operation and safety procedures.
- Aquatic Consultancy: Expert guidance for aquatic facility management and safety protocols.
- Incident Investigation: Thorough exploration of incidents to improve future safety measures.
- Inland Waterway Safety Assessment: Ensuring the safety of activities in inland water bodies.

Through these services, Royal Life Saving NSW continues its dedication to creating safer aquatic venues across New South Wales.

Achievements

- Maintained partnerships with 94 public pools under the Keep Watch @ Public Pool program.
- Successfully completed 85 Aquatic Risk Audits.
- Undertook 184 Mystery Guest assessments.

MEASURE

2024–2027 Strategic Plan – Safe Environments

Royal Life Saving NSW has long been recognised as the service provider of choice for assessing the use of our vast waterways for recreational utilisation. Our strong investment in guideline development and consultation, backed by thorough research and data analysis, provides land managers and operators with a professional and comprehensive approach to building risk management solutions.

Our waterways are undergoing significant changes, from climate change impacts to the identification and utilisation of inland waterways as aquatic recreation options. These changes present new challenges that must be addressed to ensure the safe participation of our diverse communities. Royal Life Saving NSW has also invested in developing training solutions to assist with supervision and lifesaving services across newly opened waterways. These programs are set to launch in time for the 2024–2025 summer season, ensuring an elevated level of support across these locations.

We have witnessed an increasing demand for our services across all aquatic environments, necessitating continued development of our workforce to ensure their knowledge remains relevant to sector needs. Our comprehensive approach to identifying, evaluating, and mitigating aquatic risks has garnered widespread appreciation and use, demonstrating our leadership in this critical aspect of aquatic safety.

By maintaining our commitment to safe environments, we aim to provide secure and enjoyable aquatic experiences for all. This strategic focus not only enhances community well-being but also supports the sustainable and safe use of our precious water resources.

Skilled Community

Developing the capability of individuals to swim, survive and supervise.

Ensuring Aquatic Competency

To acquire aquatic growth and prosperity our communities and learners need access to trained and professional practitioners, highly skilled supervisors, risk experts, policy makers and educational developments and solutions.

Goal

We will develop networks with supporting tools and resources to provide our communities with high quality training, education, advocacy and risk solutions. These developments will be supported by underpinning evidence and data to ensure relevance and appropriateness.

Actions

- Strengthen our support to the swimming and lifesaving workforce.
- Expand our training solutions to ensure a strong network of highly skilled community members.
- Expand our education platforms to strengthen community awareness in aquatic safety.
- Embed innovative education campaigns to support community awareness.



Strengthening the Swimming and Lifesaving Workforce

Royal Life Saving NSW plays a pivotal role in strengthening the swimming and lifesaving workforce, with a particular focus on the development and support of swim teachers. Swim teachers are critical in developing aquatic proficiencies, especially among young children, equipping them with the skills needed to engage safely and confidently with aquatic environments, providing a lifetime of positive experiences.

The swim teacher sector consists of 85% females, with 72% working casually. Research highlights the need to provide heightened support for this sector, particularly in offering career development opportunities and professional engagement to ensure the most modern learning and teaching principles are available. Royal Life Saving NSW is committed to playing an increasingly critical role in the development and support of swim teachers across the state, ensuring all communities have access to highly skilled and well-trained individuals.

In recent years, there has been a shortfall in swim teachers, leading to cancellations of services, particularly in regional NSW. This shortfall underscores the need to provide increased support, meaningful communication, and engagement to ensure an adequate number of swim teachers is available. This need is further complicated by the increased demand for swim teachers who can teach adults, particularly from CALD backgrounds.

With adults making up the vast majority of fatal drowning incidents each year, it is vitally important that swim teaching services are available and meet the needs of this demographic. Royal Life Saving NSW's efforts in developing and supporting the swim teacher workforce are essential in addressing this demand and ensuring that both children and adults can benefit from life-saving aquatic education.

By investing in the professional development and engagement of swim teachers, Royal Life Saving NSW ensures that these educators are equipped with the latest teaching principles and practices. This not only enhances the quality of aquatic education but also promotes the sustainability and growth of the swim teacher workforce. Our strategic role in this area is crucial in fostering a well-prepared, resilient community that can safely enjoy aquatic activities.



CASE STUDY

Swim Teachers

Celebrating the Ongoing Development and Support of Swim Teachers Across NSW

Swimming and water safety teachers play a vital role in saving lives by educating Australians on swimming and water safety. They help people become confident swimmers, contribute to the creation of safer communities, and engage with individuals to teach the essential principles and practices of water safety. Swimming teachers provide students with water familiarisation activities, water safety education, skill acquisition, and parent involvement/education.

Key findings from our recent 2023–2024 reports indicate that fifty-five percent are over the age of 45, and 25 percent are under the age of 25. This age distribution may be attributed to the flexibility of swim teaching hours, which suit students and parents with caring responsibilities. The peak periods for swim lessons are in the early evenings and on weekends. Swim teachers most value making a positive impact and helping people be safe around water. However, they often leave the industry due to insufficient hours and poor pay. Additionally, the percentage of swim teachers who participate in sufficient in-service training is much lower than the minimum recommended safety standard in the Guidelines for Safe Pool Operations.

We are thrilled to celebrate the monumental success of the broadened implementation of Royal Life Saving NSW's Swim Teacher Training Program. Over the past year, more than 2,500 dedicated individuals have been trained, marking a significant milestone in our continuous efforts to enhance water safety. These newly trained swim teachers are now serving as vital cogs in the machinery of education, playing a crucial role in the development and acquisition of essential swimming, water safety, and survival skills amongst our children. Their commitment and expertise are forging a safer future where our young ones can enjoy the water with confidence and competence.

In the coming 12 months, a range of new initiatives are planned to enhance the professional development opportunities for swim teachers and provide career pathways across Certificate III and IV qualification levels. These initiatives aim to address the challenges faced by swim teachers and ensure that they are well-supported, well-trained, and motivated to remain in the industry.

Here's to the remarkable success of our program, the hard work of our staff, and the safer future they're helping to create. Royal Life Saving NSW is committed to the ongoing development and support of swim teachers, ensuring that they continue to play a pivotal role in promoting water safety and saving lives across the state.



Expanding Training Solutions to Ensure a Strong Network of Highly Skilled Community Members

Royal Life Saving NSW is committed to providing state-of-the-art training solutions across various sectors, maintaining our status as a leading institution. Our core focus revolves around crafting solutions to tackle water safety priorities, bolster sector resilience, and prepare the community. We offer innovative solutions tailored to the diverse needs of our communities, employing flexible and modern methods to ensure relevance and appropriateness. We emphasise access, equity, and stakeholder satisfaction.

Despite the challenges encountered in the past year, Royal Life Saving NSW has remained dedicated to granting communities access to high-quality education and training solutions. The upheavals in the sector in recent years have necessitated the delivery of top-tier programs and services to ensure that our communities are catered for by skilled and accredited sector employees. In FY2023–2024 alone, Royal Life Saving NSW fulfilled over 78,000 vocational outcomes, with an average customer satisfaction and quality outcome rate of 98%.

Recognising the transient nature of the aquatic sector workforce, we have broadened our offerings to include full qualifications. This strategic shift gives participants the opportunity to become "multi-skilled," increasing their appeal to potential employers and paving the way for management roles within the aquatic, sport, and recreation industries. Over the last 12 months, more than 150 industry personnel have commenced their career journey by enrolling in full qualifications, particularly the Certificate III and IV in Sport, Aquatics, and Recreation. This will add significant skill and knowledge to their workplaces and more broadly across the sector.

Royal Life Saving NSW remains committed to furthering these opportunities to secure a highly skilled workforce that supports the professional services and programs offered at swimming pools across NSW. Our dedication ensures that the aquatic sector continues to thrive with well-trained and competent professionals. Critically important is the significant investment Royal Life Saving NSW has made in the vast network of first aiders across NSW. We appreciate and understand the critical role that our community lifesavers make in our workplaces, sporting fields, and across our local communities. Each community lifesaver serves as a reminder of the genuine commitment people in our community make to ensuring help is available whenever required.

By expanding our training solutions, we aim to build a robust network of highly skilled community members ready to address water safety and other essential needs, reinforcing our mission to create safer and more resilient communities.

CASE STUDY

Training Outputs

We firmly believe in empowering our diverse communities with the knowledge and skills to confidently respond to incidents and emergencies.

Our vocational training agenda plays a vital role in providing community members and sector professionals with the necessary skills, cultivating a community-wide readiness that can potentially save lives. Furthermore, our training programs provide professionals within the aquatic sector with a comprehensive understanding of operational responsibilities within aquatic facilities. This knowledge base ensures that our facilities across the state are managed to the highest standard, optimising safety and efficiency for all users.

In addition to providing key skills training, Royal Life Saving NSW is committed to fostering career development pathways for sector professionals. By offering a clear route for growth and progression, we aim to not only attract but retain the best talent within the sector, enhancing the quality of service and safety provided at our aquatic facilities.

The year 2023–2024 marked a significant milestone for our vocational training initiatives, recording noteworthy outcomes and further reinforcing our commitment to community safety and professional growth. We continue to focus on expanding our training programs, strengthening our communities, and supporting our sector professionals, confident that this investment will drive lasting, positive change throughout New South Wales.

- 78,392 Vocational outcomes issued with 43,943 in regional and remote NSW.
- 1,251 Aboriginal or Torres Strait Islander vocational completions.
- 1,989 students living with a disability.
- $300,000 in training subsidies in partnership with NSW Government.
- 2,500 new Swim Teachers accredited.
- 150 participants in full qualification pathways.
- 6,266 Pool Lifeguard accreditations.



Embedding and Utilising Social Media for Community Engagement and Safety

Royal Life Saving NSW recognises the significant benefits of embedding and utilising social media for broad community messaging and engaging specific demographics. Social media platforms provide extensive reach and accessibility, enabling precise targeting and real-time interaction. They are cost-effective and support various engaging content formats like videos and infographics, fostering a loyal and trusting community.

To ensure drowning prevention messages are widely distributed, Royal Life Saving NSW has utilised a range of social media options to support educational campaigns with engaging visuals and shared real-life stories to create emotional connections. These platforms have also been used to provide regular updates on key drowning prevention agendas, ensuring our community remains informed and vigilant.

A key part of our continued investment lies in the monitoring of analytics and providing multilingual content to enhance effectiveness. This ensures that our messages resonate with diverse audiences and contribute to a safer community. By leveraging social media, Royal Life Saving NSW continues to expand its reach, engage the community, and promote vital water safety education across New South Wales.

CASE STUDY

Sydney Roosters

Royal Life Saving NSW strategically leverages high-profile sporting teams to promote water safety messages, utilising their broad reach and influence to connect with diverse audiences.

These partnerships amplify our campaigns, ensuring critical water safety messages resonate with the community. By associating with respected athletes and teams, we enhance the visibility and impact of our initiatives, fostering a culture of safety and awareness around water activities across New South Wales.

During the summer, Royal Life Saving NSW teamed up with players from the Sydney Roosters as part of a partnership that saw players complete their CPR training and participate in a water safety session. We couldn't think of a better way to kickstart the festive season than brushing up on CPR and life-saving skills, and getting family, friends, and fans on board for a safe summer around the water. Key messages were distributed through the Roosters' social media networks, broadening the reach and impact of our water safety messages.





MEASURE

2024–2027 Strategic Plan – Skilled Community

Royal Life Saving NSW has solidified its role as a leading provider of training and education solutions. More than 100,000 individuals participated in vocational training and associated professional development programs with Royal Life Saving NSW across the last 12 months. We have ensured our training solutions are of high quality and relevant to the needs of the sector. Our high satisfaction rate amplifies our resolute commitment to preparing highly skilled individuals to undertake key swimming, water safety, and lifesaving roles.

Our collaborations with the industry and education sector remain strong and provide for a positive future. Through our unwavering commitment to promoting safe and enjoyable aquatic experiences and our ceaseless efforts in providing impactful education and training, we have reaffirmed our position as a leading voice and trusted authority in the sector.

We have also succeeded in expanding our co-branding and recognition with key stakeholders. By collaborating with government bodies, community organisations, the aquatic industry, and the corporate sector, we have forged meaningful alliances that have bolstered our efforts and broadened our impact.

We have invested in modern communication solutions to ensure our training and key messaging is appropriate and accessible across all our communities. Our trainer workforce remains a strong pillar of our commitment, and their professional application and dedication are to be highly commended.

Training and education are the means by which we engage and support our communities, developing their resilience and capacity. A range of new initiatives are planned for the coming year, which will provide further examples of the highly trusted and supported solutions we offer. Royal Life Saving NSW remains steadfast in our mission to build a skilled, resilient community capable of enjoying and safeguarding our aquatic environments.

Sustainable Future

Building organisation growth and prosperity.

Long Term Organisational Capacity

To ensure long-term organisational growth and sector vibrance there is a need to build a cohesive and secure Royal Life Saving. Our priorities centre on establishing appropriate information, business process and financial models through a strong team that makes our vision a reality.

Goal

We will diversify and broaden revenue streams to support increased community and organisational investment. We will utilise our influence to strengthen our social impact and environmental sustainability of aquatic settings and we will support our staff, organisation and membership to grow and mature.

Actions

- Embed a business model that is diversified, cost efficient and forward thinking.
- Leverage our collective data sources to optimise our solutions and future investments.
- Enhance our humanitarian, social, and environmental impacts through our engagements and networks.
- Attract and retain the best talent with a workplace that supports our strategic direction and values.
- Grow our membership base, satisfaction and recognition.

Ensuring Long-Term Growth and Prosperity

Royal Life Saving NSW is committed to ensuring our long-term growth and prosperity, a priority that is essential for our continued success. By acquiring and supporting a team of dedicated professionals, we are strongly positioned for the future. It remains vital that we seek to diversify our traditional program and service offerings to ensure ongoing relevance and financial stability. As the needs of our communities change, it is imperative that our agenda and support reflect these evolving needs. This is particularly evident with the increasing utilisation of inland waterways as aquatic recreational locations.

While being conscious of financial stability, we must maintain our focus on our humanitarian and social importance. As leaders in our sector, we often play a crucial role in ensuring that our disadvantaged communities are adequately serviced and supported. One of our strengths over the past 12 months has been our capacity to remain fiscally responsible. Despite facing many challenges, including rising supplier, utility, and insurance costs, we have been very reluctant to increase our fees for service, understanding the financial struggles faced by many community members.

Our commitment to balancing financial prudence with our social mission underscores our dedication to serving all members of the community. The future is bright, and our team is well-prepared for strong engagement across NSW. We will continue to innovate and adapt, ensuring that Royal Life Saving NSW remains a vital and trusted presence in promoting water safety and community well-being.

CASE STUDY

Leadership in Aquatics

Royal Life Saving is proud to offer professional development opportunities for aquatic industry leaders through a specialised training program designed to empower and educate individuals in leadership roles.

Mid 2023, we had the privilege of hosting our largest cohort yet – 15 participants – in an intensive course facilitated by the esteemed Peter Agnew (AM), Director of People Development Australia and a renowned figure in management education. Peter brings a wealth of experience spanning over 25 years in senior management across government, commercial, and nonprofit sectors. His extensive hands-on experience in the aquatic industry, combined with his leadership in professional development, makes him uniquely qualified to guide participants in this specialised field. Peter's appointment as a Member of the Order of Australia (AM) underscores his significant contributions and dedication to the advancement of leadership and education.

What's Covered in the Program?

Participants in the Aquatic Team Leaders course benefit from a curriculum that includes specialised topics such as:

- Team development stages
- Communication skills
- Performance management
- Handling difficult situations

Additionally, each program provides access to the Royal Life Saving Online Learning Leadership Portal, offering ongoing resources and support. Participants also receive a personalised Everything DiSC Management Profile assessment, which enhances self-awareness and leadership effectiveness, ensuring that they are well-equipped to lead in dynamic and challenging aquatic environments.

The Aquatic Team Leaders course is ideal for individuals recently appointed or aspiring to leadership roles within aquatic facilities. Whether you're a lifeguard looking to advance your career or a swim teacher transitioning to a supervisory position, our training programs are tailored to meet your professional development needs.

For those with more experience seeking to further enhance their knowledge and leadership skills, the Facility Leaders Course offers additional training and professional development opportunities. Both programs are integral to building a robust leadership pipeline in the aquatic industry, ensuring that our facilities are led by competent, confident, and capable leaders.



CASE STUDY

Clubgrants

We would like to extend our deepest gratitude and appreciation to our club partners, whose unwavering support and investment have played a pivotal role in enhancing community safety and engagement. Their significant contributions have not only supported our community programs but have also helped nurture the skills and knowledge of our children, seniors, and vulnerable community members.

Thanks to our partners' support, these programs have gone beyond teaching swimming, water safety, and lifesaving skills. They have become platforms for promoting social connectivity, improving health, and fostering a sense of well-being among participants. These initiatives have been instrumental in bridging gaps within our communities, building resilience, and contributing to overall community harmony and social growth.

We celebrate the invaluable role of our partners in this journey. Their commitment to community safety and well-being embodies the true spirit of partnership and reflects their deep understanding of the holistic impact of our aquatic programs. These partnerships have not only helped us achieve our mission but have also contributed to the prosperity of our communities.

To our club partners, your investment in our mission has proven to be an investment in our communities, yielding dividends in the form of safer, happier, healthier individuals who are better equipped to contribute to society. Thank you for your continuous support, your belief in our cause, and for making a profound difference in the lives of so many. Together, we look forward to creating more ripples of positive change in our communities.

Supporting Clubs:

- Briars Sports Club
- Campsie RSL
- Castle Hill RSL
- Club Auburn
- Club Mudgee
- Club on East
- Earlwood Bardwell Park RSL Club
- Magpies Waitara
- Moama Bowling Club
- North Ryde RSL
- Rich River Golf Club
- South Sydney Junior Rugby League Club
- Burwood RSL
- Canada Bay Club
- Chatswood RSL
- Club Bega
- Club Sapphire
- Dooley's Lidcombe Catholic Club
- East Cessnock Bowling Club
- Mekong Mounties Group
- Moama Echuca RSL
- Oak Flats Bowling and Recreation Club
- Ryde Eastwood Leagues
- St John's Park Bowling
- Cabramatta Rugby Leagues Club
- Canterbury Leagues
- City of Sydney RSL
- Club Five Dock RSL
- Club Oatley
- Drummoyne Sailing Club
- Lithgow Workies
- Merimbula RSL Club
- Moorebank Sports Club
- Parramatta Leagues Club
- Seven Hills Toongabbie RSL
- Wenty Leagues

Thank you for being steadfast partners in our mission to promote water safety and well-being across NSW.



Supported Programs and Initiatives

Culturally and Linguistically Diverse (CALD) Adult Learn-to-Swim (LTS)

Outcome: Over the course of 10 weeks, hundreds of adults from diverse cultural backgrounds have benefited from the CALD Adult LTS program. The program not only equipped them with essential swimming and survival skills but also facilitated community bonding and social interaction. It has played a significant role in enriching the lives of community members, promoting inclusivity, and enhancing the local community's overall well-being.

Public Riverside Rescue Equipment Acquisition and Deployment

Outcome: This program has significantly improved rescue response times at key riverside locations, potentially saving lives by ensuring immediate intervention during emergencies. It has also reduced the risks to rescuers by minimising the need for in-water rescues. The program's success lies not only in the acquisition and deployment of vital public rescue equipment but also in its efforts to raise public awareness and enhance the community's overall safety.

Junior Lifesaver Program

Outcome: The Junior Lifesaver Program successfully educated and trained hundreds of young children in essential lifesaving and personal survival skills. It not only helped the children to become competent and confident in water situations but also fostered a sense of community and promoted an active lifestyle among them. The program, by focusing on fun and social connection, has contributed to building a more robust, safe, and health-conscious community.

Pre-school Water Safety Project

Outcome: The Pre-school Water Safety Project has successfully educated thousands of young children about the critical rules of water safety in an enjoyable and interactive way. It has empowered parents and educators with the necessary resources and knowledge to perpetuate this important education, fostering a culture of safety around water among the youngest members of our community. By making water safety education fun and engaging, the project has laid a solid foundation for these children's future interactions with water, promoting a lifelong respect and understanding of water safety.

Kids at Risk Initiative

Outcome: The Kids at Risk Initiative successfully reached out to children from disadvantaged backgrounds and provided them with crucial swimming, water safety, and lifesaving skills training. The program, through its supportive and inclusive environment, has not only equipped these children with skills that could potentially save their lives but has also boosted their confidence, self-esteem, and sense of responsibility towards their communities. This initiative has played a significant role in ensuring equal access to life-saving education and promoting a culture of safety and responsibility among a demographic that may have otherwise been overlooked.

Indigenous Youth Initiative

Outcome: The Indigenous Youth Initiative has been successful in not only equipping Indigenous youth with vital swimming, water safety, and lifesaving skills but also in fostering community bonds and providing valuable employment pathways within the aquatic sector. The initiative has thus contributed significantly to the empowerment of Indigenous youth, enriching their skills, broadening their career prospects, and promoting a safer and more inclusive aquatic community.

Youth at Risk Initiative

Outcome: The Youth at Risk Initiative has successfully provided valuable CPR and First Aid training to numerous young individuals, greatly enhancing their employability skills. The program has been instrumental in building confidence, leadership, and lifesaving skills among the youth, thereby empowering them to be effective and responsible members of the community. This initiative has played a vital role in providing these youth with skills and qualifications that will serve them in a variety of future career paths, while also enriching their personal lives.

CASE STUDY

Gender Equality

At Royal Life Saving NSW, we proudly uphold a strong commitment to gender equality, ensuring a fair and inclusive environment for all our employees. Our workforce composition reflects this commitment, with 64% female and 34% male employees, and women holding a significant number of leadership positions – 12 out of 21 managerial roles, demonstrating our efforts to maintain a balanced gender representation across various roles.

In response to the recent legislative changes to the Workplace Gender Equality Act 2012, passed by the Federal Parliament in March 2023, we have taken proactive steps to align with these reforms and further enhance our gender equality practices. These changes, which include the requirement for the Workplace Gender Equality Agency (WGEA) to publish gender pay gaps for individual employers, have inspired us to strengthen our strategies and actions to ensure equity and transparency.

Our organisation-wide gender pay gap is within the neutral range (+/-5%), with a slight bias of 0.76% in favour of males. This minimal gap, within normal business fluctuations, highlights our strong focus on gender equality. We believe that this indicates a fair and equitable workplace, where all employees are valued and rewarded without gender bias.



Strategies and Actions

Gender Composition of the Workforce and Governing Bodies

Equitable Recruitment and Promotion Processes: We have established unbiased recruitment and promotion processes to provide equal opportunities for all genders, aiming for a balanced representation within our workforce and leadership.

Career Development and Mentorship Programs: We actively support the career advancement of women through targeted programs and mentorship, fostering a diverse and inclusive leadership team.

Equal Remuneration between Women and Men

Regular Pay Audits: Annual comprehensive pay audits help us identify and address any gender pay disparities, ensuring fair remuneration practices.

Transparent Remuneration Practices: We maintain clear criteria for salary decisions and promotions, promoting transparency and understanding among all employees regarding how remuneration is determined.

Employment Terms and Practices Relating to Flexible Working Arrangements

Flexible Work Arrangements: We promote flexible working options to accommodate diverse needs and responsibilities, making them accessible to all employees, regardless of gender.

Consultation with Employees on Workplace Gender Equality Issues

Employee Engagement and Feedback: We regularly conduct feedback sessions to understand employees' experiences and needs related to pay equity, continuously improving our policies and practices.

Sex-Based Harassment and Discrimination

Education and Training: Ongoing education and training on gender equality and pay equity are provided to all employees, fostering a respectful and inclusive workplace culture that discourages sex-based harassment and discrimination.

Gender Equality Strategy and Action Plan

Leadership Commitment and Accountability: Our leadership team is committed to gender pay equity, with clear targets and accountability measures integrated into our organisational strategy and action plan.

By implementing these actions and strategies, Royal Life Saving NSW is dedicated to achieving and maintaining gender equality within our organisation. We are committed to creating an environment where all employees are valued and rewarded fairly, reflecting our core values of inclusivity and fairness.

CASE STUDY

Environmental Denistone East Academy

We are committed to our environmental responsibilities and strive to implement sustainable practices across our operations. A prime example of this commitment is the installation of a photovoltaic system on the roof of our Academy at Denistone East. This system harnesses solar energy to assist in powering our facility, significantly reducing our carbon footprint and contributing to a cleaner, more sustainable environment.

A photovoltaic system, commonly known as a solar power system, converts sunlight directly into electricity using solar panels composed of semiconductor materials. When sunlight hits the panels, it excites electrons, generating an electric current that can be used to power electrical systems. This technology not only provides a renewable source of energy but also helps in reducing reliance on non-renewable energy sources, thereby lowering greenhouse gas emissions.

By investing in such renewable energy solutions, Royal Life Saving NSW demonstrates its dedication to sustainable practices and its role in promoting environmental stewardship. This initiative not only supports our operational needs but also aligns with our broader mission of creating a healthier and more sustainable community for future generations.



CASE STUDY

Humanitarian

The International Life Saving Federation's World Conference on Drowning Prevention (WCDP) was held at the Perth Conference and Exhibition Centre, Western Australia from 4–7 December 2023. The Conference was attended by a number of NSW staff to engage with aquatic practitioners, academics and leaders from across the globe.

The globally significant event focused world attention on drowning prevention. WCDP 2023 gathered experts in drowning prevention, lifesaving and water safety with the goal of Shaping Global Strategy and Mobilising for Action.

The conference was held at a time of great momentum for drowning prevention.

- United Nations General Assembly Resolution on Global Drowning Prevention in 2021.
- World Health Assembly will debate a draft resolution on Drowning Prevention.
- World Health Organization has announced plans to develop the first ever Global Status Report on Drowning Prevention.
- World Health Organization has announced plans to establish a Global Partnership for Drowning Prevention in 2023.

The conference themes reflected the challenges and opportunities of reducing drowning in all communities, nations, and regions.

- Measuring and mapping the drowning burden.
- Addressing drowning prevention in life stages and populations.
- Addressing drowning prevention in activities and occupational settings.
- Advancing drowning prevention through policy, partnerships and planning.
- Showcasing world-leading advances in coastal safety.
- Showcasing world-leading advances in aquatic industry leisure management.
- Showcasing world-leading swimming and water safety education.
- Advancing the science medical treatment and issues in drowning and aquatic injury.
- Confronting the challenges of disaster and climate change.
- Advancing drowning prevention in global health and development agendas.
- Fostering innovation in response to emerging challenges and opportunities.

This was the first time a World Conference on Drowning Prevention has been hosted in Australia. Co-hosts, the Royal Life Saving Society – Australia (RLSS) and Surf Life Saving Australia (SLSA) were immensely proud and eager to welcome the global community to Perth, embracing them with everything that is impactful about Australian approaches to water safety and drowning prevention.

A Call to Action

WCDP2023 delegates were invited to co-design this call to action via an interactive activity. Delegates first brainstormed ideas to advance global strategy and to mobilise local action. Then, these ideas were clustered into themes, matching ideas, and contexts to create a framework of actions.

As a result of this process, the delegates of WCDP2023 call for global strategy and local level action to reduce the impacts of drowning, specifically by:

01 Prioritising justice, equity, diversity, and inclusion in all drowning prevention efforts from governance and priority setting to program implementation and evaluation.

02 Recognising that no one organisation or sector can effectively own or control drowning prevention, efforts must be inclusive at all levels.

03 Facilitating leadership and positioning of more voices from Africa, Central and South America, and small island nations in the global effort to prevent drowning.

04 Establishing youth-led initiatives to build, empower, and engage young people in governance and decision making, policy advocacy, research, and program design.

05 Creating national platforms and community coalitions to enhance coordination and collaboration so all interested parties can be empowered to join drowning prevention efforts.

06 Engaging enthusiastically in the policy making process with data, advocacy, and a deep commitment to ensuring that drowning prevention exists in all pertinent policies.

07 Strengthening research efforts through prioritisation, coordination, capacity building, and supporting the role of communities affected and practitioners in research at all levels.

08 Investigating drowning in men and adolescents, including deepening understanding on the role of risk taking in higher rates of drowning in males, and the opportunities for prevention.

09 Investing in research aiming to deepen understanding of the relationship between vulnerability, exposure, and hazards in all contexts to inform drowning prevention measures.

10 Strengthening system-level capacity for implementation research to enhance understanding of intervention delivery and inform evidence-informed scale-up in real-world settings.

11 Investing in south-south partnerships (i.e., technical cooperation among developing countries) focused on sharing knowledge, skills, expertise, and resources.

12 Enhancing multisectoral engagement and advocacy by identifying synergies between sectors and stakeholders, investing in development, and facilitating mutually beneficial initiatives.



Royal Life Saving NSW staff at the World Conference on Drowning Prevention

13 Investigating opportunities to embed interventions within existing large-scale health and sustainable development efforts, including early childhood care and development, disaster risk reduction and climate agendas, and the Sustainable Development Goals.

14 Reinforcing the importance of swimming and water safety skills and knowledge, and expanding research into water competency, evaluation of swimming and water safety program implementation, and effective policies.

15 Expanding development and implementation of evidence-informed interventions across the spectrum of prevention, including addressing health, social and economic determinants.

16 Increasing investment and sustainable funding for coordination, addressing research priorities, scaling up of effective interventions, and building technical and community capacity.

17 Ensuring communities affected are central to all drowning prevention decision making and initiatives related to governance, implementation, and evaluation.

18 Strengthening implementation and evaluation of targeted, evidence-informed campaigns that seek to raise awareness and support community and individual drowning prevention action.



CASE STUDY

Research – Summaries

Safe Places To Swim

Houston, R., Moran, M., Miller, L., & Crockford, M. (2023). State of the National Aquatic Industry Report 2024, Royal Life Saving Society – Australia, Sydney, Australia.



Aim

This State of the Aquatic Industry Report aims to provides a snapshot of the public and public-access pool industry covering developments, achievements, challenges and opportunities for the sector.

Critically, the report serves to inform stakeholders of the need to invest in the ongoing safety, sustainability and viability of the industry, which provides significant benefits to the Australian community.

1. Identifying risk and benchmarking safety conformance

Owners and operators of publicly accessible aquatic facilities (including swim schools and communal pools such as hotel, resorts and caravan parks) should undertake routine safety assessments to identify and mitigate risks. Additionally, this can enable local, regional, state and national benchmarking of the implementation of safety standards and guidelines and improve safety practices at these facilities.

2. Incentivising safety improvements

State and territory governments should develop and implement programs which incentivise pool owners and operators to undertake assessments, with the Victorian funding-model proposed as a good benchmark for other states and territories.

3. Ensuring safety best practice

To ensure local government venues are being managed in accordance with national lifesaving guidelines and industry best practice, local governments should ensure that their facilities undertake routine assessments and build this requirement into annual budgets and management contracts (where applicable).

4. Ensuring safe design from the outset

Once a pool is designed and built, it is in place for over 50 years. Key decisions involved in the design can have a large bearing on the safety and efficiency of the operations, such as lifeguard deployment. To ensure aquatic facilities are designed in line with guidelines and standards, pool designers and architects should ensure Royal Life Saving Design (Safety) Assessments are undertaken early in the pool design and prior to construction to ensure venues have safe design at the centre from the outset.

5. Preventative education programs

Swimming and water safety lessons are vital in equipping individuals with the skills they need to be safe in and around water. These must be expanded at all levels and in all communities, particularly targeting vulnerabilities and those who miss out.

6. Parent / guardian supervision programs

A concerted effort is needed to ensure that parents and guardians understand their critical role in supervising their children at public pools, in accordance with programs such as Keep Watch @ Public Pools. All publicly accessible pools should adopt a recognised industry program for child supervision and ensure consistency of messages nationally.

7. Staff training and professionalisation

An industry-wide system which supports enhancements across the aquatic workforce in safety capability, ongoing professional development and assurance is recommended.

8. Public awareness campaigns

Stakeholders should work to align public awareness campaigns to reduce clutter and reinforce the importance of nationally consistent water safety messages and the role of the community in the prevention of drowning and aquatic injury.

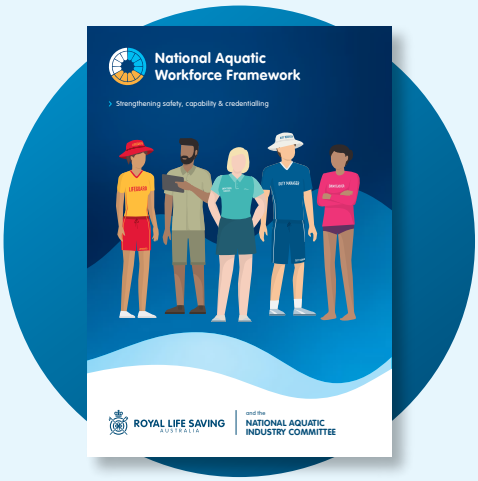
For a copy of the report, visit: royallifesaving.com.au

CASE STUDY

Research – Summaries

National Aquatic Workforce Framework

Houston, R, Craigie T & Jackson, S. (2024) National Aquatic Workforce Framework, Royal Life Saving Society – Australia, Sydney.



Aim

Building on earlier industry work, the concept of a workforce framework as an initiative that could serve to improve attractiveness to the industry and retention of talent became more clear at the National Aquatics Symposium 2023.

The discussions also centred on the need to better articulate the many career opportunities available in the sector and to bring clarity to the competencies and capabilities required for key roles. Its goals include promoting aquatic careers, defining clear pathways for professional growth, establishing quality assurance systems for safety outcomes, and supporting the sector in effective workforce planning. The framework aims to not only attract and retain talent but also to foster a learning culture and improve leadership within the industry, ultimately enhancing community trust and safety.

For a copy of the report, visit: royallifesaving.com.au

MEASURE

2024–2027 Strategic Plan – Sustainable Future

Royal Life Saving NSW has made significant progress in achieving its goal of continued stability and growth, with a firm focus on building a sustainable, secure organisation that ensures long-term cohesion and scope.

Our commitment to engaging with the community has been highlighted by an increase in community activations. We have successfully launched and sustained various initiatives that have elevated awareness about water safety and fostered a closer connection between Royal Life Saving NSW and the communities we serve.

Our strategic focus on risk analysis and management has further strengthened the organisational stability. By diligently identifying and managing potential risks, we have ensured the ongoing resilience and security of our organisation, even in the face of unexpected challenges.

We have conscientiously maintained and enhanced our assets to service communities across NSW. From training facilities to lifesaving equipment, our resources have been meticulously managed to ensure they continue to support and benefit the communities we work with.

Maintaining a skilled workforce has always been a top priority for Royal Life Saving NSW, and we have made significant strides in this regard over the past year. Further emphasis and commitment to professional development opportunities are required to ensure our team remains at the forefront of industry knowledge and skills, ready to serve our communities effectively.

Moreover, we have ensured ongoing compliance with legislative requirements and organisational excellence, adhering to the highest standards of governance, transparency, and ethical conduct. This has fortified our reputation as a trusted, accountable organisation committed to the highest standards of excellence.

Through dedicated efforts and strategic planning, Royal Life Saving NSW has met and exceeded its goals and priorities, cementing our place as a cohesive, sustainable, and secure organisation committed to the safety, health, and wellbeing of our communities. We remain dedicated to continuing this journey of growth and excellence in the years to come.

03 / Our Celebrations



Honours

Royal Life Saving Honours

Royal Life Saving NSW deeply appreciates and acknowledges the tireless efforts and invaluable contributions of the numerous individuals, organisations, and entities who dedicate themselves to promoting the ideals of water safety and lifesaving. These invaluable partners share our mission, working relentlessly in the face of challenges and extending their support in various capacities, be it through financial aid, provision of resources, volunteering, or sharing expertise.

Year after year, their efforts play a crucial role in helping us accomplish our objectives, reach out to more communities, and create a safer and more inclusive aquatic environment for all. Their commitment goes beyond simple contributions; they are the lifeblood of our cause, shaping our journey and reinforcing our mission.

In recognition of their outstanding contributions and relentless pursuit of our shared objectives, we honour them through our Royal Life Saving NSW Honours System. This system is designed to acknowledge and celebrate their significant impact and the difference they make in the lives of countless people.

The honour is not merely a token of appreciation, but a testament to their dedication and commitment to our cause. By recognising their efforts, we hope to inspire others to join us in our mission and further the reach of our lifesaving work. We remain forever grateful to our honourees for their unwavering support and shared vision of a safe and engaging aquatic environment for all.

NSW Honours

Certificate of Thanks

Curtis Coulson

Shearwater Steiner School

Silvana Lofaro

Fairfield Libraries

Phillip Jones
(Canada Bay Library Outreach)

Elizabeth Khater
(Canada Bay Library)

City of Ryde Libraries

St Gertude's Catholic Primary School

Al Noori Muslim School

Kingsgrove Public School

St Paul's Grammar Cranebrook

Cranbook School

Anglicare Village Castle Hill

Karyn Worlledge

Mark Nielson – Hoxton Park
Public School

Kylie Overall – Heckenberg
Public School

Warwick Farm Public School

Doonside Kindergarten

Willmot Public School – Year 6 Leaders

Orange Public School – Infants Campus

Bathurst South Public School

Judith Kane – Yaralla RSL Day Club

Diana Sidney

Ronnie Wang

Associate

Minimum 5 Years' Service

Greigor Scott

Delwyn Smidt

Matt Le Clerq

Distinguished Service

Minimum 10 Years' Service

Cameron McFarlane

Sir Walter Leonard Memorial Trophy

For achievement in life saving by a person with a disability or working with people with a disability.

Award Recipient: Nicola Davies-Cooke

Russel Crane Cup

For outstanding service in promoting the Society in the community during the previous year.

Award Recipient: Isobel Forrester

Derek Emery Memorial Trophy

For outstanding service in promoting the society in the community during the previous year, by a person under 21 years of age.

Award Recipient: Holly Holmesby

John Stackpoole Memorial Trophy

For outstanding service by an individual in the sport of lifesaving.

Award Recipient: Andrew Pearce

Staff

Australian Service Order

Minimum 5 Years Service

Amanda Mayes

Cheryl Garrad

John Hall

Lisa Dunlop

Louise Smalley

Monique-Ann Letting

Peter Tonkin OAM, OLY

Shirley Temple

Stephanie Hook

Tony Hearn

Tony Parfitt

Tracy Winfield

Trent Mcrae

Wayne Groeneweg

Nick Whalley

Long Service Order

(Minimum 10 Years)

Alan Pickles

Jeffrey Moss

Jennifer Rands

Leesa Baker

Lisa Critoph OLY

Monique Sneddon

Outstanding Service Order

(Minimum 20 Years)

Louise Micallef

Michael Dasey

Sandra Hones

Honours Committee

James Whiteside

Roz Grey OAM

Frances Simpson-Lee

Michael Ilinsky

Penny Hodgers

Royal Life Saving New South Wales

Life Governors

T. Cross
W. Twigg
R. McLennan
K.Abernethy B Deitz
S. Bidner
B. Clifton
K. Draper
A. Hilliard
K. Lofts
R. Vass
E. Fry
D. Parsons
J. Fowler
G. Duncan
P. Marquet
A. Stephens
C. Heckenberg
V. Frost
G. Bassingthwaighte
B. Colquhoun
P. Joske
F. Henry
E. Vass
R. Jiear
J. Eyles
G. Turnbull
W. Blakeney
H. Bamford
J. Cummine
P. Hunter
D. Knox
M. McCann
W. McKell
J. Parsons
H. Prior
R. Burgoyne
N. Rose
W. Scott
H. Stoyles
R. Crane

Life Members

R. Byrnes
F. Simpson-Lee
P. Dooley
D. Beaupeurt
E. McGrath
B. Dixon
P. Forbutt
H. Douglas
K. Abernethy
K. Carley
H. Gillard
C. Heckenberg
G. Duncan
A. Stephens
F. Brett
G. Clarke
J. Hague
W. Harries
J. Hawe
N. Hayton
J. Henderson
B. Hocker
J. Holme
C. Hopkins
D. Mitchell
N. Stuart
G. Campbell
G. Keifer
K. O'Connor
E. Fry
B. Farlow
H. Aitken
P. Midson
J. Misson
D. Kilpatrick
J. Pascoe
J. Brooks
D. Brown
N. Harrison
R. Smith
C. Stewart
T. Cross
G. Bryant
R. McLennan
T. Brenton
D. Bennetts
L. Burwell
R. Firkin
K. Laffey
J. McDonald
P. Neenan
I. Newley
M. Slade
J. Slade
W. Leonard
B. Vines
A. Denny
B. Trevenar
J. Manning
J. McCoy
N. McKnight
J. Spencer
W. Twigg
P. Barrie
D. Johannes
B. Prideaux
A. Tonkin
G. J. Vesperman
G. Vesperman
B. Frame
K. Hawthorne
A. Vockler
A. Hilliard
K. Lofts
B. Clifton
K. Draper
B.Deitz
M. Burn
M. Fitzsimmons
J. Grimsley
W. Parker
P. Marquet
J. McLean
L. Buchanan
R. Vass
E. Vass
R. Faraday
H. Fountain
B. Colquhoun
J. Fowler
F. Dunnicliffe
D. Thompson
J. Barden
J. Carney
J. Eyles
E. Arnold
D. Banks
C. Black
B.Bowen
J. Breakspear
F. Brett
A. Brown
A. Castleman
J. Chalmers
N. Chelman
C. Claggett
J. Coleman
H. Cremmer
M. Cullen
D. Dunstan
L. Fall
W. Fowler
A. Fraser
M. Goodman
A. Gorst
C. Griffiths
J. Whitebrook
M. Wylie
H. Bamford
J. Cummine
J. Parsons
H. Prior
W. Scott
W. Blakeney
G. Turnbull
R. Jiear
R. Burgoyne
R. Stacey
P. Stephens
J. Stewart
J. Waterer
B. Weir
W. Humphries
M. Jarrett
W. Jarvesson
J. Jenkins
R. Judge
C. Lauder
F. Leaney
D. Lindsay
W. London
M. Matheson
A. McClure
C. McKenzie

R. McQueen
T. Monckton
H. Paull
J. Perry
C. Phillips
K. Prien
F. Ramsay
L. Randall
E. Redfern
L. Reid
D. Richardson
W. Riding
H. Rose
F. Sandon
F. Saunders
E. Smiles
F. Henry
G. Bassingthwaighte
V. Frost
S. Bidner
D. Parsons
J. Collier
R. Brettell
Jill Collier
W. Howitt
M. Booby
B. McLennan
G. Samanc
P. Cronin
D. Gallaway
D. Hofman
J. Teagle
L. Purcell
C. Austin
P. Wiebe
N. Adams
J. Dooley
R. Arnold
P. Cousins
D. Jones
C. Ninness
S. Martin
H. Notley
F. Kelly
H. Woodley
P. Allan
M. Bergin
R. Grey
B. Edgecock
D. Gross
L-D. Kinscher
N. Dixon
G. Grey
R. Beresford
C. Baglin
J. Moss
S. McDonell
M. Williams
P. Stanley
N. Stanley

Royal Life Saving NSW Presidents

1907/08	Colonel Reuter E Roth
1929/30 to 1936/37	Sir Kelso King
1937/38 to 1940/41	Mr. C W Heyde
1951/52	Mr. Stuart Thorpe
1952/53 to 1954/55	His Honour Judge J. Harvey Prior
1955/56 to 1957/58	Mr. P E Joske
1958/59 to 1970/71	His Honour Judge J. Harvey Prior
1971/72 to 1979/80	Sir P.E. Joske
1980/81 to 1982/83	Sir Walter Leonard
1983/84 to 1993/94	Sir Eric McClintock
1993/94 to 2007/08	Mr. Clive Austin
2008/09 to 2011/12	Mr. Peter Cronin
2012/13 to present	Mr. James Whiteside

AWARDS

Royal Life Saving NSW Commendation Awards

Each year, Royal Life Saving Society NSW presents Commendation Awards to individuals who have displayed outstanding initiative, expertise, and empathy by applying lifesaving skills in emergency situations, often at risk to themselves. We were extremely honoured to have our Patron, Her Excellency The Honourable Margaret Beazley AC KC, Governor of New South Wales, host the Ceremony at Government House Sydney on Thursday, 8 February 2024.

During the ceremony, 11 Certificates of Commendation were presented to members of the general public, and 14 NSW Police Awards were presented to officers of the New South Wales Police Force. Recipients hailed from all corners of NSW, including Forbes, Northern NSW, the greater Sydney region, and the borders of Queensland and Victoria.

Presenting the Commendations, Her Excellency Margaret Beazley praised the courageous actions taken to save the lives of fellow human beings amidst great danger, reflecting the pinnacle of selflessness and human compassion. "Being equipped with first aid skills and knowing what to do in these situations is an important responsibility for each of us. I thank and honour the remarkable people we have gathered here today who have exhibited just that. Your bravery and selflessness are truly extraordinary."

Royal Life Saving President, Mr. Jim Whiteside, expressed gratitude to the recipients for their instinctive responses, selfless actions, and quick thinking in rescue, attempted rescue, resuscitative, or first aid efforts. "Many of these outstanding recipients were not trained professionals. They called on past first aid or CPR training during stressful situations and embody Royal Life Saving's vision for a community equipped with the skills to support one another," Mr. Whiteside said. "In the 130th year of the Royal Life Saving Society, there is nothing more significant than to honour the efforts of these individuals. It also provides a timely reminder for community-wide recognition that we all have a role to play in keeping one another safe. We are inspired."





Commendation Award Recipients

Ms. Thao Havebond

Mr. Alberto Torres Perez

Mr. Ethan Goldsmith

Mr. Michael Brown

Mr. Mark Hayes

Mr. Frank Schlie

Mr. Cooper Morgan

Mr. Lachlan O'Callaghan

Mr. Nathan Kirkwood

Mr. Marko Skourmallas

Mr. David Finn

NSW Police Award Recipients

Detective Senior Constable Brady Blanch

Chief Inspector Garry Sims APM

Constable Samuel Carpenter

Probationary Constable Huw Moore

Senior Constable Emily Riley

Sergeant Virginia McPherson

Senior Constable Christopher Lynch

Senior Constable Adam Cooper

Senior Constable Craig Michell

Senior Constable Timothy Lockwood

Constable Nicholas Murray

Senior Constable Robert McCallum

Sergeant Paul Nicoll

We thank and honour the incredible efforts of these recipients and all those nominated, whose courage and selflessness are truly remarkable.







Police Commendations

Royal Life Saving NSW awarded Commendations to 21 outstanding NSW Police Officers for their lifesaving efforts on Friday, 3rd November 2023 at the Sydney Police Centre. The commendations were presented by NSW Deputy Police Commissioner Peter Thurtell and Royal Life Saving NSW President Jim Whiteside, recognising the officers' initiative and empathy in applying lifesaving skills in emergency situations.

Mr. Whiteside praised the recipients for their selfless responses and quick-thinking actions in rescue, attempted rescue, resuscitative, or first aid efforts. "The award recipients not only relied on their first aid and CPR training but also demonstrated quick thinking and a calm approach, which enabled bystanders to assist in the rescue efforts," Mr. Whiteside said." This embodies Royal Life Saving's vision for a community equipped with the skills to support one another."

Among the recipients was Inspector Ben McIntyre, who was nominated by the family of then 17-year-old footballer Cooper Sinclair, who suffered a cardiac arrest. Together with Cooper's mother, Leonie, Inspector McIntyre has become a strong advocate for community-wide CPR and first aid training.

The commendation ceremony highlighted the exceptional bravery and dedication of these officers, underscoring the importance of lifesaving skills in our communities. Royal Life Saving NSW is proud to honour these individuals for their heroic actions and their commitment to making a difference in emergency situations.









2023 NSW Sports Awards

2023 rebel NSW Champions of Sport

On the 20 November 2023, Sport NSW hosted the 2023 rebel NSW Champions of Sport ceremony at the International Convention Centre, Darling Harbour Sydney.

This event was a wonderful opportunity for the NSW sporting family to come together on one night, to celebrate the achievements and successes of NSW athletes, coaches, officials, administrators and organisations.

The NSW Sports Awards are NSW's highest sports honours with awards presented across 12 categories.

Of significant note was the Royal Life Saving NSW finalists which included Jenny Whiteley nominated for Masters Athlete of the Year, Roz Grey OAM nominated for Official of the Year and Andrew Bowden nominated for Administrator of the Year.

Sport Chief Executive, Stuart Hodge, congratulated all 61 finalists across the 12 Award categories saying they performed outstandingly and made an immense contribution to their sport.

"These worthy finalists in each category have excelled at the highest levels, and we congratulate them on their magnificent achievements over the past 12 months," said Hodge.

"These finalists join a magnificent assembly of previous athletes, coaches, administrators, officials, and organisations who have been considered as finalists in the most prestigious sports Awards NSW offers.

"Sport in NSW is blessed to produce so many exceptional athletes, coaches, administrators, and officials. This is a credit to their brilliant individual efforts, but also to the teams of dedicated and unselfish support staff, family, and friends who, behind the scenes, made such an immense contribution.

"Sport is the universal language which binds communities together across NSW. Sport promotes healthy living and drives societal change, and our finalists are wonderful examples of inspiration for athletes, coaches and administrators of all ages and abilities," he added.

REFLECTION

A Time in History

A key section of this year's annual report reflects on our enduring legacy and how the lessons from our past have shaped our future. By building on over a century of water safety leadership, we are better equipped to address current and emerging challenges.

Our historical commitment to community protection, education, and collaboration strengthens our resolve as we expand our programs, adapt to evolving risks, and enhance partnerships to safeguard future generations. This reflection underscores that our foundation is more than history – it's the guiding force driving us forward.

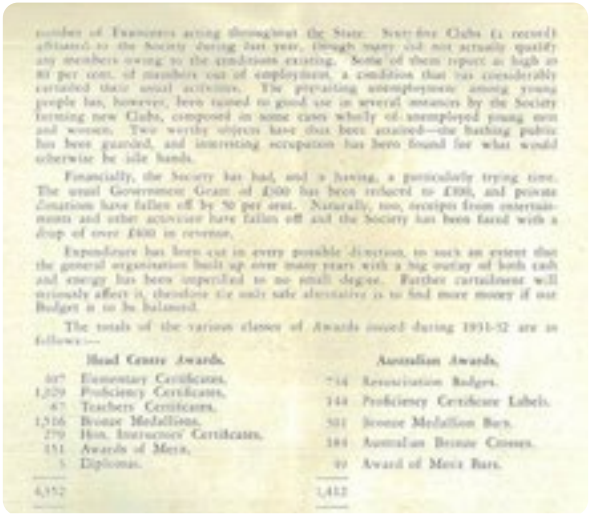
The Depression Years



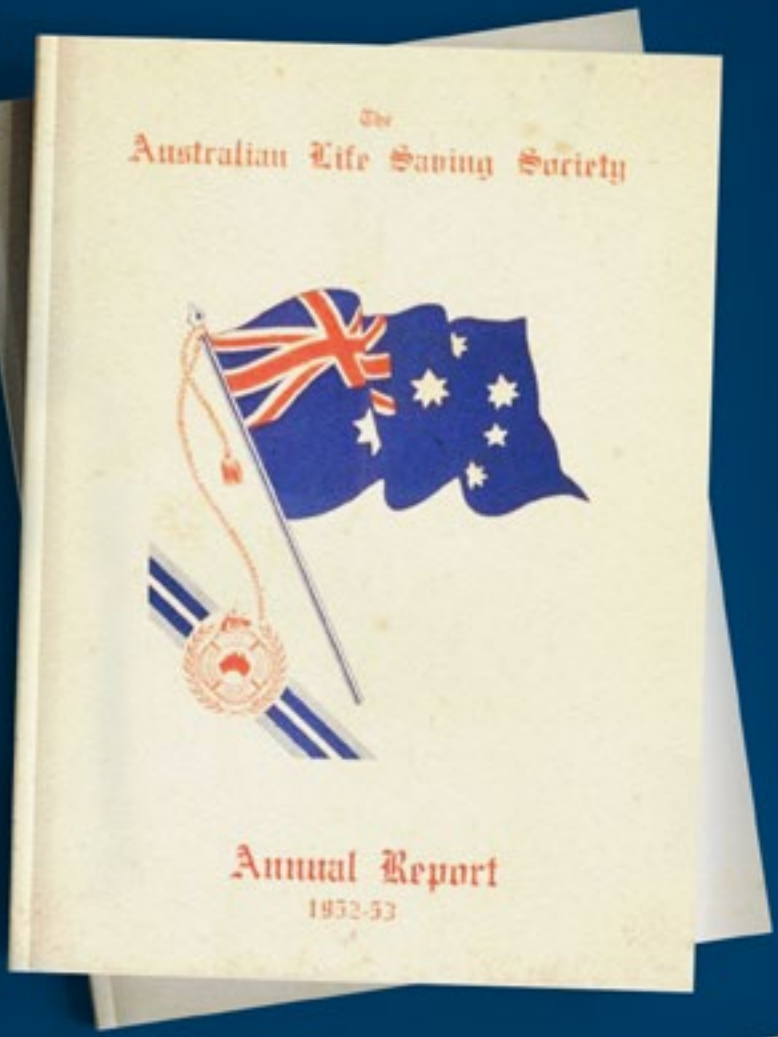
The Royal Life Saving Society

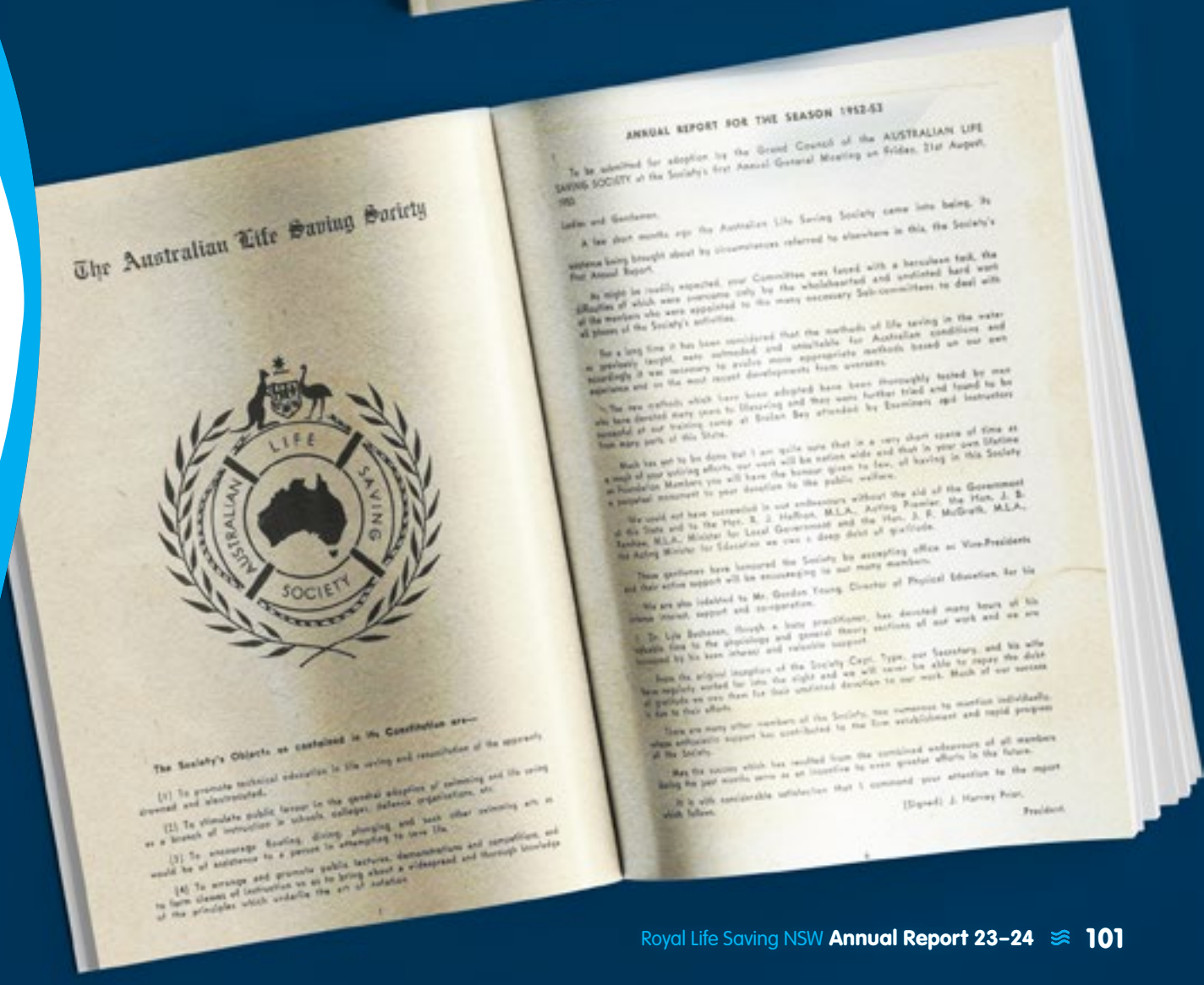
NEW SOUTH WALES HEAD CENTRE

Annual Report for Season 1931-1932



The Change


The
Australian Life Saving Society
Annual Report
1952-53


The Australian Life Saving Society
AUSTRALIAN LIFE SAVING SOCIETY
The Society's Objects as contained in its Constitution are—
ANNUAL REPORT FOR THE SEASON 1952-53
To be submitted for adoption by the Grand Council of the AUSTRALIAN LIFE SAVING SOCIETY at the Society's first Annual General Meeting on Friday, 21st August, 1953
Ladies and Gentlemen,



Centenary Honour for Pioneer Lifesaving Hero

On Friday, 5 May 2023, the community of Deniliquin gathered to pay tribute to a remarkable local legend, Hector McLean, who more than a century ago took the initiative to introduce learn-to-swim lessons to the town. Known affectionately as 'Mr. Mac,' Archibald (Hector) McLean was a dedicated swim teacher and coach, holding Royal Life Saving certificates.

Alarmed by the high number of drownings in local waterways and the lack of swimming ability among local children, Hector took action.

In the summer of 1922, at the request of the community, Hector began offering learn-to-swim lessons at a sandy spot on the Edward River known as Brewery Road. Every year, from October to March, at 6:30 a.m. daily, Mr. McLean conducted swimming lessons to ensure that children in the district had the opportunity to learn this vital life skill.

For 24 years, Hector taught on his own before receiving assistance from local residents and Deniliquin Swim Club members, many of whom had been students of his swimming program. The Deniliquin Rotary Club also became involved, helping with the logistics of the lessons. Mr. Mac, with his characteristic wisdom, developed a 'buddy' system where students were paired and made responsible







for each other during lessons. He continued to teach up until his death in 1951, dedicating 30 years of selfless service to the children of Deniliquin.

The tradition Hector started has endured, with the Deniliquin Swim Club continuing to offer swimming lessons every January through a dedicated team of swim teachers, making it one of the longest-running swimming programs in the country. On November 12, 1972, to mark the 50th anniversary of the learn-to-swim classes Hector founded, the Deniliquin community honoured Mr. Mac by renaming Brewery Bend as McLean Beach.

The recent centenary celebrations, postponed from 2022, included the unveiling of a permanent informative panel at McLean Beach, the very site where this incredible story began. Members of the McLean family, former students, instructors, and the general community gathered to share stories and honour Hector's legacy.

Royal Life Saving CEO, Mr. Michael Ilinsky, wrote to the McLean family ahead of the unveiling to acknowledge Hector's significant contributions:

"For almost 130 years, Royal Life Saving has been working to reduce incidents of drownings and injuries in and around our waterways. Swimming lessons are the very foundation of lifesaving skills in our country; it is an essential skill that all Australian children should have. Mr. McLean's commitment to teaching swimming and water safety undoubtedly provided invaluable skills to countless children in the greater Deniliquin community during his 30 years of instruction."

"Royal Life Saving continues to focus on reducing the challenges faced by regional communities, where access to swimming lessons is often limited and drowning rates in inland waterways are higher. Mr. McLean was undoubtedly a trailblazer in this area, showing exemplary foresight by providing a critical service to his community when he began these lessons back in 1922. That the swimming program he started over 100 years ago continues to this day is a testament to his success and enduring legacy."

We would like to acknowledge the Deniliquin Pastoral Times for their continued coverage of this important story and the impact of water safety education on the community, helping to keep Hector McLean's legacy alive for future generations.

Sydney Opera House 50th Anniversary: A Tribute to Lifesaving Education

As the iconic Sydney Opera House celebrated its 50th birthday on 20 October 2023, the Sydney Morning Herald honoured this milestone with a compelling article highlighting 50 pivotal moments in its rich history. Among these moments, one stands out for its unique blend of public education and spectacle: "Sydney's Biggest Stunt Set," which took place during the January School Holidays of 1977.

During this period, teachers from the Department of Sport and Recreation and the Royal Life Saving Society came together to organise learn-to-swim classes in an unexpected location – a Clark Rubber above-ground pool, specially erected on the Opera House forecourt. This initiative was more than just a public event; it was a powerful statement aimed at raising awareness about the importance of swimming education in preventing drownings.

The "stunt" was a direct response to the alarming drowning statistics of the time, underscoring the critical need to ensure that every child had the opportunity to learn to swim. By staging this event in such an iconic location, the organisers effectively brought national attention to the issue, reinforcing the message that water safety is a life skill that no child should be without.

This moment in history remains a testament to the enduring commitment of Royal Life Saving NSW to water safety and public education, as well as a reminder of the innovative ways in which we can engage the community in vital issues. As we reflect on the Opera House's 50-year legacy, this event serves as a shining example of how public spaces can be used creatively to promote important societal values and initiatives.





Water safety is a life skill that no child should be without.



AWARDS

Point Score

Royal Life Saving's Award Point Score is utilised each year to recognise schools and institutions who participate in our certification programs.

The President's Cup
for Tertiary Organisations

1st	Avondale University College
2nd	Charles Sturt University – Wagga
3rd	University of Wollongong

The Aquatic Club Trophy
for Girls High Schools

1st	Northern Beaches Sec. Clg Mackellar Girls Campus
2nd	Burwood Girls H.S. Awarded the Mrs S Bidner Trophy
3rd	Canterbury Girls High School

The City Tattersalls Club Cup
for Boys High Schools

1st	Liverpool Boys High School
2nd	Punchbowl Boys High School

The E.A. Fry Trophy
for Co-Educational Secondary Schools

1st	Lake Munmorah H.S.
2nd	Cherrybrook Technology HS Awarded the Bob Kalnin Award
3rd	Maitland H.S.

The Eklund Cup
For Girls Independent Schools & College

1st	Pymble Ladies' College
2nd	MLC School Awarded the Herbert Wagstaff Trophy
3rd	Our Lady of Mercy Clg Burraneer – Cronulla

The Hendry Challenge Cup
for Boys Independent Schools & Colleges

1st	St. Ignatius College – Lane Cove
2nd	St. Josephs College – Hunters Hill
3rd	The Kings School

The Alan Mcclure Cup
for Co-Educational Independent School & Colleges

1st	Good Samaritan Catholic College – Hinchinbrook
2nd	St. Andrews College – Marayong
3rd	Redeemer Baptist School

The Alwyne Wagstaffe Trophy
for Primary Schools 1st Class

1st	Rouse Hill Public School
2nd	Canley Vale P.S.
3rd	Bonnyrigg Heights P.S.
3rd	Forster P.S.

The M Cullen Trophy
for Primary School – 2nd Class

1st	Epping West P.S.
2nd	Crestwood P.S. Awarded the Bower Cup
3rd	Parklea P.S.

The H.F Paull Trophy
for Primary School – 3rd Class

1st	Forbes Public School
2nd	Woolgoolga P.S.
3rd	Narromine P.S.

The Percy Marks Cup
for Primary School – 4th Class

1st Hill Top P.S.
2nd John Palmer P.S.
3rd Irrawang P.S.

The Dominelli Ford Trophy
for Primary School – 5th Class

1st Cronulla P.S.
2nd Rye Park P.S.
3rd Islington P.S.

The Brighton-Le-Sands RSL Club Trophy
for Primary School – 6th Class

1st Lincoln School
2nd Enngonia P.S.
3rd Currabubula P.S.
Mumbil P.S.

The Jack Stilwell Flynn Memorial Cup
for Central Schools – 1st Class

1st Molong C.S.
2nd Dubbo School of Distance Education

The Helen Draper Trophy
for Central Schools – 2nd Class

1st Walcha C.S.
2nd Balranald C.S.

The H.C. Bamford Trophy
for Central Schools – 3rd Class

1st Warren C.S.
2nd Bonalbo C.S.
3rd Brewarrina C.S.

The Rowley Vass Memorial Trophy
for Central Schools – 4th Class

1st Yeoval C.S.
2nd Trundle Central School
3rd Gulargambone C.S.

The F.D Leaney Trophy
for Schools for Specific Purposes

1st Holroyd School
2nd Anson Street School
3rd Tallowood School

The Kelso King Excellence Shield
for Affiliated Lifesaving Clubs

1st Enfield LSC
2nd Parramatta Memorial Swim Club
3rd Ashfield ASC

The City Tattersals Club Trophy
for Metropolitan Schools

1st Pymble Ladies College
2nd St Ignatius College Lane Cove
Awarded the Victor Frost Cup
3rd Good Samaritan Catholic College – Hinchinbrook

The W. Marx Trophy
for Country Schools

1st Yeoval C.S.
2nd Warren C.S.
Awarded the K W Draper Trophy
3rd Bonalbo C.S.

The R.J. Coshott Trophy
for Girls Premier School of the State

1st Pymble Ladies' College

The Arthur Parker Cup
for Boys Premier School of the State

1st St Ignatius College Lane Cove



For more information

Sydney
T: 02 9634 3700
E: nsw@royalnsw.com.au

Hunter
T: 02 4929 5600
E: hunter@royalnsw.com.au

Illawarra
T: 02 4225 0108
E: illawarra@royalnsw.com.au

Northern
T: 02 6651 6266
E: northern@royalnsw.com.au

Riverina
T: 02 6921 7422
E: riverina@royalnsw.com.au

Western
T: 02 6369 0679
E: western@royalnsw.com.au

Seven Hills Academy
T: 02 8814 8637
E: sevenhills@royalnsw.com.au

Denistone East Academy
T: 02 9067 3840
E: denistoneeast@royalnsw.com.au

Connect with us

www.drowningprevention.org.au