

ROYAL LIFE SAVING NSW Annual Report 2022-23

ROYAL LIFE SAVING
NEW SOUTH WALES

Welcome to the 2022-2023 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 129 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.





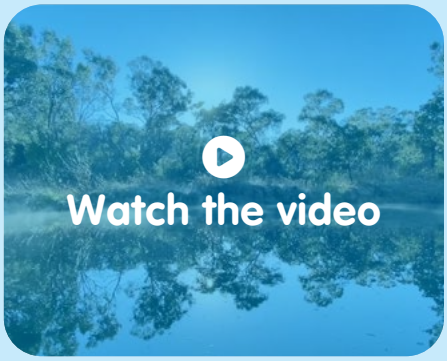
Our Vision

More Australians enjoying the water safely.



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

And for close to 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.





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 129 years. Our future is promising, and we are excited about the opportunities it holds.

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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)

Mr. Christopher Baldwin MPE JP

Mr. James Borbone

Mr Selwyn Brown BA Edu (resigned 24.11.22)

Mr Mark McLennan Adv Dip DP (Syd) Dip DT (Syd) (resigned 24.11.22)

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 Society New South Wales, it is with pride and a sense of urgency that I introduce this year's Annual Report.

I congratulate the Society on the remarkable impact they have made in our State, enthusiastically leading efforts to reduce drowning and increase swimming, water and lifesaving skills.

Across the past twelve months, over 250,000 people in New South Wales participated in a Royal Life Saving program or service, 6,579 Pool Lifeguards were accredited, and 2,040 new swim teachers were trained. More than 1,500 children in regional and remote New South Wales enrolled in the Swim and Survive Vacation Program, and new programs were rolled out to reach members of our community who may have traditionally missed opportunities to learn to swim and build water safety skills.

These activities, along with many others led by RLSNSW are essential in a context where drowning deaths in Australia have risen significantly over the past three years. The past summer's drowning toll which covers the months of December, January and February, recorded 90 deaths nationally, with the biggest percentage of those occurring in New South Wales.

Our beautiful state is home to a vast array of locations which offer opportunities for recreation and relaxation in and by the water. With this comes an inherent level of risk, and a responsibility to ensure that we are equipped with the necessary skills and knowledge to enjoy these environments safely. It is not enough to merely participate – we must be prepared, aware and proactive.

As we look to the future, the Society's role will be increasingly crucial. Our changing climate and expanding interaction with various water bodies necessitate an increase and evolution in water safety skills and behaviours. Last summer 22% of drownings occurred during a heatwave or extreme weather. The previous summer 20% were flood related. A strategic focus on broadening skills will assist us to better adapt to these trends, fostering safer and more resilient communities across New South Wales.

To all involved in Royal Life Saving Society's mission, Members, Board, staff, volunteers, and partners – thank you. The dedication you display every day contributes significantly towards reducing the risk of aquatic incidents and increasing the public's capacity to safely enjoy all that our state's waterways have to offer.

I commend this Annual Report as a record of your achievements and as a road map for the work that still lies ahead. I am proud to stand with you as we continue this important work.

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 would like to take this opportunity to express my gratitude for the enduring efforts and relentless dedication demonstrated by the entire Royal Life Saving NSW community.

Living in New South Wales, we are privileged to be surrounded by an array of beautiful waterways. Our waterways are integral to our state's identity and offer boundless opportunities for sports, leisure, and a means of staying active and healthy. Increasing participation in aquatic pursuits is a key focus of the NSW Government, and we are committed to ensuring that all residents of NSW can engage with our waterways in a safe way.

As the NSW Sports Minister, I believe that it is our collective responsibility to promote safe aquatic participation. Organisations like Royal Life Saving NSW play an important role, by implementing innovative programs which educate our communities and provide services which reduce drowning and increase water safety and lifesaving skills.

Looking ahead, the NSW Government remains committed to building the capacity of NSW to safely engage with all our waterways. We look forward to our continued collaboration with Royal Life Saving NSW.

I would like to thank you everyone involved in Royal Life Saving NSW, for their ongoing commitment to our communities. Together, we can ensure that our beloved waterways remain a source of joy, exercise, and safe recreation for all.

Message from the President



Jim Whiteside

President

As we take a moment to review the past year, I am filled with a sense of awe for what we have accomplished and a profound sense of gratitude to each and every person who forms part of the Royal Life Saving NSW community.

This year has presented its fair share of challenges and complexities, each demanding an exceptional level of resilience, adaptability and a deep-seated commitment to our cause. Despite the adversities faced, we have managed not only to keep our heads above water but also to continue making significant progress.

One of the shining highlights of this year has been the growth and development of our Aquatic Academies. They have been instrumental in creating safer aquatic environments across Western Sydney and beyond. By engaging and preparing our children for positive aquatic experiences, these academies are shaping the next generation of safety-conscious, water-loving individuals.

Our dedication to creating safer aquatic communities in NSW would not be possible without the unwavering support and collaborative spirit of the NSW Government. Your commitment to community resilience continues to enable us to broaden our reach and to deepen our impact. I would like to seize this opportunity to extend a warm welcome to our new Sports Minister, the Hon. Stephen Kamper MP. We are enthusiastic about the potential collaborations in the future and the fresh perspective that you bring to the table. We are certain that our joint efforts will go a long way in enhancing the aquatic skills and resilience of our communities across New South Wales.

We would also like to express our heartfelt gratitude to Ms. Karen Jones, CEO at the NSW

Office of Sport, and her proficient team. Your unwavering support and valuable guidance over the last year have been indispensable in our journey towards promoting water safety and reducing the incidences of drownings. Your expertise and commitment have not only enriched our operations but have also helped us make strides in our strategic intent.

We extend our heartfelt thanks to the NSW Governor for being our Patron and for hosting our Commendation Ceremony at Government House. The event was a fitting tribute to some of our extraordinary heroes who perform amazing rescues and respond to emergency situations. Your actions truly encapsulate the essence of our organisational objectives and you are an inspiration to us all.

To our volunteers who tirelessly serve our regional and remote communities, you are the lifeblood of our organisation. Your dedicated service and indomitable spirit are not only inspiring but also invaluable.

I would like to acknowledge our National Office, who continue to guide our strategic direction with their critical advocacy campaigns and evidence-based research. The wisdom you provide helps shape our programs and services, ensuring they are fit for purpose and deliver meaningful outcomes.

To each member of the NSW Board of Directors and the executive team, thank you for your immense contribution. Your ongoing commitment and dedication are not only highly appreciated but are also crucial to our success. Your leadership and guidance continue to inspire us as we strive to make a difference in the communities we serve.

Lastly, but certainly not least, I extend my deepest gratitude to our staff. You have shown unwavering dedication and an unquenchable passion for our mission. It is your efforts that have enabled us to navigate the past year with hope and optimism, while keeping the safety of our communities at the heart of all we do.

In looking to the year ahead, let us remain focused and committed. Together, we can continue to create safer aquatic environments across NSW and ensure that our communities can continue to engage with these environments in a positive and safe manner.

Message from the Chief Executive Officer



Michael Ilinsky

Chief Executive Officer

In the past year, Royal Life Saving NSW has navigated a journey of both remarkable challenges and noteworthy advancements.

We've been confronted by multifaceted barriers, from serving the vastness of our regional and remote areas to contending with the aftermath of a global pandemic. These impediments are magnified by the ageing state of our aquatic infrastructures and the intricate idiosyncrasies of our diverse communities. Yet, in the face of these adversities, our response was unwavering.

Our resilience and relentless commitment have been our guiding lights. These virtues, in alignment with our enduring purpose, drive us to spearhead efforts to combat drowning and propagate swimming, water safety, and lifesaving skills. The commendable efforts of our dedicated staff have been paramount, ensuring that despite the challenges, our communities remain well-served and supported. Their indomitable spirit has allowed us to provide impeccable services, fostering communities that are adaptable and well-informed.

Leadership has been the cornerstone of our success. With a clear vision and strategy, we have cultivated a performance-driven culture that values the well-being and growth of every team member. By focusing on work-life balance, we aim to retain a workforce that is not only skilled but also enthusiastic and content.

Embracing change, we've innovated and adapted to our post-pandemic landscape. By bolstering our digital prowess, we've transcended geographical boundaries, reaching even the most remote communities with our training and educational programs. Our intensified engagement with the community and stakeholders, especially within culturally and linguistically diverse communities, has been crucial in addressing the unique water safety needs that they present.

As we look ahead, our focus sharpens on strengthening our support services, especially for priority regions like Western Sydney. We recognise the necessity for increased engagement and commitment, ensuring that our interventions result in meaningful outcomes. Upcoming social media campaigns are geared to educate and raise awareness, priming our communities for a safe summer. Through all this, our unwavering commitment to regional and remote areas remains steadfast.

The journey ahead may be filled with uncertainties, but with innovation, commitment, and community at our core, Royal Life Saving NSW is poised to navigate the future with purpose and promise.

The findings of the 2022-223 NSW Drowning Report serve as a grave reminder of the work that lies ahead of us. While we have made strides in promoting water safety, the increase in fatal drownings over the last decade demands that we reevaluate our strategies, galvanise our resources, and intensify our outreach efforts.

The nature of this year's report underscores the complexities of our mission. From the worrisome data in NSW, the pronounced risks in our regional and remote communities, the disturbing reflection of societal inequities in drowning rates, to the continued vulnerability of our elderly population - each statistic is a call to action. It emphasises the multifaceted approach we must employ to tackle this pressing issue.

It's evident that the effects of unforeseen events such as environmental disasters and the pandemic have added to our challenges. The loss of essential lessons, particularly in the foundational years of children's water safety education, underscores the need to find

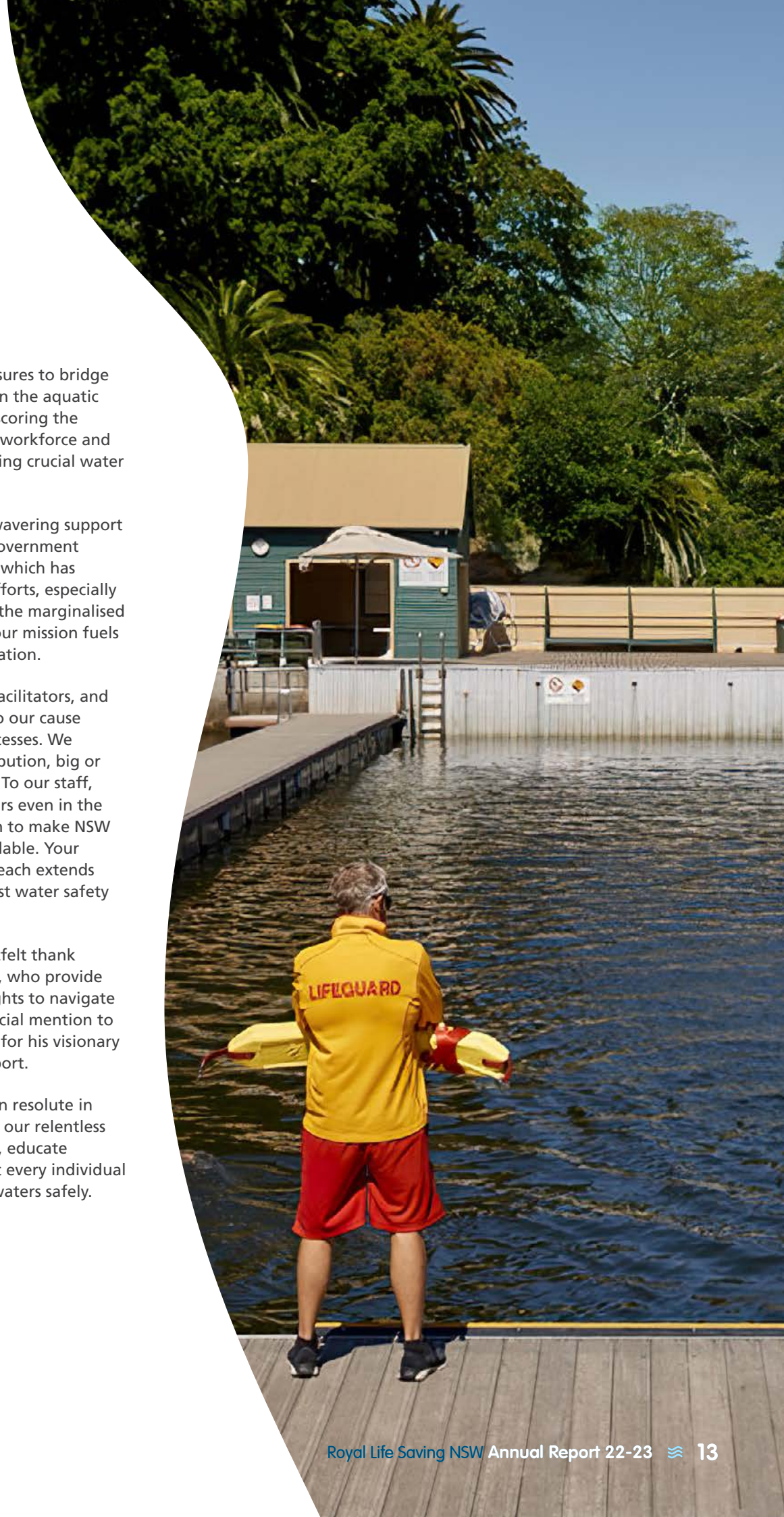
innovative and adaptive measures to bridge this gap. The staff shortages in the aquatic sector exacerbate this, underscoring the importance of bolstering our workforce and ensuring continuity in delivering crucial water safety programs.

We are heartened by the unwavering support from the New South Wales Government and the NSW Office of Sport, which has allowed us to prioritise our efforts, especially focusing on the children and the marginalised communities. Their belief in our mission fuels our motivation and determination.

To our invaluable members, facilitators, and partners, your commitment to our cause forms the bedrock of our successes. We cherish and value each contribution, big or small, in our collective effort. To our staff, whose dedication never wavers even in the face of adversity, your passion to make NSW waters safer is truly commendable. Your endeavours ensure that our reach extends far and wide, creating a robust water safety culture across the state.

I would like to extend a heartfelt thank you to our Board of Directors, who provide invaluable guidance and insights to navigate these turbulent waters. A special mention to our President, Jim Whiteside, for his visionary leadership and steadfast support.

As we move ahead, we remain resolute in our mission. We will continue our relentless pursuit to prevent drownings, educate communities, and ensure that every individual can enjoy the beauty of our waters safely.



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 & 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 & 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 COVID-19 pandemic, 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.

Lifestyle changes brought on by the pandemic have had a profound impact on our communities. As people sought to escape the confines of lockdowns and restrictions, there was an increased interest in outdoor and recreational activities, including aquatic pursuits. However, the disruption to regular swimming lessons – with approximately 3 million lessons lost due to pandemic restrictions – has resulted in a reduction in aquatic proficiency.

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.

In FY23-24, 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 COVID-19 pandemic 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".

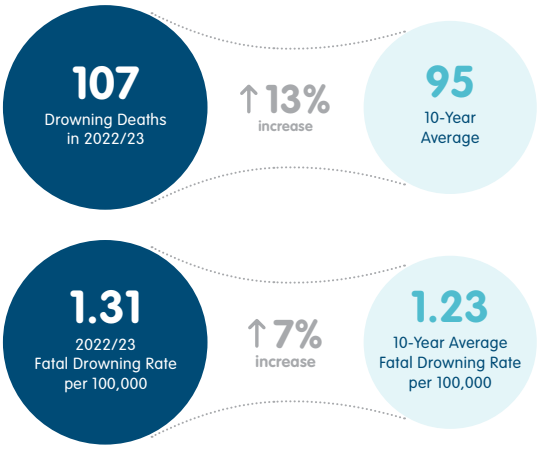
2022 – 2023 Highlights

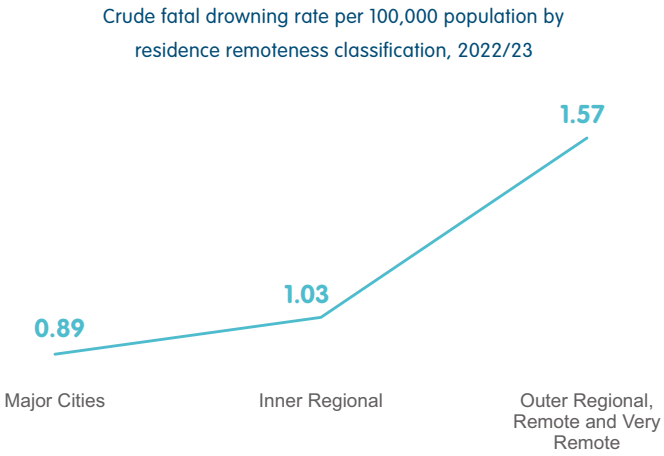
Key achievements made by Royal Life Saving NSW during the 2022-23 period.

- Maintained partnerships with 250 public pools under the Keep Watch @ Public Pool program.
- Successfully completed 103 Aquatic Risk Audits.
- Undertook 55 Mystery Guest assessments.
- Completed 10 Inland Waterway Projects.
- Issued 68,960 vocational accreditations, with a significant number (40,000) in regional NSW.
- Partnered with 430 registered pre-schools.
- Expanded to over 200 public pool training locations.
- Accredited 6,579 Pool Lifeguards across NSW.
- Received $700,000 in core support from the NSW Government.
- Provided $1,200,000 in fee-free training for the aquatic sector.
- Delivered $375,000 in fully subsidised education programs in Metropolitan Sydney.
- Engaged 250,000+ participants in a Royal Life Saving program or service.
- Enrolled 1,500+ children in the Swim and Survive Vacation program in regional remote NSW.
- Trained 2,040 new Swim Teachers.
- Enabled 30,115 teachers to complete CPR, First Aid & Anaphylaxis training.
- Had 1,400+ industry employees complete a cultural competence online program.
- Achieved 51,164 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 $30,000 in community support from Bendigo Bank.
- Developed 50 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.

NSW Fatal Drowning Report 2022-23





NSW Concerns

Alarming NSW Data

The statistics for NSW are worrisome. Complacency is not an option. We must rally parents, carers, and the larger community to champion swimming and water safety education – our foremost strategy against drowning.

Drowning in Regional and Remote Communities

Though 59% of drowning victims reside in major cities, the risk for those in outer regional, remote, and very remote areas is disproportionately higher by 1.77 times. This indicates an urgent need for targeted strategies in these communities.

Social Inequities

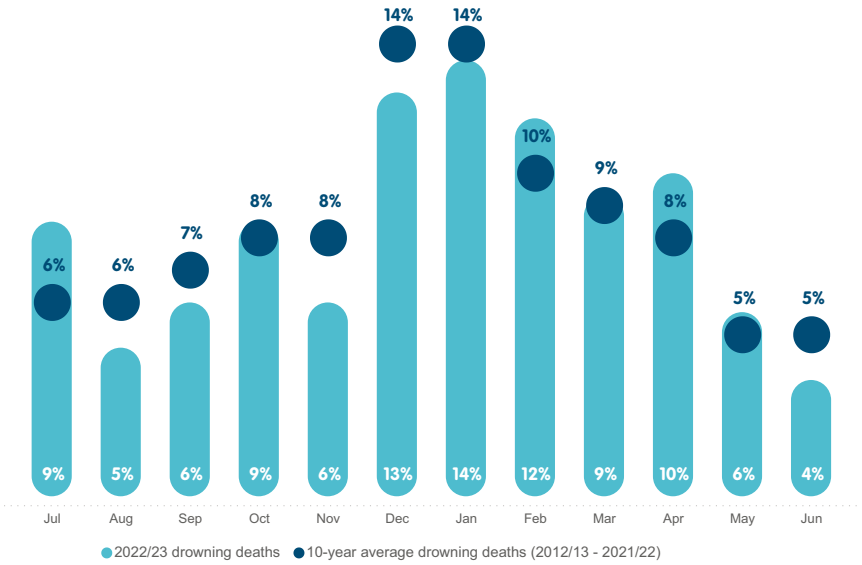
Drowning isn't just an aquatic safety issue; it mirrors the broader social inequities. The disparity in drowning rates – a whopping 71% higher in disadvantaged areas compared to the most advantaged – is a matter that demands our attention.

Older Australians

They continue to feature prominently in our drowning statistics. Tailored interventions to boost their aquatic understanding and skills are paramount.



2022/23 drowning deaths by month compared to the 10-year average



NSW Summer Profile 2022-23

Royal Life Saving research shows a consistent peak in fatal drowning cases in the summer months.

In a bid to understand the increased risks during this time, each year, we publish the Summer Drowning Toll from 1 December to the end of February, which charts drowning incidents around Australia in these months. This serves as a timely vehicle for us to promote safety advice in conjunction with our ongoing drowning prevention campaigns for particularly high-risk groups and communities, such as men, children and people from multicultural communities.

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





02 /

Our Achievements



Resourceful and Vibrant Organisation

Goal

A strong, well-resourced and vibrant organisation with a focus on community safety and wellbeing. Lead strategies to facilitate healthy, active and skilled communities through innovative, reliable and quality solutions together with Government, the Community, the Aquatic Industry and Corporate Sector support.

Priority

- Continued and increased strategic relationships and support to meet community needs and water safety priorities.
- Expansive array of programs and services to support all communities across Australia.
- Increased organisational influence and presence amongst priority audience.

A1 Maintaining and Expanding Strategic Relationships

As an organisation, 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 2022-23 was marked by significant challenges. Unprecedented environmental disasters and the ongoing COVID-19 pandemic tested our capacity to deliver services and meet priority objectives with key partners. Extended closures and restricted opportunities forced many of our planned initiatives to be paused or rescheduled, which, in turn, has long-term implications for the communities of NSW.

As we look to the future, increasing healthy and active aquatic participation will become a priority for both Royal Life Saving 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 been heavily burdened with a lack of community confidence, service reductions due to the impacts of COVID-19 and recent environmental disasters, as well as broad workplace employment issues.

Moreover, we have noticed that many children and disadvantaged communities have not returned to swimming and water safety programs. This 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.

CASE STUDY

New Strategic Plan 2023-2027

We have developed a strategic plan for 2023-2027 with the objective of fostering a "water way of life" in all communities. This comprehensive plan hinges on five key pillars that serve as the foundation for our goals and actions.

As we embark on the exciting journey to develop the new strategic plan for Royal Life Saving NSW for the period 2023-2027, it is crucial that we reflect on our past to inform our future. We celebrate our successes, but equally important are the lessons learned from the areas where we fell short in our previous strategy. Our goal is to evolve and constantly improve our operations, services, and impact.

In the past five years, our organisation has made significant strides in saving lives, advocating for water safety, and promoting health and wellbeing through aquatic activities. However, we also recognise that some aspects of our strategy did not achieve their intended outcomes. In this new strategic plan, we will build upon our successes and confront our shortcomings, translating them into future opportunities for growth and improvement.

The landscape in which we operate is changing rapidly, and our new strategy must be responsive to these changes. In line with this, the upcoming plan will put a strong emphasis on the integration of technology. Leveraging advancements in digital tools and platforms will enable us to enhance our training programs, increase community awareness, streamline our operations, and improve data collection and analysis for more effective decision-making.

Leadership development will be another key pillar of our strategy. We are committed to fostering an environment that encourages growth, innovation, and excellence at every level of the organisation. We believe that empowering our people and developing future leaders is essential for the sustained success of our organisation.

Environmental considerations will also be central to our strategy, reflecting our commitment to sustainability and the recognition of the interdependence between our activities and the health of our aquatic environments. We aim to reduce our environmental footprint and promote activities that contribute to the conservation of our water resources.

Finally, we will continue to strengthen our organisational culture and processes. We are committed to creating a more inclusive, collaborative, and agile organisation that can quickly adapt to changing circumstances and continue to deliver on our mission.

The new strategic plan for 2023-2027 represents not just a roadmap for our future, but also a reflection of our commitment to continuous learning, growth, and improvement. We are excited about the possibilities that lie ahead and are confident that, with your support and collaboration, we can make Royal Life Saving even more effective and impactful in the years to come.




STRATEGIC PLAN
2023-2027
A water way of life

PILLAR

Leadership & Collaboration

We aim to fortify our leadership role in the aquatic sector, by increasing our brand visibility, forging strong partnerships with purpose-driven organisations that align with our vision, and cementing our position as the key advocate for the aquatic industry.

ACTIONS

- We are committed to increasing the visibility of the Royal Life Saving NSW brand.
- We will strengthen and broaden our partnerships with purpose-driven organisations that support our vision and goals.
- We are poised to solidify our position as the leading agency for aquatic industry advocacy and engagement.

PILLAR

Participation Growth

We are committed to promoting inclusive aquatic activities, especially targeting diverse, regional, and vulnerable communities. Our actions include raising the bar for community swimming and lifesaving standards, fast-tracking programs that focus on adult swimming skills, and enhancing participation in lifesaving programs to cultivate a more prepared community.

ACTIONS

- We will champion inclusive aquatics with a particular focus on our diverse, regional and vulnerable communities.
- We aim to raise the communities swimming and lifesaving benchmarks.
- We plan to accelerate programs that focus on adult swimming skills and swimming in open waterways.
- We are motivated to drive participation in lifesaving programs, resulting in a more prepared community.

PILLAR

Safe Environments

We are invested in creating safer, more inclusive aquatic environments by driving investment in aquatic infrastructure, incorporating safety policies and plans for swimming pools and inland waterways through governmental and industry channels, and ensuring all aquatic locations are equipped with necessary lifesaving equipment and resources.

ACTIONS

- We are set to drive investment in aquatic infrastructure to enhance the community's ability to enjoy water activities.
- We will ensure aquatic safety policies and plans for swimming pools and inland waterways are embedded through government and industry cooperation.
- We are dedicated to ensuring aquatic locations and workplaces are equipped with necessary lifesaving equipment and resources.

PILLAR

Skilled Community

We aspire to enhance the skills of individuals in swimming, survival, and supervision. This entails strengthening our support to the swimming and lifesaving workforce, expanding our training solutions for a robust network of highly skilled community members, and growing our educational platforms to fortify community awareness in aquatic safety.

ACTIONS

- We will strengthen our support to the swimming and lifesaving workforce.
- We plan to expand our training solutions to ensure a strong network of highly skilled community members.
- We aim to expand our education platforms to strengthen community awareness in aquatic safety.
- We are committed to embedding innovative education campaigns to support community awareness.

PILLAR

Sustainable Future

We envisage a prosperous future for our organisation through the implementation of a diversified, cost-efficient, and forward-thinking business model. Our goals include leveraging collective data to optimise solutions and future investments, enhancing our social, humanitarian, and environmental impacts, attracting and retaining top talent in alignment with our strategic direction and values, and growing our membership base, satisfaction, and recognition.

ACTIONS

- We plan to embed a business model that is diversified, cost-efficient and forward thinking.
- We aim to leverage our collective data sources to optimise our solutions and future investments.
- We are dedicated to enhancing our humanitarian, social, and environmental impacts through our engagements and networks.
- We are motivated to attract and retain the best talent with a workplace that supports our strategic direction and values.
- We aim to grow our membership base, satisfaction and recognition.

The implementation of these strategies will be guided by a robust monitoring and evaluation framework to ensure continuous improvement, transparency, and accountability in all our endeavours. Through this strategic plan, we are confident of a positive and prosperous future for our organisation and the communities we serve.



A2

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. Through awareness campaigns, education initiatives, training programs, and other bespoke solutions, we strive to ensure long-term benefit 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. Closures 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 network, along with community support, will be instrumental in addressing gaps and disadvantages that may have arisen due to these disruptions.

Royal Life Saving 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.

CASE STUDY

Our Clubs

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.

These programs, thanks to our partners' support, have done more than 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. They 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, one that yields 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



OUR CLUBS

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 wellbeing.

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 hence 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 amongst 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.



A3

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

As a highly valued and trusted brand, Royal Life Saving 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 COVID-19 pandemic has added to these risks by forcing the closure of swim schools and local pools across the country. It is estimated that millions of lessons have been missed, potentially leading to tragic consequences for many Australians and creating a generation of non-swimmers now and in the future.

Research reveals a concerning statistic: 40% of children are unable to meet the national swimming and water safety benchmark. Almost half of 12-year-olds can't swim continuously for 50 metres or float for 2 minutes in deep water. COVID-19 led closures have exacerbated a long-term trend of children in this critical age group not taking or continuing lessons. 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.

CASE STUDY

Our Visual Brand - Summer

Last summer, Royal Life Saving NSW launched a major campaign with the primary aim of rallying communities to prioritise safety and enjoy water-based activities responsibly. We were delighted to announce that Olympic Champion, sports commentator, and television host Matt Shirvington lead this initiative as our Summer Safety Campaign Ambassador.

With the arrival of the summer season, community pools, aquatic centres, riverside beaches, and waterways across the state experienced an influx of people seeking relief from the heat. As Australians, we cherish our time in and around the water, but it's vital to remember to balance fun with safety.

In this spirit, our campaign calls for heightened vigilance, especially given the concerning statistic that 95% of drowning fatalities are adults and an overwhelming 82% of these are males. The majority of these tragic incidents happen in inland water bodies, which underlines the need for caution, not just at the beach, but in all aquatic environments.

Our campaign centred on four key safety tips:

- Know your limits and avoid taking unnecessary risks.
- Always check the conditions before heading out.
- Wear a lifejacket when on the water.
- Supervise children at all times when around water.

Given recent flooding events, even the most familiar waterways may have undergone changes, making them potentially more hazardous. This makes vigilance all the more critical, particularly in these areas.

In partnership with our ambassador Matt Shirvington, we aimed to foster a culture of safety and responsibility in our water-loving community. His powerful message was clear: "Let's keep each other safe around the water. Whether you're fishing, boating, swimming, paddling or playing on shore, have fun, and stay safe around the water."

Through the Summer Safety Campaign, Royal Life Saving continued its unwavering commitment to water safety, aiming to create an enjoyable, safe summer for everyone in NSW.





Ms Eleni Petinos, MP

Shadow Minister for Finance
Shadow Minister for Sport



Mr Tim James, MP

Shadow Minister for Fair Trading, Work Health and Safety and Building



Dr Marjorie O'Neill

Parliamentary Friend – Aquatics (Co-Chair)
Parliamentary Secretary for Transport



Mr Roy Butler

Parliamentary Friend – Aquatics (Co-Chair)
Member for Barwon

THANK YOU

Parliamentary Friend

In the spirit of gratitude, we, at Royal Life Saving NSW, extend our sincerest appreciation to the NSW Parliamentary Friends for Aquatics for their invaluable support and contribution towards fostering a culture of water safety and recreation.

A special acknowledgment is due to our Co-chairs, Dr. Marjorie O'Neill MP and Mr. Roy Butler MP, whose unwavering guidance and fervent passion for aquatic safety have been pivotal in steering our initiatives to greater heights. This summer, the collective efforts of our Parliamentary Friends were vividly illustrated when they convened at the NSW Parliament, alongside our Summer Ambassador, Matt Shirvington, to film and disseminate vital summer safety messages. The distribution of these essential messages through their expansive social media networks ensured that our local water safety advisories effectively reached and resonated with residents across their constituencies. This additional promotion was instrumental in fortifying the awareness and understanding of water safety among local communities, thereby contributing significantly to our mission of preventing aquatic-related incidents and tragedies.

Once again, we express our heartfelt thanks to the NSW Parliamentary Friends for Aquatics, Dr. Marjorie O'Neill MP, Mr. Roy Butler MP, and all those involved, for their dedicated commitment and significant impact on enhancing aquatic safety and recreation in New South Wales.







A range of Summer Safety resources were developed and distributed across our networks to enhance positive, yet safe aquatic experiences.

Our Measure

2023 Strategic Plan – Resourceful And Vibrant Organisation

Royal Life Saving NSW has made tremendous strides in achieving its vision of becoming a vibrant, well-resourced organisation with a singular 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 collaborations 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 robust, resourceful organisation that prioritises community safety and wellbeing. Our accomplishments over the past three years are a testament to our dedication and effectiveness, and we look forward to building upon these achievements in the years to come.



Growth through Leadership and Partnership

Goal

Collaborative leadership and undisputable reputation across the community and with key stakeholders. Grow strong and effective partnerships, collaborations and alliances that support strategic objectives, expand our influence and increase aquatic participation skills and knowledge and reduce fatal and non-fatal drowning.

Priority

- Continued recognisable status as peak authority.
- Increased co-branding and recognition with key stakeholders.
- Increased evidence portfolio to support priorities.

B1

Maintain and Expand Sector Leadership and Peak Authority Status

Engaging in capacity-building efforts and fostering cross-sector collaboration, Royal Life Saving continues to partner closely with sector stakeholders and other peak organisations. We strategically leverage these partnerships to lead initiatives that enhance alignment and cohesion within the sector. We are devoted to providing insights and implementing capacity-building strategies, fostering collaborative efforts to improve sector sustainability and performance.

Throughout the year 2022-23, we remained committed to bolstering and expanding key partnership initiatives, recognising the pressing need to stay focused and purposeful throughout this 12-month period. We seized a wealth of opportunities and advanced developments that fortified our leadership status and addressed sector performance.

Through partnerships such as with Bendigo Bank, we were able to ensure that children across NSW benefited from enriched learn-to-swim experiences with an additional $30,000 in support.

Our sector and government collaborations have also led to the development of new guidelines to support safe interactions with inland waterways and to engage New South Wales communities. These guidelines will ensure an elevated commitment to safety and risk assessment, fostering positive aquatic experiences for all.

By strengthening our peak authority status, we continue to guide the sector towards improved aquatic safety, encouraging all to enjoy our waterways in a secure and responsible manner.

CASE STUDY

Vacation Program

Background

The Royal Life Saving SwimVac program, designed to provide essential swimming and water safety lessons to children aged 3-14 in regional towns across NSW, has received significant support from Bendigo Bank for the second consecutive year. This support arrives at a pivotal time in the wake of a global pandemic that interrupted swimming lessons for several years and amidst a shortage of swim teachers.

The Program

SwimVac is a holiday program delivered over 5 or 10 days, offering vital swimming and personal safety skills to children of all skill abilities. The program's goal is to help as many children as possible meet the national benchmarks for swimming and water safety for 6- and 12-year-olds. Aligned with the National Swimming and Water Safety Framework, the SwimVac programs are a vital part of helping children develop a lifelong relationship with water safety.

Support from Bendigo Bank

Through the generous financial support from Bendigo Bank and the NSW Government, the SwimVac program delivered lessons in almost 50 regional pools throughout NSW. The bank's funding ensures the provision of essential equipment, resources, and swim teachers, playing a crucial role in the successful rollout of the program.

Impact

As drowning rates remain at an alarmingly high level, the significance of SwimVac, amplified through the support of partners like Bendigo Bank, is undeniable. The bank's sustained investment is helping to make a profound difference in communities across NSW by ensuring children in regional areas have equal access to life-saving swimming and water safety lessons.

Future Plans

Royal Life Saving NSW and Bendigo Bank remain committed to addressing the challenge of drownings in the state. Through initiatives like the SwimVac program, we aim to ensure all children, regardless of where they live, are equipped with vital water safety skills and knowledge. The partnership demonstrates the shared mission of Bendigo Bank and Royal Life Saving NSW to empower communities and enhance the lives of children across the region.

"Swimming is not just a journey across the length of the pool or the breadth of the sea, but a journey to better health, clearer thought, and shared joy."



B2

Maintain and Increase Strategies to Inform and Engage Stakeholders

Promoting safe and appropriate aquatic participation is a key objective for us. Through the implementation of innovative and varied strategies, we strive to communicate relevance and understanding across our diverse communities. We aim to provide meaningful, trustworthy solutions that actively engage our stakeholders, encouraging them to partake in aquatic activities responsibly and appropriately.

As our inland waterways become increasingly accessible and utilised for recreation and enjoyment, it is vital to educate our communities on the inherent risks and necessary safety measures associated with these environments. Our research has shown that certain demographic groups are at a higher risk of fatal or non-fatal drowning incidents in these settings, underlining the importance of broad education, risk awareness, and behavioural adjustment strategies.

Despite the challenges, we are proud to report a 48% decrease in drowning deaths among Aboriginal and Torres Strait Islander individuals over the past decade. Notably, children aged 5 to 14 years have recorded the lowest number and rates among all age groups.

In partnership with our community allies, Royal Life Saving has made significant strides in supporting Aboriginal and Torres Strait Islander communities to address drowning prevention and develop water safety skills. We remain steadfast in our commitment to strengthen relationships with health agencies and community leaders to build community resilience, facilitate effective water safety and health promotion programs, and bridge gaps in knowledge.

To effect meaningful change and impact for Aboriginal communities across multiple areas, aligning our actions with relevant policies is crucial. As part of our commitment to this goal, Royal Life Saving NSW has developed a Reconciliation Action Plan. This blueprint outlines our collaborative actions and responses, involving broader consultations and opportunities in the future.

CASE STUDY

RAP

Overview

As part of our commitment to water safety, we acknowledge the importance of swimming and water safety programs in reducing drowning and drowning-related incidents. To this end, we aim to foster stronger relationships with Aboriginal and Torres Strait Islander communities across NSW, ensuring their needs are addressed and voices are heard.

Access and Opportunities

We recognise that access to swimming and water safety programs, coupled with employment opportunities in the aquatic industry, can bring social, health, and economic benefits to Aboriginal and Torres Strait Islander communities. We believe that designing programs with the community's input will yield more effective and sustainable outcomes.

As leaders in the Aquatic industry, we are committing to increasing the employment of Aboriginal and Torres Strait Islanders and creating increased participation opportunities for communities.

Collaboration and Education

The Australian Water Safety Strategy identifies Aboriginal and Torres Strait Islander communities as a priority population group for swimming and water safety. It is a key priority for Royal Life Saving to improve collaboration, provide opportunities, continue water safety education, and learn from communities about waterways.

The Reflect Reconciliation Action Plan (RAP)

We are taking the first step towards developing deeper relationships with Aboriginal and Torres Strait Islander communities through the implementation of the Reflect Reconciliation Action Plan (RAP). This is the beginning of a journey where Royal Life Saving NSW will continue to take carefully considered and inclusive action.

We intend to form a RAP working group to drive these discussions and action areas. Alongside this, the group will focus on building a detailed internal communication strategy for staff to ensure these actions and values are implemented across the organisation.





Highlights

Community Engagement: We have worked across diverse Aboriginal and Torres Strait Islander communities in rural, remote, and some metropolitan areas to deliver essential SwimVac programs.

Collaborations: A recent partnership with the Brewarrina shire community and Aboriginal land council resulted in the donation of an accessibility pool hoist, promoting health and recreational activities for seniors.

Training: As a Registered Training Organisation, we trained 2,873 Aboriginal or Torres Strait Islander candidates in vocational programs.

Cultural Celebrations: We continue to promote understanding and respect for Aboriginal and Torres Strait Islander cultures within our organisation through celebrations such as National Reconciliation Week, NAIDOC week, and National Aboriginal and Torres Strait Islander Children's Day.

Partnerships: We are developing collaborations with the National Centre of Indigenous Excellence (NCIE) Redfern for training pathways for Aboriginal and Torres Strait Islander youth and with Liverpool Council and Souths Care for a youth opportunities swim program and employment pathway.

Outcomes

- Enhanced access to swimming and water safety programs across Aboriginal and Torres Strait Islander communities.
- Significant uptake of vocational programs by Aboriginal or Torres Strait Islander candidates.
- Strengthened relationships with Aboriginal and Torres Strait Islander communities, leading to successful collaborations such as the Brewarrina shire initiative.
- Increased cultural awareness within our organisation, promoting mutual respect and understanding.

Future Plans

- We aim to continue to expand on the successes of our 2022-2023 RAP, emphasising:
- The expansion of SwimVac programs to additional areas.
- Building on existing and forging new relationships with Aboriginal and Torres Strait Islander communities.
- Training more Aboriginal or Torres Strait Islander candidates in our vocational programs.
- Expanding partnerships to provide more opportunities for Aboriginal and Torres Strait Islander youth.

CASE STUDY

Leeton Yanco Swim Club

The Leeton Yanco Swim Club, in partnership with Royal Life Saving NSW, implemented an impactful initiative focused on ensuring swimming education is accessible to all, irrespective of socio-economic constraints. Through their targeted program, "Learn to Swim for Vulnerable and Disadvantaged Children", the club has extended its reach to those who are unable to afford swimming lessons.

Leveraging collaborations with local entities like Leeton Community Care and Development Inc, the Leeton Aboriginal Lands Council, Leeton Local Aboriginal Educational Consultative Group, and local schools, the club identifies children who would significantly benefit from this program. These lessons, conducted over a two-week period in January, aim to equip the children with increased water confidence, water safety knowledge, and basic swimming skills.

The learning environment is designed to be interactive, encouraging participants to engage with their peers and the adults leading the program. Emphasis is placed on learning while having fun and fostering important life skills. Over the past season, the program has had a positive impact on 20 children.

Seeing the promotion of water safety and physical activity as part of their mission, the Leeton Yanco Swim Club advocates for the principle that all children should have access to this crucial life skill. To facilitate this, Royal Life Saving NSW generously provided equipment, goggles, and towels for all the participants.

Further expansion of the program is underway, with plans to include multicultural groups in the coming year. This community-centric initiative continues to demonstrate the club's commitment to inclusivity and empowerment through swimming education.



B3

Increase Commitments to Research and Innovative Development

Investment in research is central to our mission, providing critical guidance and direction in prioritising agendas, identifying suitable solutions, and benefiting the community at large.

Our advocacy and policy work in the areas of drowning prevention and water safety is deeply embedded in meticulous research and analytical work. We pride ourselves on having a skilled research team that collaborates with key academic institutions and partners to generate high-standard reports, academic papers, and position statements.

Our research endeavours include compiling data on fatal and non-fatal drowning incidents and patterns, analysing the behaviours and attitudes of aquatic users, producing benchmarking reports on aquatic performance, and conducting evaluation studies on social, health, and economic factors related to the aquatic sector and the wider community.

This commitment to research and intelligence gathering at the national level has solidified our leading role in the development and publication of key strategic documents, including the **Australian Water Safety Strategy 2030** and the **National Swimming and Water Safety Framework**. These guiding documents set the course for our national priorities moving forward.

Notably, 95% of fatal drownings in NSW involve adults. Understanding the causal patterns and issues that lead to these tragic incidents is of paramount importance to us. By identifying these patterns, we can devise solutions to reduce such incidents and create a safer aquatic environment for everyone.

CASE STUDY

Cost of Drowning

According to research conducted by Royal Life Saving, the devastating impact of fatal and non-fatal drowning incidents had a staggering cost of more than **$617,561,200** to New South Wales (NSW) in the 2022-23 financial year. This shocking figure, which encompasses the costs absorbed by the health system, emergency services, and coronial processes, as well as losses in productivity, highlights the dire consequences of water-related incidents in the state. Last year alone, NSW tragically lost **107** lives to fatal drowning, and an estimated **175** people suffered non-fatal drowning incidents, each leaving lasting and costly ripple effects across the community and economy.

CASE STUDY

Australia Drowning Report

With predictions of a long, hot summer, new research from the Royal Life Saving Society – Australia in partnership with Surf Life Saving Australia has prompted urgent calls to keep water safety top of mind when planning a day in, on or near the water.

The National Drowning Report 2023, which was released by Hon Anika Wells MP Minister for Sport, found there were 281 drowning deaths over the past 12 months, which is 17 per cent lower than last year (339), and returns the annual drowning toll closer to pre-pandemic levels.

The National Drowning Report 2023 insights include:

- 6% were children under 5 year of age (16 deaths), down by 33% on the 10-year average.
- 57% were adults 45 years or older (160 deaths).
- 44% occurred in coastal environments (125 deaths), 75 deaths were at beaches, 33 deaths in the ocean or harbours, and 17 deaths were off rocks.
- 37% occurred in inland waterways (103 deaths), 76 deaths in rivers, 27 deaths in lakes.
- 10% occurred in swimming pools (29 deaths), 13 deaths were in backyard pools.

While the overall decline in drowning deaths has been welcomed, the growth in drowning deaths in every age group over 45 is of concern.

Federal Minister for Aged Care and Sport, the Hon Anika Wells MP said the Australian Government was determined to support organisations like Royal Life Saving Society - Australia and Surf Life Saving Australia to raise water safety awareness, ahead of summer.



CASE STUDY

National Research



Research Report Summary: Inland Waterway Drowning Incidents in Australia (2010-2021)

A recent study conducted by the Royal Life Saving Society - Australia has shed light on the extent of drowning deaths in inland waterways across the country. In the decade leading to 2021, over 900 people tragically drowned in these environments, accounting for more than a third of all drownings in Australia.

Key findings and safety recommendations of this research are as follows:

Key Findings

Inland Waterway Drownings: Out of the total of 924 people who drowned in inland waterways, males constituted a worrying 80%.

National Parks and Conservation Areas: For the first time, the study detailed drowning deaths in these areas, with 5% of fatalities taking place here. Another 5% of drownings happened at waterfalls or swimming holes.

River Drowning Blackspots: The top 10 blackspots remained largely unchanged over the decade. The deadliest rivers for drownings were the Murray River (NSW, VIC, SA), Yarra River (VIC), Hawkesbury River (NSW), Murrumbidgee River (ACT), and the Swan River (WA).

Lake/Dam Drowning Blackspots: The top three locations for drownings were Lake Eildon (VIC), Lake Macquarie (NSW), and St Georges Basin (NSW).

Safety Recommendations

To curb these disturbing statistics, the Royal Life Saving Society - Australia recommends the following safety measures:

- Check conditions before entering the water
- Enter the water slowly, feet first
- Be cautious around crumbling riverbeds and slippery dam edges
- Avoid underwater obstacles (e.g., rocks, branches)
- Exercise care when walking on unstable or slippery riverbeds
- Refrain from crossing flooded waterways
- Avoid alcohol and drugs around water
- Wear a lifejacket when boating or using watercraft
- Always swim with a companion

The study emphasises the necessity for continuous water safety education and preventive measures, particularly focusing on high-risk groups and areas. Through ongoing efforts, it is hoped that the rate of these tragic and preventable incidents can be significantly reduced.



Research Report Summary:
The Implementation of National Swimming and Water Safety Framework and Benchmarks in Swim Schools

A new study reveals a significant underutilisation of the National Swimming and Water Safety Framework and Benchmarks among swim schools in Australia, highlighting a missed opportunity to improve water safety and swimming skills among children.

The research, commissioned by the Royal Life Saving Society - Australia and co-authored by John Summers, Penny Larsen, RJ Houston, and Dr Katrien Pickles, analysed survey responses from 45 organisations providing lessons to approximately 825,000 children annually.

Key Findings

Awareness vs Implementation: While 75% of the surveyed swim schools were aware of the Framework and Benchmarks, only 26% mapped their programs to both.

Balance in Teaching: Just 8% of schools were found to dedicate equal time to water safety and swimming stroke skills, despite this being a key recommendation.

Data Utilisation: Merely 14% of schools used data to track their students' achievement against the National Benchmarks.

Programs aligning with the Framework can offer balanced education in water safety, personal survival, and swimming skills, allowing for consistent assessments of children's abilities across different systems or over time. This uniformity in assessments aids in identifying gaps in children's skills and areas requiring program improvements.

Recommendations

The report suggests the following key recommendations:

Enhance Awareness: Improve swim school providers' understanding of the National Swimming and Water Safety Framework and Benchmarks, and their alignment with the Swim and Survive program.

Structured Data Collection: Implement a structured data collection project on the National Benchmarks to make broad assessments of Benchmark achievements across three age groups.

Support Older Age Group: Provide resources and support to teachers of the 13- to 17-year-old age group, thereby ensuring increased achievement of the Benchmarks in this demographic.

Improve Software Systems: Enhance the software system capacity for swim schools to accurately enter students' achievements against the benchmarks, thereby improving future data collection capabilities.

By effectively tracking and measuring children's achievement of the National Swimming and Water Safety Benchmarks, resources can be optimally allocated to the age groups and communities in greatest need. This will act as a significant advocacy tool, ensuring equitable distribution of funding and resources.



Research Report Summary:
National Aquatics Symposium Report

The official National Aquatics Symposium Report has been released, encapsulating the collective insights of 150 delegates over two days of intensive discussion. Hosted by the Royal Life Saving Society - Australia, the report details high-level summaries of each session and features graphic recordings to highlight the connection between discussion points and the scope of topics covered.

Key Highlights:

Universal Access to Water Safety Education: The symposium agreed to work collaboratively to ensure universal access to swimming and water safety education for all people living in Australia, aligning it to national benchmarks. Key strategies include expanding funding for swimming programs and implementing strategies that lower access barriers, especially for children who missed out during COVID-19 lockdowns and those at a higher risk of drowning.

Implementation of National Swimming and Water Safety Framework: The report calls for all relevant parties to align swimming and water safety curricula with the National Swimming and Water Safety Framework. This alignment would lead to evidence-based, high-quality water safety education and significantly reduce drowning incidents.

Strengthening Benchmark and Outcome Reporting: The symposium advocated for strengthening systems that track, report, and benchmark children's achievement of national swimming and water safety standards. This would allow for identification and addressing of gaps and reinforce the aquatic industry's role in drowning prevention.

Strengthening the Aquatic Workforce: Delegates agreed to enhance the aquatic workforce by attracting and developing talent while addressing sector-wide risks and opportunities. They proposed diverse initiatives such as promoting diversity, equity, and inclusion, strengthening career pathways, supporting training and professional development, and improving safety, quality, and consistency across the sector.

Sustainable Aquatic Facilities for Communities: The report urges governments to develop a national strategy to address aging aquatic infrastructure and the need for new and upgraded facilities. It also encourages innovative and sustainable planning for the establishment of such facilities.

Finally, the report calls for collaborative effort from all stakeholders - governments, industry leaders, educators, and community members - to realize these strategic objectives and create a safer and more inclusive aquatic environment in Australia.

Measure

2022-23 Strategic Plan – Growth through Leadership and Partnership

Royal Life Saving NSW has solidified its leadership and reputation in community water safety, effectively met its strategic goals, and significantly advanced its priorities. We have cultivated strong and effective partnerships, collaborations, and alliances, that have not only supported our strategic objectives but also expanded our influence and increased aquatic participation skills and knowledge, thereby contributing to the reduction in both fatal and non-fatal drownings.

Our status as the peak authority in the realm of aquatic safety has not only been maintained but further enhanced. 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. These partnerships have validated and amplified our work, thereby raising our profile and extending our reach.

Additionally, we have significantly increased our evidence portfolio to support our priorities. Through rigorous research, data collection, and analysis, we have garnered compelling evidence to validate our strategies and guide our interventions. This robust evidence base has been instrumental in our advocacy efforts, helping us make a compelling case for the importance of water safety and aquatic education.



Innovative Solutions

Goal

Improving our standards and providing innovative solutions that in turn enable enjoyable aquatic experiences. Ensuring quality, targeted, evidence based and impactful strategies, programs, products and services that resource our communities with skills, knowledge and capacity.

Priority

- Over 1 million individuals partaking in a Royal Life Saving training, community or education program across 2020—2023.
- Increased participation in our sporting and lifesaving agenda.
- Increased community development programs servicing the community.
- Increased use of products to support programs and services.
- Increased utilisation and expansion of our risk management services.

C1

Maintain and Expand Education and Training Solutions

With our commitment to providing state-of-the-art education and training solutions across various sectors, we continue to uphold 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 emphasize 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 FY 2022-23 alone, Royal Life Saving NSW fulfilled over 60,000 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.

Throughout 2022-23, Royal Life Saving NSW continued to support initiatives encouraging Australians of all backgrounds, ages, and abilities to engage in active aquatic pursuits. Our key educational solutions, such as Swim and Survive, remained popular and widely utilised by schools and pools across NSW.

Our Metropolitan Water Safety Strategy, developed in collaboration with key community partners, integrated essential swimming and water safety education into classrooms. In 2022-23, our focus was on children primarily in Western Sydney, resulting in over 10,000 children receiving classroom-based instruction.

CASE STUDY

Swim Teachers

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 2,000 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. Here's to the remarkable success of our program, the hard work of our staff, and the safer future they're helping to create.

"While water provides recreation and relaxation, it also holds potential risks. The key to safety is a blend of respect, awareness, and preparation."





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 2022-23 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.





68,960
Vocational outcomes issued

2,873
Aboriginal or Torres Strait Islander vocational completions

7,900
vocational completions where English is a second language

$1.2 million
in training subsidies in partnership with NSW Government

2,040
new Swim Teachers accredited

30,115
teachers accredited in CPR, First Aid and Anaphylaxis

40
participants in full qualification pathways

6,579
Pool Lifeguard accreditations

51,000+
enrolments in online training programs

CASE STUDY

Online School Education

Royal Life Savings' revolutionary online water safety education modules, designed to provide essential life-saving skills for all age groups. These engaging modules take place in the picturesque setting of Bentley Shire, where you'll follow the adventures of the Millington and Patel families as they explore water safety.

Comprising nine sequential modules, this course is expertly aligned to the National Swimming and Water Safety Framework, the Australian Curriculum, and the NSW Syllabus. The progressive nature of the modules ensures a steady learning curve, encompassing various aspects of water safety, from understanding potential hazards and risks to emergency response protocols.

Let's dive into the first module - "Water Safety at Home." Here, students explore the various water sources within their domestic and farm environments and learn to navigate them safely. By the end of this module, students will be able to identify safe and unsafe water environments and understand the necessary precautions to ensure safety.

Our modules are meticulously designed to fulfill key curriculum outcomes. For instance, Module 1 is linked to the following outcomes:

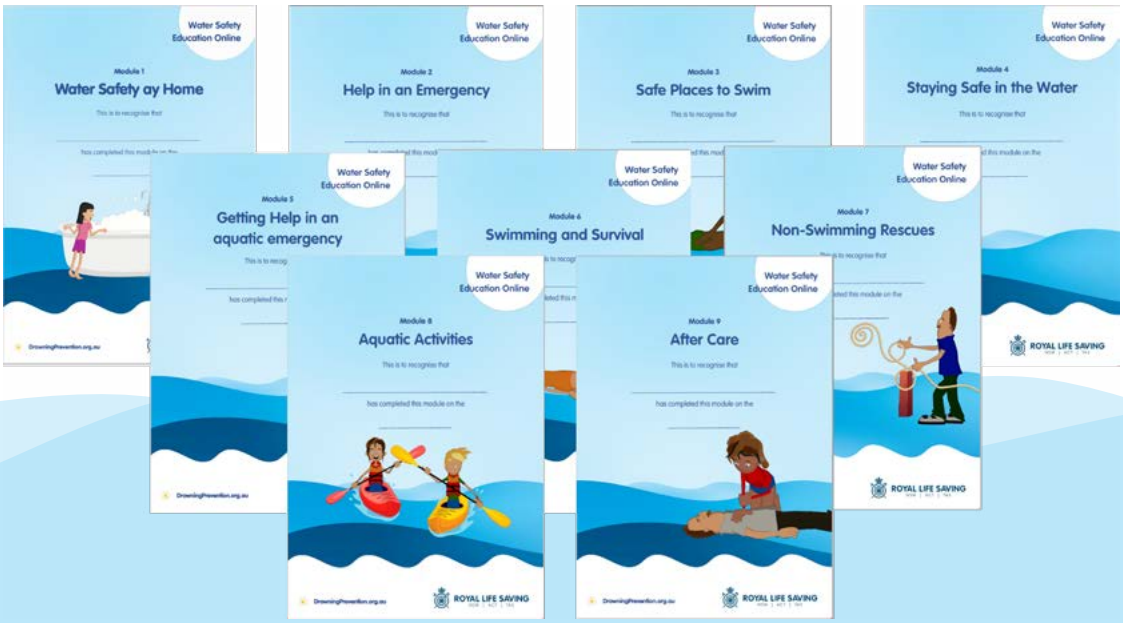
National Swimming and Water Safety Framework: Fundamental aspects such as identifying aquatic environments at or near home (H1), recognising hazards in these environments (H2), and understanding rules for safe behaviour (H3).

Australian Curriculum: Foundation and Stage 1 goals, including identifying actions that promote health, safety, and wellbeing (ACPPS006), exploring natural and built environments in the local community where physical activity can take place (ACPPS023).

NSW Syllabus: Early Stage 1 and Stage 1 targets, such as identifying actions that promote health, safety, wellbeing, and physically active spaces (PDe-7), exploring actions that help make home and school healthy, safe, and physically active spaces (PD1-7).

These enriching modules are more than just lessons; they are an investment in safety and health, empowering students to make informed decisions around water environments. Join us in this engaging journey through water safety education, and let's create safer homes and communities together!

More information can be found at www.drowningprevention.org.au



MORE WORK TO BE DONE

Our Teenagers

Our commitment to safety and skill development extends significantly to our teenagers, an age group that currently faces unique challenges in their interaction with aquatic environments. We acknowledge the unfortunate incidents in 2023, where a lack of aquatic proficiency among teenagers led to numerous tragic drownings. These incidents have underscored the urgent need for targeted, relevant initiatives for this age group.

As teenagers navigate their journey towards adulthood, they encounter new, varied and sometimes risky interactions with water. Their evolving lives present them with different environments, conditions, and behaviours - each with its own set of challenges. Recognising this, we believe that their growth should be paralleled by an acquisition of knowledge and capability to handle these encounters safely and effectively.

In response to this, we are committed to devising modern, relatable solutions aimed at teenagers. We will develop and deliver engaging, age-appropriate programs designed to enhance their aquatic proficiency and encourage safe behaviours. From classroom-based education to interactive digital platforms, we'll bring aquatic safety education into their everyday lives in a way that resonates with them.

Moreover, our programs will aim to empower teenagers not only with lifesaving skills but also with the confidence and knowledge to make informed decisions around water. We'll strive to create a culture of safety that they can carry into adulthood and share with their peers, families, and future generations.

We firmly believe that enhancing the aquatic skills and knowledge of our teenagers is not just a response to a current challenge; it's an investment in the future safety of our communities. It is an essential part of our mission to foster a society that sees swimming and water safety as an integral part of the Australian way of life.



C2

Implement Sport and Active Recreation Programs

We are committed to rejuvenating our sporting pursuits by providing a unique sporting option that builds 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.

In 2023-24, we plan to explore further expansion opportunities, including the implementation and support of online coaching and officiating programs and the increased roll-out of our Junior Lifesaver program. This will ensure the existence of future infrastructure and qualified individuals to support the program's implementation, further enhancing the impact and reach of our sport and active recreation programs.

CASE STUDY

Junior Lifesaver

We're ecstatic to announce that over the last 12 months, we have successfully implemented more than 61 new Junior Lifesaver programs across New South Wales! This exciting initiative, designed for children aged 6-14, encourages them to 'Get Wet, Have Fun, and Learn Lifesaving Skills' in a friendly, social, and healthy environment.

The Junior Lifesavers Program plays an instrumental role in Royal Life Saving's swimming and water safety pathway. It combines the skills of swimming, rescue, accident prevention, and emergency care into a series of events to test the overall ability of our young lifesavers, both in and out of the water. It's an engaging, affordable, and flexible program, offering numerous benefits for swim schools, aquatic facilities, and their members.

But more than just a swimming program, Junior Lifesavers is designed to build relationships, leadership, and initiative skills, which form the backbone of our future lifeguards and aquatic staff. It offers pathways for participants, parents, staff, and volunteers in coaching, officiating, team management, and competition. The program is a fantastic non-competitive offering for swimmers, and it aids in attracting diverse members to our aquatic community.



The Junior Lifesavers Program goes beyond just promoting water safety—it fosters community engagement, catering to a variety of participants, including multicultural, non-English speaking, Indigenous, and disadvantaged individuals.

We extend our heartfelt thanks to all who have contributed to this success, and we look forward to continuing our vital work in providing crucial lifesaving skills to our youth and ensuring safer aquatic experiences for all. Here's to an exciting and successful future for our Junior Lifesavers Program.

CASE STUDY

Outback Lifesaver

We're thrilled to highlight the successful implementation of the Outback Lifesaver Program, an initiative developed to actively engage children from regional, remote, and inland waterway-adjacent communities in aquatic participation experiences. From under 8s to under 13s, the program delivers an exciting opportunity for young lifesavers to develop their water safety skills and understanding, particularly for inland waterways, all while having a tremendous amount of fun!

Designed as a term-based, 8-week program with one session per week for each age group, the Outback Lifesaver Program ensures flexibility based on community needs, adapting to different conditions and requirements. The sessions are facilitated by dedicated swim teachers, coaches, and managers who are committed to ensuring the safety and protection of children in the program. Safety, in fact, is our top priority; all activities and environmental factors are constantly reviewed to maintain this standard.

But the Outback Lifesaver Program isn't only about safety - it's about active fun, community, and respect for our local environments. We aim to increase aquatic skills, enhance community safety knowledge, and deepen understanding of local aquatic environments, including their risks and hazards. Our young participants also enjoy a sense of camaraderie, sharing lots of laughter with friends and peers!

As a byproduct of this program, we anticipate improved health, well-being, and social outcomes. Furthermore, the skills and experiences gained by these young lifesavers will serve to foster future generations of community lifesavers. With our Outback Lifesaver Program, we're not only fostering an appreciation for our local aquatic environments but also empowering safer, more knowledgeable communities. Here's to a future where everyone can safely enjoy the joy of aquatic environments!

Summer

During the past summer, Royal Life Saving NSW successfully conducted the Outback Lifesaver Program across three regional locations - Scone, Wagga Wagga, and Inverell. More than 90 children eagerly participated, gaining essential knowledge and skills in swimming, lifesaving, and water safety pertinent to inland waterways. The comprehensive program covered rescue techniques, board paddling, CPR, survival swimming, safe entries and exits, first aid, and emergency management.

This education not only equips these young lifesavers with the skills needed for a lifetime of safe enjoyment of aquatic environments but also boosts their social skills and confidence, enabling them to respond effectively in emergencies. Our sincere thanks go to the team at Oasis Aquatic Centre Wagga Wagga and Community Aquatics Scone, as well as Katina Johns, for their invaluable knowledge, passion, and support in launching these life-changing programs within their communities. Our Outback Lifesaver Program stands as a testament to our ongoing commitment to creating safer water environments across NSW.









CASE STUDY

Competition

Event Overview

The Murray Rose Aquatic & Fitness Centre in Sydney served as the battleground for the exciting NSW Pool Lifesaving Championships, held over 22-23 April 2023. This annual two-day event saw a whopping 260 athletes, aged 10 to 77, from 22 Royal Life Saving NSW and Surf Life Saving clubs across the state.

2023 marked the first joint delivery of the Pool Lifesaving Championships between Royal Life Saving NSW and Surf Life Saving NSW. This amalgamation led to an increased access to key sport volunteers, officials, and championship organisers.

Competitions and Achievements

The championships provide a platform for the state's best lifesaving swimmers to test their skills in unique scenarios. Competitions range across eight individual disciplines and three relays, all based on the theme of speed in lifesaving scenarios with obstacles and weighted items to simulate real-life patients.

Day One of the championship welcomed the Masters and Junior competitors (Under 11's to Under 14's). Royal Life Saving athletes excelled, particularly in the Masters age competitions. A total of eight Masters athletes, including Andrew Bowden, Troy Racklyeft, Jenny Whiteley, Nerida Murray, Pam Stanley, Norm Stanley, Robbie Wait, and Rob Dale, claimed their places on the podium, bringing home a State Medal each.

In an astounding feat, two Masters athletes, Jenny Whiteley and Pam Stanley, broke eight World Records between them, pending validation by ILS. Their incredible achievements reaffirmed the potential and skills of our Masters competitors.

Day Two saw our U15's to Open athletes showcasing their skills. Standout performances included Engadine/Bulli Athletes Chelsea Jones and Brayden Woodford. Chelsea Jones won Gold for all U19 Female events and a silver medal in the Line Throw, showing an impressive performance. Similarly, Brayden Woodford's commitment was evident in his performance, winning all Gold Medals in the U17 Male events.

New Entrant Success

A special mention goes to Parramatta City Swim Club, who competed in their very first NSW State Pool Lifesaving Championships. With a strong team of 20 athletes, the club had a successful meet, picking up a total of 25 medals. They showed immense success in the U11 Girls category, with notable performances from Irene Lee and Dana Park.

Appreciation

We extend our heartfelt thanks to all the clubs that competed in this year's Championships. The participation and commitment of all athletes, volunteers, and officials made the event a resounding success. We look forward to another year of robust competition and continued skill development in lifesaving.

C3

Maintain and Expand our Health and Community Education Developments

We are dedicated to supporting community priorities by collaborating with strategic organisations and partners to develop and implement novel strategies to address community water safety needs. Our focus remains on reaching out to those who are often overlooked, with the aim of ensuring that balanced water safety education is accessible to all. Our partnerships with research institutions facilitate the development of high-quality evidence-based platforms to guide our influence and priorities. Water safety remains paramount, especially for our young children, culturally and linguistically diverse (CALD) communities, older Australians, and those in regional and remote areas.

It is known that overseas visitors 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 a variety of 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 (based on the population residing in Australia by country of birth).

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 to foster greater cultural diversity among those working in the aquatic industry in Australia, which can help engage multicultural populations.

CASE STUDY

0-5 Years

As an organisation, our utmost priority is the safety and wellbeing of the most vulnerable members of our community - our children. Early life is a phase of exploration and engagement, and it's during these formative years that children often have their first encounters with aquatic environments. These interactions, if not navigated correctly, can be fraught with danger and sometimes turn fatal.

Recognising this critical situation, we are committed to building robust actions, systems, and barriers that ensure the protection of our children. Supervision is not just important, it is paramount. We strive to be ever vigilant, ever present, ensuring our children's safety is never compromised when they interact with water.

We believe in proactivity rather than reactivity. To that end, our goal is not only to intervene when disasters strike but to prevent these situations from occurring in the first place. This proactive approach requires us to continually invest in the water skill acquisition of our children, preparing them with a skill set that will not only safeguard their lives but also equip them with a lifetime of fun, confidence, and enjoyment around water.

To this effect, we commit to expanding our training solutions, ensuring a strong network of highly skilled community members who can respond promptly and effectively to moments of need. We also vow to expand our education platforms, fostering a culture of aquatic safety from an early age.

We envision a future where our children are not just protected, but empowered. Where they are not just safe around water, but skilled, confident, and joyful in it. Ensuring this future is not just our mission, it is our responsibility.





SOLUTION

Keep Watch @ Public Pools

The safety and well-being of our children in public pools is paramount. Unfortunately, an alarming 70% of all drowning deaths in public pools have been attributed to the absence of direct parental or caregiver supervision. Through the "Keep Watch at Public Pools" program, Royal Life Saving NSW aims to address and ultimately eliminate these drowning incidents, raising awareness among parents and caregivers about the pivotal role they play in their children's safety.

Program Objectives:

- Public Awareness: Foster community understanding about the importance of direct supervision in aquatic venues.
- Support Mechanisms: Equip partners with the necessary tools to effectively advocate for the "Keep Watch at Public Pools" program.
- Research & Communication: Facilitate ongoing research and communication about the optimal supervision standards in aquatic facilities.
- Promotion: Drive broad-scale awareness and commitment to the "Keep Watch" program among the public.

By joining hands with us, partners have a myriad of promotional materials and professional development resources tailored to emphasise the unique role of lifeguards. More importantly, it underscore that the primary onus of active supervision in public pools rests on the shoulders of parents and caregivers.

By embodying the essence of the "Keep Watch at Public Pools" program, we, together with our 250 partners, aim to weave a safety net that ensures every child's experience at the pool is filled with joy, laughter, and memorable moments.



SOLUTION

The Waddles

Overview

In an ongoing mission to prevent drowning and promote water safety education, Royal Life Saving NSW continues to forge partnerships with pre-schools across the state. This initiative targets children aged 3-5, and its impact extends beyond program delivery, fostering a collaborative approach to safety education.

Program Structure

Our partnership program offers pre-schools an all-inclusive subscription that grants access to educational materials and discounts on various services. Subscription includes:

- Access to our animations/videos
- Facilitator Guides
- Lesson Plans and Interactive Guides
- Activity Sheets
- Access to Online Pre-School Education Shop
- Quarterly updates, news, and information for Students, Parents, and Teachers
- Customised parent education resources
- Discounted Training Courses for Teachers.

The Waddles Program

One of the key programs under this partnership is the Waddles program, which focuses on educating parents and children about the risks associated with various waterways. Specifically, Waddles-Lakes and Dams aims to teach young children about the dangers around lakes and dams in an engaging way, equipping them with skills to recognise dangerous situations and stay safe.

The program unfolds through an interactive story about a family of ducks on a camping trip, with each duckling encountering different elements of danger at a lake or dam. The repeated message emphasises the need for adult supervision near water, reinforcing the tagline "Take care near lakes and dams. Have an adult close at hand."

Recognition and Continued Learning

Upon completion of the Preschool Water Safety Program, teachers can award participating children with a certificate, recognising them as 'Water Smart Kids.' This not only instils a sense of accomplishment in the children but also encourages their ongoing commitment to water safety.

Our partnership program with pre-schools across NSW highlights our commitment to fostering a culture of water safety from an early age. By integrating water safety education into pre-school curricula, we are better equipping the next generation with the skills they need to safely enjoy Australia's beautiful waterways.

CASE STUDY

CALD

Overview

In line with our commitment to inclusivity and safety in aquatic environments, Royal Life Saving NSW recently implemented a 10-week Adult Learn to Swim program at the Aquatic Academy in Seven Hills. This program was designed specifically for Culturally and Linguistically Diverse (CALD) community members for whom English is a second language.

Program Structure and Participants

Funded through Club Grants from Seven Hills Toongabbie RSL and co-contributed by Royal Life Saving NSW, the program was able to offer double the originally planned number of lessons. Over the 10 weeks, 200 local CALD community members received 10 x 45-minute swimming lessons, compared to the initial plan for five lessons.

Participants, such as Ahmed Habib, 35, from Blacktown and Joe Ten Francis, 60, from Seven Hills, gained valuable water awareness skills and saw improvements in their swimming abilities. Both expressed their desire to continue the lessons, reflecting the program's success in fostering a love for swimming and building confidence in aquatic environments.

Impact and Significance

This program's significance extends beyond teaching vital swimming skills. It also promotes social inclusion and participation, particularly important during events like Refugee Week. Aquatic recreation is woven into the social fabric of Australian society, and being able to swim is a crucial part of that cultural immersion.

Sadly, many refugees and CALD community members often miss the chance to learn to swim, putting them at a heightened risk of drowning and aquatic-related injury. With an average of 100 people in NSW losing their lives to drowning each year, this risk is a stark reality. Our program aimed to reduce this risk, providing a safer and more inclusive aquatic experience for our CALD community members.

Recognition and Future Directions

The success of this program was made possible due to the ongoing support from our Club Grants partners, particularly Seven Hills Toongabbie RSL. Their funding assistance allows us to continue delivering access to vital aquatic programs for various target groups.

As we move forward, we aim to expand our reach further, making our aquatic programs more accessible to all. We are passionate about empowering every individual, regardless of their cultural background, with the skills and knowledge needed to enjoy water activities safely.

To learn more about our Multicultural programs, please visit www.drowningprevention.org.au.

By bringing aquatic safety to all, we continue to uphold our commitment to inclusivity and the preservation of life, fostering a safer aquatic environment for everyone in our community.



CASE STUDY

Liverpool Community

Background

A substantial number of women from Culturally and Linguistically Diverse (CALD) communities in Sydney's Greater West were provided with the opportunity to take part in a comprehensive swimming and CPR training program. The program, a 10-week venture developed by Royal Life Saving NSW (RLS NSW) in partnership with Liverpool City Council, the Belgravia Leisure Group, and Liverpool Neighbourhood Connections, was targeted at individuals who had little to no confidence in the water. The program's goal was to teach these individuals the essentials of swimming and water safety.

Program Delivery

More than 60 women enrolled in the program, many of them mothers from CALD communities. The program's design aimed to enhance their swimming capabilities and educate them on water safety and resuscitation skills.

Louise Smalley, RLSNSW Health Promotions Manager, highlighted the objective of the initiative, stating, "Our goal is to minimise drowning and the fear of water, and research shows that adult swimming and safety programs will be a key to reducing the rate of drowning incidents."

Participant Demographics

Among the RLS NSW Western Sydney swimming and CPR program graduates, over half the participants were Arabic-speaking women aged 35 - 44. Urdu-speaking women constituted the second-highest group, and the remaining participants hailed from Hindi, Vietnamese, and Chinese communities.

Conclusion

This case study of the Royal Life Saving NSW swimming and CPR training program provides valuable insights into targeted intervention strategies for reducing drowning rates in adult populations. It underscores the importance of localised, culturally sensitive initiatives in empowering communities with life-saving skills and knowledge. Through initiatives like these, Royal Life Saving NSW continues to contribute meaningfully to drowning prevention and enhancing water safety in communities across New South Wales.



CASE STUDY

Water Safety Plans – Northern NSW

Overview

The North Coast of New South Wales (NSW) is renowned for its stunning waterways, yet it's also one of Australia's prime locations for fatal and non-fatal drowning incidents. With over 734 recorded incidents in the last 15 years, the need to address drowning prevention is both urgent and necessary. With this backdrop, Royal Life Saving NSW organised the Northern NSW Drowning Prevention Workshop, an initiative aimed at developing an effective action plan for the region.

Objectives

The primary objective of this workshop was to form a Drowning Prevention Plan for Northern NSW, targeting the following key aspects:

- Addressing complex problems using an adaptive, systematic approach bolstered by a strong legal framework.
- Motivating behavioural changes in individuals and communities through contextually appropriate information.
- Presenting research, policy, and practice insights aimed at addressing drowning-related issues.
- Facilitating a collective agenda and action plan for Northern NSW.
- Engaging and strengthening partnerships with key stakeholders through collaborative efforts.

The North Coast

The devastating toll that fatal and non-fatal drownings have taken on the North Coast community over the past 15 years is both deeply alarming and wholly unacceptable. With 226 lives tragically lost to fatal drownings and a further 508 individuals severely affected by non-fatal incidents, we are confronted by the stark reality of our community's grievous loss. The immense human cost is incalculable – each number representing a unique individual, a lost loved one, a life irrevocably altered.

Equally distressing is the severe financial impact these incidents have on our community. With a cumulative cost exceeding $1.116 billion for fatal drownings and more than $350 million for non-fatal incidents, we are reminded that the repercussions extend well beyond personal loss and emotional distress, straining our local resources, healthcare services, and economies.

This staggering toll underscores an urgent need for robust intervention and prevention strategies. It serves as a stark call to action for all of us to join hands in fortifying our community's water safety skills and resources. We cannot afford to let this wave of tragedy continue. We must strive to ensure that every individual, young or old, has the necessary skills and awareness to safely enjoy our abundant waterways. The cost, both human and financial, is too great to ignore.



Engagement & Collaboration

The workshop gathered over 35 local representatives from key sectors including the NSW Water Police, Maritime NSW, Marine Rescue, State Emergency Service (SES), Health, Office of Sport, local Councils, and the aquatic industry, demonstrating our commitment to a collaborative, multi-sector approach.

Progress and Impact

This was the fourth such event delivered by Royal Life Saving NSW within the past 12 months, with previous workshops held in Albury-Wodonga, Western Sydney, and Tasmania.

The Northern NSW Drowning Prevention Workshop marks an essential step forward in our mission to create safer and more inclusive aquatic environments. Through the invaluable contributions of the participants, the workshop resulted in the development of a comprehensive, targeted Drowning Prevention Plan for the region, leveraging interdisciplinary insights and a unified approach.

The Workshop demonstrated our ability to draw together key stakeholders and instigate a collaborative, evidence-based approach to addressing a critical community issue. It offered a platform for stakeholders to share knowledge, generate fresh ideas, develop strategies, and establish a collective agenda for future action.

Moving Forward

The success of the Northern NSW Drowning Prevention Workshop represents the kind of impact we strive to achieve through our initiatives. As we move forward, we will continue to refine our strategies, foster community engagement, and work collaboratively to achieve our mission. We are profoundly thankful to all our partners for their continuous support and look forward to nurturing these partnerships in the coming years.

By focusing on collaboration and harnessing the collective strengths of key stakeholders, we can better address the challenge of drowning prevention, ensuring that our beautiful waterways can be enjoyed by everyone safely. Through efforts like these, we will continue to fulfill our commitment to saving lives, creating safer aquatic environments, and promoting a waterway of life that all Australians can enjoy.

CASE STUDY

Older Australians

In celebration of the Seniors Festival, Royal Life Saving NSW was fortunate to receive a grant from the NSW government. This grant was put to effective use by funding Lifesaving Refresher courses for seniors above 60 years residing in regional NSW throughout February. The program succeeded in retraining over 90 seniors in crucial lifesaving skills.

Content and Coverage

The Lifesaving Refresher courses revitalised seniors' awareness and abilities concerning critical lifesaving skills, such as CPR and AED (Defibrillator) operation. Additionally, the participants were made aware of the current drowning statistics, thus emphasising the importance of these skills.

To ensure maximum reach and convenience, six free sessions were conducted across the Hunter and Illawarra Regions, leveraging local pools and libraries' infrastructure. These accessible venues helped facilitate participation and made the program a great success.

Partnerships and Collaboration

The successful implementation of the Lifesaving Refresher courses would not have been possible without our valuable partners. We are grateful to the NSW government for the grant that enabled this initiative. Additionally, our regional Royal Life Saving offices played an instrumental role in the organisation and execution of the program.

Moreover, we would like to extend our heartfelt thanks to the following partners:

- Balance Health Club
- Tomaree Aquatic Centre
- The Forum Sports and Aquatic Centre
- Wollongong Library
- Dapto Library
- Corrimal Library

Their support was integral to the smooth running of the Lifesaving Refresher courses.

Future Plans

The grant for the Seniors Festival served as an excellent kick-starter for the Seniors Lifesaving Refresher program. Encouraged by the success of the initiative and the enthusiastic response from participants, we aim to expand this program across NSW more broadly in the coming times. We remain committed to promoting lifesaving awareness and skills among all age groups, particularly seniors, who bring a wealth of experience and wisdom to our community.

"Aquatic participation: it's the world's most natural gym, a holistic classroom, and a sanctuary for stress relief, all enveloped in the grace of nature."





CASE STUDY

A Day At The Lake – Paramatta

Royal Life Saving NSW partnered with the Parramatta City Council and Surf Life Saving NSW to host a significant event, "A Day at the Lake – Parramatta", as part of the Council's Cultural and Linguistic Diversity (CALD) initiative. Funded by the Federal Government for Inland Waterways, the event aimed at promoting water safety among the multicultural community members in Western Sydney. Over 100 individuals participated in practical workshops that covered CPR awareness, lifejacket usage, dry land rescues, understanding inland waterway dangers, and beach safety.

Furthermore, Royal Life Saving launched its Summer Safety Campaign videos in seven different languages to cater to the diverse cultural communities of NSW. These languages included Simplified Chinese, Traditional Chinese, Arabic, Korean, Swahili, Hindi, and Vietnamese. The event was officially opened by the Hon. Geoff Lee, the NSW Member for Parramatta and Minister for Correctional Services. He emphasised the importance of practical community-based events, safety education, and awareness campaigns in reducing drowning incidents and encouraging the inclusion of all in the Australian way of life.





C4

Maintain and Grow our Product Solutions

We believe in the power of partnerships with product suppliers that provide solutions and tools essential for the delivery of education and training solutions. Our commitment also extends to coordinating and delivering lifesaving devices across communities.

The ability to service our organisational customers relies on a supplier network that offers quality service and products. A mutual understanding of our client needs ensures that Royal Life Saving receives prompt service and customised solutions. Given that our products are often aligned with rescue and response scenarios, any underperformance can have critical consequences.

Royal Life Saving has forged several important supplier networks and partnerships that support our training, education agenda, and the aquatic industry.

The next 12 months present a range of new opportunities and plans to open up and utilise our rivers, dams, and lakes for swimming and recreation. This requires Royal Life Saving to broaden its product solutions to cater for the various site-specific and operational needs these venues require.

The implementation of Public Rescue Equipment (PRE) along our waterways is becoming increasingly noticeable. It is critical that the general public is informed and educated about their location and usage to ensure that any rescue attempts are undertaken appropriately. Royal Life Saving will implement a range of initiatives that will increase community understanding of these devices to ensure that inland water activities are conducted safely and according to best practice.

CASE STUDY

Arcuri Foundation

Reflecting on the past decade, we're humbled by the generous contribution of the Arcuri Foundation. From a tragic loss sprouted a legacy that transformed the landscape of heart safety within our sporting community. Since its inception, the Arcuri Foundation has relentlessly championed the cause of sudden cardiac arrest prevention, turning a personal tragedy into a widespread mission of life preservation.

What started as a small-scale effort to secure a single defibrillator for Austral FC has flourished into a statewide initiative, with the foundation's influence radiating far beyond its initial scope. The Annual Marc Arcuri Cup, a testament to the spirit of community and camaraderie, has morphed into an event eagerly anticipated by many, drawing in teams and spectators from all over NSW.

The Arcuri Foundation's achievements over the past decade are remarkable. Their commitment and determination have enabled the provision of over 130 defibrillators to various sporting and community clubs throughout NSW. This immense contribution has not only made our sports grounds safer but also enhanced the sense of security among players, officials, and spectators.

We pause to reflect on the profound impact Marc's life and untimely passing has had on our community. His memory continues to inspire and drive forward a movement that safeguards the lives of many, reinforcing the importance of preparation and immediate action in the face of sudden cardiac emergencies.

Marc's legacy reminds us all of the fragility of life and the difference that even a single act of generosity can make. The Arcuri Foundation's sustained efforts over the past decade have been instrumental in driving awareness, fostering community engagement, and ensuring the accessibility of life-saving equipment to as many individuals as possible.

The indelible mark left by the Arcuri Foundation serves as a testament to the power of resilience, community spirit, and unyielding generosity.

CASE STUDY

Public Rescue Equipment

The problem of preventable fatalities and injuries in Australia's inland waterways was one Royal Life Saving NSW took seriously. The organisation realised the increasing recreational usage of these waterways was leading to an escalation in risk, particularly for certain vulnerable groups within the community who might lack appropriate knowledge and swimming ability.

Identification of the Challenge

Royal Life Saving NSW identified the key challenge: ensuring the safety of community members in and around inland waterways. Despite the inherent dangers, open water systems are crucial recreational spaces that enhance the quality of life for many residents. Recognising the importance of promoting safe water usage while enabling residents to continue enjoying these natural resources, Royal Life Saving NSW decided to take proactive steps.

The Solution

In response to the escalating risks, Royal Life Saving NSW launched an initiative to provide Public Rescue Equipment (PRE) at various high-risk inland waterway locations. The premise of this intervention was straightforward – provide immediate access to essential life-saving equipment for public use in the event of a water emergency.

Implementation

Royal Life Saving NSW consulted with local communities, assessed risk profiles of various locations, and identified key spots where PRE would be most effective. The equipment included items like throw bags, life rings, and rescue tubes, which were easy to use even by untrained bystanders.

Outcomes and Impact

The provision of PRE across various sites in NSW proved instrumental in reducing the risk of fatal and non-fatal drownings. The initiative promoted faster response times to aquatic emergencies, enabling immediate action before professional help could arrive. There were several instances where the PRE was used effectively to prevent potential drowning situations.



The availability of PRE also had an indirect impact. It served as a constant visual reminder to the public about the inherent risks associated with open water systems, thereby fostering an environment of safety consciousness. This helped in augmenting the broader education and awareness efforts by Royal Life Saving NSW.

The initiative demonstrated Royal Life Saving NSW's commitment to public safety and underscored the importance of community involvement in preventing water-related mishaps. It showed that strategic interventions, combined with public awareness and education, could significantly enhance safety in open water systems. The success of the PRE initiative reiterates the organisation's mission to prevent loss of life and injury in aquatic environments and highlights the potential such programs hold in fostering safer communities.

CASE STUDY

Waterco & Swimart

Royal Life Saving NSW is proud to continue its dynamic partnership with Waterco and Swimart franchises. This alliance signifies our mutual commitment to promoting water safety in communities across NSW. By uniting our strengths, we aim to broaden our outreach and influence, making water safety knowledge accessible to all home pool owners.

Waterco's expertise in water treatment and swimming pool equipment, coupled with Swimart franchises' comprehensive range of pool and spa products and services, complements Royal Life Saving NSW's dedication to water safety education and awareness. Together, we are developing innovative solutions to ensure that every pool owner has the essential information they need to make their aquatic experiences safe, fun, and enjoyable.

This collaborative effort represents our collective commitment to the wellbeing of our communities, ensuring that every dive into a home pool is a safe one. As we move forward, we're excited to continue shaping a safer aquatic environment for all, transforming the way water safety is understood and practiced in households across NSW.



C5

Maintain and Expand Aquatic Industry Services

As leaders in the planning and coordination of risk minimisation strategies, we work in close partnership 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.

On average, each Australian visits a public aquatic facility 4.4 times a year, leading to 106 million individual pool visits annually. The physical activity undertaken during these visits, including lap swimming, aquatic sports, learning to swim, and unstructured aquatic play, helps to boost visitors' physical activity levels.

Our Aquatic Risk Management Services also extend to supporting risk minimisation across our inland waterways. Inland waterways account for more than a quarter of all drowning deaths. The flat, still surface of an inland waterway can provide a false sense of security for visitors. As inland waterways see dramatically increased visitation rates, it is critical to implement a range of strategies to reduce the risk of drowning at these locations.

The Royal Life Saving Inland Waterway Safety Assessment (IWSA) evaluates existing operational policies and procedures, emergency management plans, aquatic signage compliance, hazard identification, and access and egress points. It can provide landowners with a comprehensive improvement plan for implementation. By commissioning Royal Life Saving to undertake an IWSA, land managers adopt a proactive approach in determining appropriate risk mitigation actions to help prevent foreseeable loss of life and injury to local residents and visitors recreating in the aquatic environment.

CASE STUDY

Risk Management

In the field of Aquatic Risk Management, Royal Life Saving NSW has distinguished itself as a specialist service provider since 1894. 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 250 public pools under the Keep Watch @ Public Pool program.
- Successfully completed 103 Aquatic Risk Audits.
- Undertook 55 Mystery Guest assessments.
- Completed 10 Inland Waterway Projects.



CASE STUDY

ENEHUB

The Future of Aquatic Supervision and Response

The concept of aquatic supervision and response is undergoing a significant transformation, with the advent of new technologies such as the SAFETY.NODE presented at the Sydney Water Innovation Festival. The traditional roles of lifeguards and emergency responders are being expanded and enhanced with innovative digital and IoT solutions.

The recent participation in the Sydney Water Innovation Festival highlighted the introduction of cutting-edge technology for enhancing safety in urban swimming locations. The focus of the discussions was primarily about devising creative solutions for ensuring safety across diverse waterways, leading to an inclusive and safe urban aquatic environment.

An exciting development presented was the evolution of the SMART.NODE™ into SAFETY.NODE, designed to enhance safety and security measures while addressing IoT needs of local authorities and councils. This equipment includes responsive illuminated beacons, dynamic area lighting, multiple CCTV cameras, a public address system, Help Assist buttons, and wireless mobile phone charging stations.

The SAFETY.NODE also provides real-time visualisation and response capabilities that can revolutionise aquatic supervision. The ability to view live CCTV feeds and communicate with swimmers in real time takes community engagement and emergency response to new levels.

Moreover, through data capture and analytics platform 'e³,' SAFETY.NODE allows for sophisticated analysis. This helps to understand patronage and environmental impacts, thereby aiding the decision-making process for urban swimming spaces and policies.

The SAFETY.NODE can play a crucial role in creating a safer environment for urban swimming. By ensuring reliable connectivity, providing immediate access to emergency services, delivering dynamic lighting for after-dark swimming, and real-time messaging related to conditions or alerts, this innovative technology is taking aquatic supervision to new heights.

The future of aquatic supervision and response is digital. It is about integrating technology with traditional methods to ensure safer and more inclusive urban swimming spaces. The active participation in the Sydney Water Innovation Festival and the introduction of SAFETY.NODE mark significant steps in this direction. It reiterates the commitment to leverage technology for creating safer urban swimming environments.

As urban aquatic supervision continues to evolve, future developments can be expected to integrate more sophisticated technology such as AI and machine learning, enhancing capabilities for risk detection and rapid response. The Sydney Water Innovation Festival has served as a springboard for this exciting future of aquatic supervision.

For more information visit: https://ene-hub.com/urbanplunge



CASE STUDY

Sydney Water Urban Plunge

Royal Life Saving NSW has recently engaged in a fruitful partnership with Sydney Water to support their innovative Urban Plunge initiative, which aims to enhance Sydney's cultural identity by reconnecting people with their local aquatic environments. As part of a global movement to foster a closer relationship between communities and their urban waterways, Sydney Water seeks to create more opportunities for swimming and recreational activities in the city's rivers, creeks, lakes, and inlets.

"Water can be as dangerous as it is inviting; awareness and preparation are our most effective life vests."

A key highlight of this initiative in 2022 was the establishment of a pop-up pool at Prospect, which served as a local hotspot for residents to cool off and enjoy their summer holidays. The initiative significantly increased community engagement, initiating conversations about the need for additional local swimming and water recreation options.

In support of this effort, Royal Life Saving NSW played a critical role in ensuring the safe and smooth operation of the Urban Plunge project. Leveraging its expertise in Aquatic Risk Management, Royal Life Saving NSW provided vital risk management support, appropriate signage, and crucial lifeguarding services throughout the summer. The collaboration underscores Royal Life Saving NSW's commitment to encourage more people to safely access and enjoy local waterways.



Measure

2022-23 Strategic Plan – Innovative Solutions

Royal Life Saving NSW has been committed to elevating the standards and adopting innovative approaches to ensure an enjoyable and safe experience 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.

From 2020 to 2023, we succeeded in engaging over one million individuals in our training, community, and education programs, a testament to the wide appeal and effectiveness of our initiatives. This achievement showcases our commitment to fostering a culture of safety and enjoyment around water, and equipping people with the skills and knowledge they need to thrive.

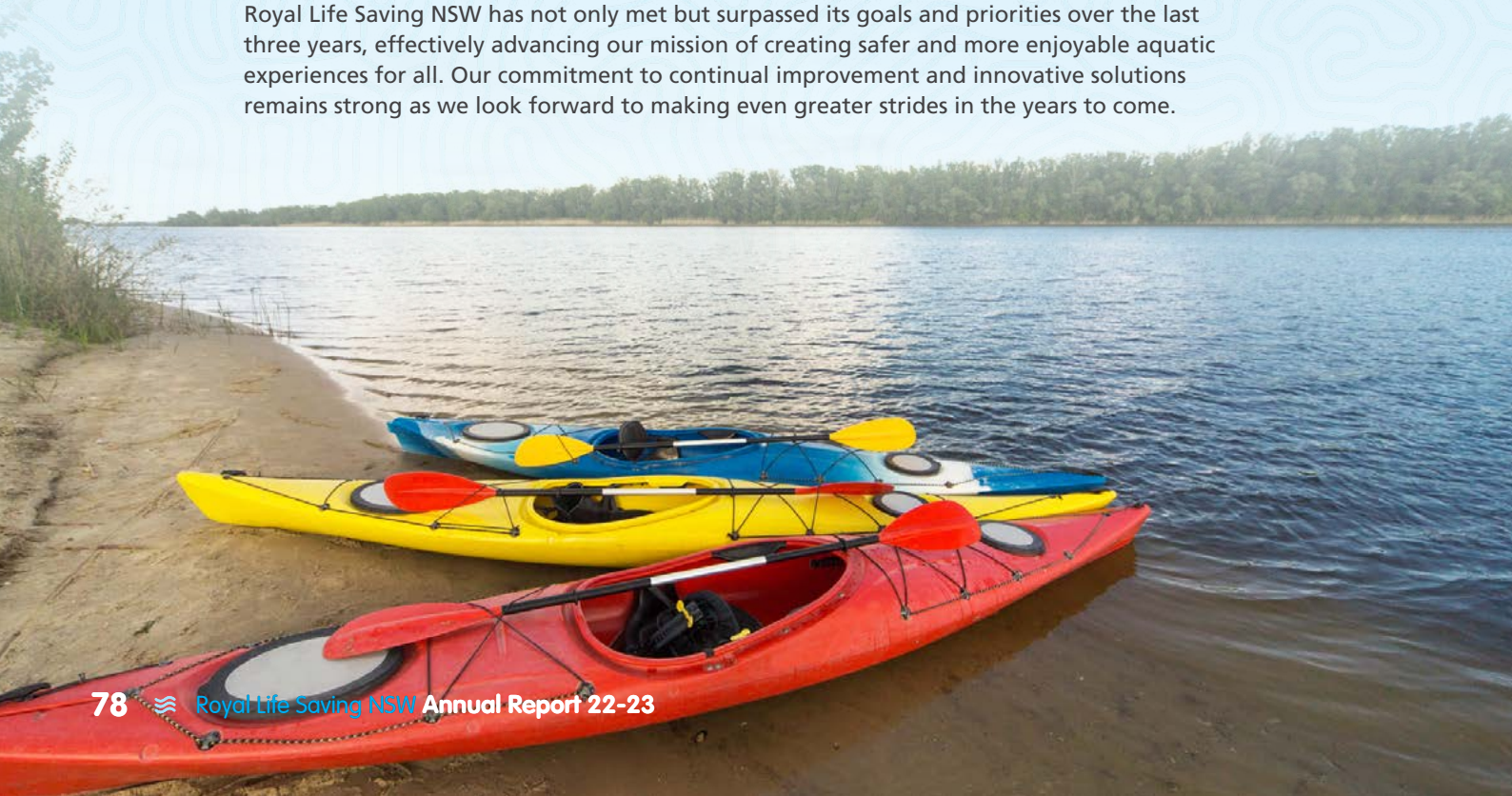
We have also seen an uptick in participation in our sporting and lifesaving agenda, with an increasing number of individuals recognising the value and excitement of aquatic sports and lifesaving activities. This development is a clear reflection of our efforts to promote and popularise these pursuits.

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, and they have had a demonstrably positive impact on community engagement and safety around water.

We've witnessed an increasing utilisation of our products designed to support our programs and services, illustrating their value and effectiveness. The high uptake of these resources indicates their role in enabling better aquatic experiences for users and improving overall aquatic safety.

Furthermore, our risk management services have seen broader application and recognition, as we've expanded their reach. 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.

Royal Life Saving NSW has not only met but surpassed its goals and priorities over the last three years, 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.



People – Stability and Sustainable

Goal

Continued stability and growth of our people. Building and supporting a cohesive, sustainable and secure organisation that ensures long-term scope and cohesion.

Priority

- Increased community activations.
- Continued organisational stability through risk analysis and management.
- Maintain sustainable assets to service communities.
- Maintain a skilled workforce.
- Ongoing compliance with legislative requirements and organisational excellence.

D1

Advocate Water Safety Priorities across all Communities

As leaders in the planning and coordination of water safety initiatives, we are strategically positioned to effectively advocate across all communities. Our geographically dispersed offices allow for the formulation and implementation of local strategies that are both relevant and suited to addressing unique regional priorities. These local strategies, along with our extensive networks, enable us to enhance our provision of high-quality solutions and experiences.

At the heart of our efforts are the ground-level strategies. These are designed with a profound understanding of the needs and conditions of the communities we serve. By maintaining an emphasis on local engagement and grassroots initiatives, we ensure our programs are as effective and meaningful as possible.

Looking to the future, we are committed to furthering our advocacy work, bringing the crucial importance of water safety to an even broader audience. We understand that every community has unique needs, and our mission is to ensure that every individual, regardless of their location or background, understands the importance of water safety. This commitment is central to our ongoing efforts to reduce the number of preventable drownings and ensure safe and enjoyable aquatic experiences for all Australians.

CASE STUDY

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.

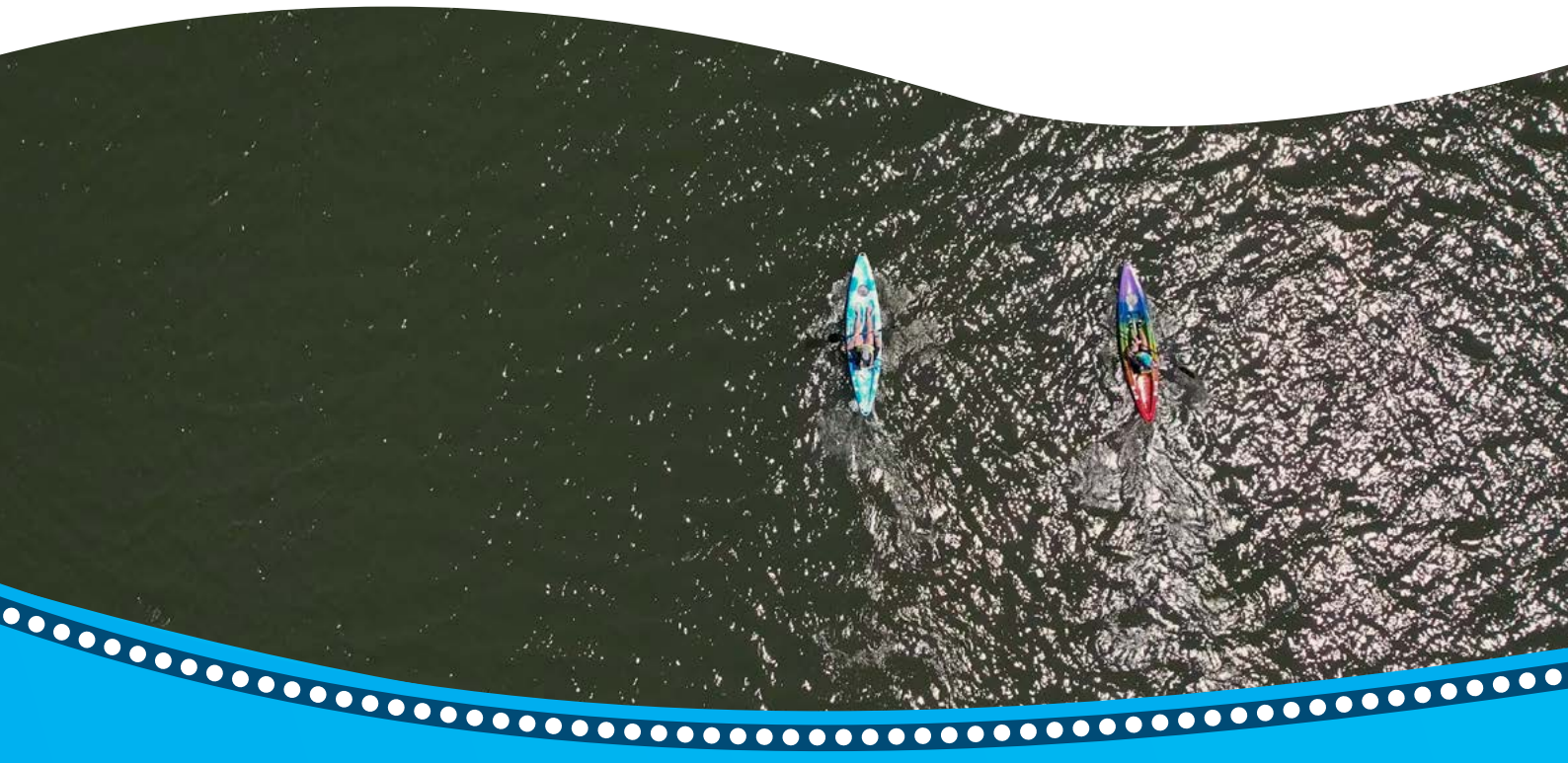
Our regional teams go above and beyond in engaging local communities, fostering strong relationships, and promoting the benefits of water safety and enjoyment. They are dedicated advocates and ambassadors of our mission, ensuring that the values and goals of Royal Life Saving NSW resonate with every 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. But we can't do this alone. We need your support to make this happen. Together, let's bring the crucial water safety agenda to every corner of our state, ensuring that no community is left behind.

Hunter Regional Office

Manager: Tanya Brunckhorst

While the Outback Lifesaver program was already established within the communities of New South Wales, the implementation at Glenbawn Dam presented a unique opportunity. The broad expanse of the dam's waters, framed by rolling hills, offered the perfect training ground. It was a setting unlike any other, bringing together the beauty of the natural landscape with the necessity for life-saving education.

Under the watchful eyes of experienced and dedicated instructors from Royal Life Saving, the children dove into the program. Dressed in bright swimwear, they swarmed the dam's edge, all eager to learn and play their part in preserving life.



The program was incredibly hands-on and interactive, the learning was practical, the kids were learning by doing. One moment, they were performing chest compressions on dummies by the water's edge. The next, they were learning about waterborne hazards and the importance of water safety. The days were punctuated by the children's laughter and their relentless thirst for knowledge.

Of particular note was the adaptive nature of the program. On a daily basis, the dam environment could alter significantly, impacted by weather conditions, water levels, and animal activity. Therefore, the participants were taught to adapt and respond, taking the theory they'd learned and applying it to real-life situations.

Evenings saw the children sharing stories around campfires, the day's lessons etched into their minds. The experience was not just about learning how to save lives; it was about fostering a community of responsible water users, understanding the environment, and respecting the power of water.

By the end of the three-day program, the participants had a newfound appreciation for water safety and an awareness of how to protect both themselves and others. The initiative was successful in creating a community of young lifesavers and demonstrated the potential of such programs in other rural and remote locations across New South Wales.

> "From riverside picnics to lakeside camping, from kayaking to swimming, our inland waterways are portals to memories made and adventures shared."

We extend our sincere thanks to our partners, Community Aquatics, and Reflections Holiday Park, who helped bring this initiative to life. Together, we're investing in the safety and wellbeing of our young people, shaping a generation of responsible, confident, and aware water users. With their commitment and dedication, the waters of the Hunter region, and indeed all of New South Wales, will be that much safer.

Western Regional Office

The last 12 months have proven to be a period of profound challenge and reflection for both the aquatics sector in regional Australia and the resilient communities of the vast western area of NSW. As the pandemic brought the industry to an unprecedented standstill, the resultant staffing shortage emerged as a critical concern, emphasizing the fragility of our operations in the face of global disruptions.

However, the pandemic's ripple effects were not the only hurdle. Nature too had its trials in store. Adverse weather, compounded by devastating flash floods in mid-November, wreaked havoc on the communities of Cowra, Canowindra, Eugowra, Molong, Forbes, Parkes, and Condobolin. Our local pools, which stand as communal sanctuaries, bore the brunt of this destruction. Their closures, some lasting months, were deeply felt by the communities that they serve.

Yet, in the face of adversity, the heart of our regional communities pulsed stronger than ever. The tenacity and spirit of the country people came to the fore as communities united, turning challenges into opportunities for regeneration and renewal. Their determination ensured that many pools, against the odds, reopened in time to welcome the summer.

As we stand at the cusp of a new season, the Royal Life Saving Western Office renews its commitment. We pledge to elevate our support, focusing on quality training, expert advice, and unwavering support to ensure our pools not only serve but thrive as positive aquatic experiences for our communities. Together, we look forward to brighter, more hopeful days ahead.



Northern Regional Office

The past year has underscored the critical importance of aquatic safety, especially in locations where guests are away from their familiar surroundings. We're both proud and excited to announce our partnership with Discovery Holiday Parks, a proactive step towards ensuring the health and safety of every individual that enjoys their facilities.

Discovery Holiday Parks, taking a lead in the sector, have engaged Royal Life Saving to provide their staff with Aquatic Technical Operations training. This comprehensive training package includes an on-site workshop helmed by our accredited trainers, combined with an online learning platform for consistent reference and guidance. This initiative is pivotal, especially in light of recent findings indicating that over a third of drownings in Australia occur in unfamiliar settings, and often more than 50 kilometres away from home.

Pools at Discovery Holiday Parks are more than just amenities; they are the heart of guest activities. Recognising this, the park operators have showcased their commitment not only to the pleasure of their guests but also their well-being. Beyond ensuring the pools remain clean and inviting, this training ensures a fortified safe environment for both guests and staff.

This training program, besides reinforcing safety standards, is instrumental in bridging the gap with stakeholders that oversee aquatic venues in holiday parks and resorts. Our shared vision with Discovery is straightforward: by enhancing the knowledge and competency of park operators, we hope to elevate the standard of water safety, reducing risks and ensuring that every splash in the pool is a memory cherished, not regretted.

As we move forward, we're optimistic that this collaboration will serve as a beacon, heralding increased water safety awareness and initiatives, ensuring that every guest's aquatic experience is as safe as it is enjoyable.



Riverina Regional Office

The past year has been one of considerable challenges and meaningful progress for the Riverina Regional Office of Royal Life Saving NSW. Nestled amidst beautiful but demanding landscapes, our operational scope is complicated by three main challenges: the geographical breadth to serve remote communities, ageing aquatic infrastructure, and the unique complexities of our local communities.

Reaching regional and remote communities across the Riverina's sprawling landscape continues to be a logistical challenge. The long distances often necessitate significant investment in both time and resources, making routine engagement a daunting task. Yet, these challenges have been met to ensure that these communities possess the necessary skills and knowledge to enjoy aquatic pursuits.

The Riverina region is host to a range of ageing aquatic infrastructures, from out-of-date swimming facilities to obsolete life-saving equipment. The renovation and maintenance of these structures are ongoing issues that demand both creativity and collaboration. The facilities are critical assets and provide immense relief from the extremes of weather. We will continue to support these facilities and their long tern viability.

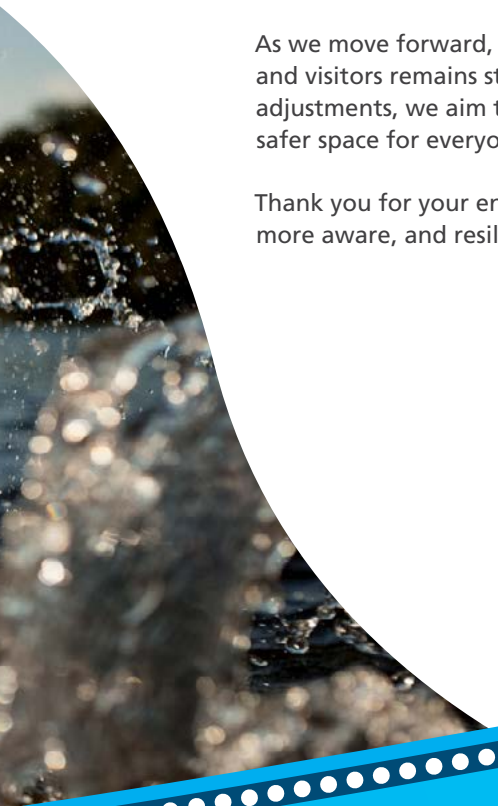
Every community within the Riverina region has its own unique set of values, cultural practices, and aquatic behaviours. Understanding and tailoring our strategies to each of these communities is no small feat. It demands localised approaches that can adapt to different social dynamics and water-related activities.

Despite these hurdles, our mission has been unrelenting. In collaboration with local communities who understand the gravity of water safety, we have worked tirelessly over the last 12 months to build strategies focused on community resilience and local water safety priorities.

Our most recent milestone has been the development of a Drowning Prevention Plan specifically tailored for the Albury region. This initiative aims to ensure that local strategies are not only relevant but also attuned to the unique aquatic behaviours of the community. It is a dynamic, living document that will be regularly reviewed and adapted based on emerging data and community feedback.

As we move forward, our commitment to ensuring the safety of all Riverina residents and visitors remains steadfast. Through constant monitoring, collaboration, and strategic adjustments, we aim to make the waterways of the Riverina not just a natural treasure but a safer space for everyone involved.

Thank you for your enduring support as we tackle these challenges head-on to create a safer, more aware, and resilient Riverina community.



D2

Deliver and Maintain Asset Management and Growth

At Royal Life Saving, we understand the importance of sound asset management. 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.

CASE STUDY

Our Academies

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 maximize 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.

10 Years

Royal Life Saving NSW celebrated the 10-year anniversary of its Aquatic Academy at Seven Hills with a free open day on Saturday 24th September 2022. The event saw over 500 members of the public and regular visitors join the celebrations, which included an array of activities such as pool inflatable fun, free swimming, face painting and balloon animals, BBQ, lucky door prizes, and cake.

The event was graciously supported by several local and industry organisations including Pendle Hill Meat Market, Bec Bakes Cakes, Face Fiction, Vorgee and Michael Wendon Leisure Aquatic Centre. Their contributions greatly enriched the festivities and we extend our heartfelt thanks to them.

The Aquatic Academy at Seven Hills, our flagship venue, was developed by Royal Life Saving in conjunction with the Department of Education NSW. Officially opening its doors to the public in 2010, the academy is built on the grounds of Hills Sports High School. We receive ongoing support from organisations like Seven Hills RSL and Toongabbie RSL, who provide bus services to transport school students to and from our facilities.

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.





D3

Manage Organisational Risk and Sustainability

At Royal Life Saving, we are acutely aware of the intricacies and complexities inherent in the sector in which we operate. Our actions and strategies are shaped and influenced by a multitude of factors including government agendas, community needs, and broader sector trends.

As a not-for-profit organisation, we face unique challenges when it comes to adapting to consumer demand, maintaining sustainability, and staying competitive. We operate in an environment that is constantly changing and evolving. This means we must be agile, innovative, and proactive in our approach to risk management and sustainability.

Our approach to organisational risk management involves a robust process of identifying, assessing, and addressing potential threats. This could range from financial risks and operational challenges to external factors like changes in policy, sector trends, and community needs. We have implemented strategies to mitigate these risks and continue to refine our approach based on ongoing assessments.

Sustainability is another critical aspect of our strategic planning. We aim to ensure the longevity of our organisation, not only by securing financial stability but also by building strong relationships with stakeholders, fostering partnerships, and consistently delivering value to the communities we serve.

As we look towards the future, we are committed to ensuring that our strategies and plans align with governance expectations. Our goal is to make informed, justified decisions that will secure the long-term sustainability of Royal Life Saving and allow us to continue our important work in promoting water safety and preventing drownings.



CASE STUDY

Partnerships - Blacktown

Blacktown Key Venues has entered into a Royal Life Saving Aquatic Safety Partnership, aiming to adopt the highest aquatic safety standards across its five venues. These venues, part of one of the largest and most diverse populations in Greater Sydney, include:

- Blacktown Aquatic Centre
- Blacktown Leisure Centre Stanhope
- Charles Lowes Leisure Centre Emerton
- Mount Druitt Swimming Centre
- Riverstone Swimming Centre.

As part of the aquatic safety partnership, Royal Life Saving will deliver a comprehensive range of services to these venues, such as safety assessments, in-service training for staff, updates for pool lifeguards, and the implementation of the Keep Watch program.

Jonathan Jamsek, Chief Operations Manager of Blacktown Venue Management Ltd, expressed excitement about this partnership. "Blacktown Key Venues are pleased to announce our formal partnership agreement with Royal Life Saving NSW as 'Aquatic Safety Partners'," said Jamsek. "We recognise a need to ensure we lead efforts to exceed industry best practice by educating and developing our staff and community on water safety awareness across our Aquatic & Leisure venues."

The partnership aims to help reduce drowning rates and increase water safety awareness and lifesaving skills within the community. Jamsek concluded, "We look forward to working closely with Royal Life Saving NSW to support our overall goals."

For other facilities interested in becoming an Aquatic Safety Partner, Royal Life Saving offers benefits like the ability to prebook training and services for the year, with the added advantage of receiving a discount by packaging these services together. This initiative reaffirms the commitment to maintaining a high level of safety and adherence to best practices in aquatic environments.



Mount Druitt Swimming Centre

CASE STUDY

Sector Sustainability



Research Report Summary
State of Aquatic Facility Infrastructure in Australia

A recent report examining the condition of aquatic facility infrastructure in Australia has revealed concerning statistics.

The study found that the average Australian public pool was constructed in 1968, and by 2030, 40% of these public pools will reach the end of their functional lifespan. It is estimated that $8 billion will be needed to replace these 500 aging pools. Additionally, an extra $3 billion will be necessary to replace facilities that will end their lifespan by 2035. These aging public pools primarily serve regional areas, which are less equipped financially to replace these assets when they expire.

Key additional findings include:

- Local governments in Australia currently finance 64% of all renewal or new aquatic facility construction.
- 77% of aquatic facilities in regional areas are publicly owned.
- 79% of aquatic facilities in areas with the lowest Socio-Economic Indexes for Areas (SEIFA) decile are publicly owned.
- 74% of aquatic facilities located in areas with the highest SEIFA decile are privately owned.

Many regional councils struggle to afford to maintain or replace swimming pools, and consideration is increasingly being given to closing them, a move that provokes significant negative community sentiment and political engagement.

Given these findings, the report concludes that deliberate and strategic action is needed to plan for the future aquatic infrastructure needs of Australia. Proposed strategies for consideration include:

- Engaging with the private sector to offer services beyond learn-to-swim programs, potentially making privately owned facilities available for recreational, leisure, and fitness swimming.
- Investigating how schools could construct and share their aquatic facilities.
- Encouraging and facilitating greater cooperation between councils.
- Exploring collaborative approaches to the development of aquatic facilities with sports clubs and associations seeking their use.

The Royal Life Saving Society intends to convene the aquatic sector and government to understand the situation better and explore new approaches and opportunities for the continued provision of publicly accessible aquatic facilities in Australia.

D4

Manage Workforce Acquisition, Skills, and Retention

Our people are the heart of our mission. We believe in investing in a high-performing workforce that is committed to operational excellence, and continually strive to enhance our systems and processes to achieve quality outcomes.

Our approach to workforce acquisition involves targeting talented individuals who embody our core values, are passionate about water safety, and dedicated to serving our communities. We seek professionals who can bring innovative solutions, and who possess the skills and knowledge needed to drive our organisation forward.

In terms of skills development, we are committed to the continual training and professional development of our workforce. We provide various opportunities for skills enhancement, from technical training in specific aspects of water safety to broader professional development opportunities. By doing this, we ensure our staff are equipped with the latest knowledge and skills to effectively service the aquatic sector and meet the needs of our diverse community.

Retention of our talented staff is a key focus. We work hard to foster an inclusive and rewarding work environment that values diversity, encourages innovation, and recognises and rewards performance. We believe in the importance of work-life balance, and we strive to create a supportive and flexible workplace culture that respects and nurtures this balance.

Looking forward, we will continue to refine our strategies in workforce acquisition, skills development, and retention to ensure we have the right people, with the right skills, in the right roles, delivering on our mission to prevent drownings and promote water safety across all communities.

CASE STUDY

Leadership

Overview

Leadership and learning are integral to the growth of any industry. Royal Life Saving NSW recognises this necessity and has launched a suite of leadership programs designed to nurture talent and develop capabilities within the aquatic industry. This case study will focus on the impact and success of our third Aquatic Leadership Course, which was recently conducted.

Course Structure and Participants

The Aquatic Leadership Course, an integral part of our Leadership Development program, was launched just 12 months ago. To date, we have educated 29 of the aquatic industry's finest across three courses, each designed to challenge and build on participants' leadership skills.

Our recent course welcomed 11 emerging aquatic leaders eager to enhance their leadership capabilities. The program takes participants on a journey of self-discovery, challenging their understanding of leadership and fostering their skillsets.

The program is divided into four tiers, each designed to target various growth stages in the Aquatic Industry workforce:

- Aquatic Team Leaders (2-Days)
- Facility Leaders (3-Days)
- Organisational Leadership (6-8 Days)
- Masterclasses – Specific management and leadership workshops.

Expert Facilitation and Tools

Our leadership courses are expertly curated and delivered by Peter Agnew, Director of People Development Australia. Agnew's vast experience spans government, commercial and not-for-profit sectors and includes lecturing at a Masters level at the University of New South Wales and the University of New England. His expertise has been instrumental in the development and delivery of our leadership programs.

To ensure the highest level of learning, we utilise some of the best tools in the industry. One such tool is the DiSC profiling system, a trusted instrument with proven reliability over 30 years and used by more than 40 million people worldwide.

Impact and Feedback

One of our foundation leadership participants, Pierre Baudou-Daniel, Aquatic Operations Coordinator with Hornsby City Council, praised the course, particularly noting the effectiveness of Peter Agnew's facilitation and the practical insights he gained. His enhanced understanding of managing diverse staff and stakeholders has not only led to successful team member progression but has also created a more effective and harmonious work environment.

Moving Forward

Royal Life Saving NSW believes in continuous learning and growth, and these leadership courses are a testament to that belief. As we continue to develop and offer these courses, we aim to foster greater leadership talent within the aquatic industry, contributing to safer and more efficient aquatic environments. For further information on our various leadership courses, please visit www.drowningprevention.org.au



Peter Agnew and emerging leaders.

In the words of Kenneth H. Blanchard,

> "When you stop learning, you stop growing"

D5

Meet Legislative and Organisational Compliance Requirements

At Royal Life Saving, we place utmost importance on operating within the framework of legislative and organisational compliance. We understand that our work is deeply intertwined with legal and regulatory standards, and we commit to upholding these requirements to the highest degree.

Our compliance strategies involve thorough monitoring and proactive management of legislative obligations. This involves regular reviews and updates to our operational procedures to reflect changes in laws and regulations related to our sector. By doing so, we not only meet legislative requirements but also incorporate best practices into our operations, further ensuring our commitment to integrity, quality, and safety.

In order to comply with organisational standards, we have a clear set of internal policies and procedures in place. These guidelines provide a comprehensive understanding of our organisational expectations and help us maintain a consistent and efficient operation across all areas. Compliance with these policies is enforced and reviewed regularly, with updates made as necessary to reflect our evolving needs and priorities.

We also place a high value on transparency and accountability. We regularly report on our compliance status to relevant stakeholders, including our staff, partners, and community, providing them with a clear view of our operations and our commitment to regulatory and organisational compliance.

By operating within these parameters, we ensure the integrity of our operations, reinforce the trust our community places in us, and continue to be a respected advocate for water safety across all communities.

CASE STUDY

Cybersecurity

Royal Life Saving NSW recognises the increasing prevalence and sophistication of cyber threats and data breaches, and the far-reaching consequences they can have on our operations, reputation, and the trust of the communities we serve. As custodians of valuable and sensitive data, it is paramount that we prioritise the implementation of robust policies and processes aimed at cyber threat prevention, detection, and response.

These policies and processes are necessary for several reasons. Firstly, they are vital for protecting the confidential information of our customers, members, donors, and volunteers from unauthorised access, alteration, or theft. This includes personal identification information, financial data, and other sensitive details, the exposure of which could result in serious harm to individuals and to our organisation.

Secondly, these measures are critical in safeguarding our operational continuity. Cyber threats and data breaches can disrupt our vital life-saving services, training programs, and community initiatives, potentially putting lives at risk.

Thirdly, strong cybersecurity policies help protect our reputation and maintain public trust. As a respected organisation, any breach of our systems could erode the confidence placed in us by the government, community, members, partners, and regulators.

Lastly, having robust cybersecurity policies and processes is part of our legal and ethical obligations. Various regulations, such as the Australian Privacy Principles under the Privacy Act 1988, require organisations like ours to take reasonable steps to secure personal information against misuse, interference, and loss, as well as unauthorised access, modification, or disclosure.

The development and enforcement of comprehensive policies and processes to counter cyber threats and data breaches is an absolute necessity for Royal Life Saving NSW. This commitment not only ensures the security and integrity of our data but also underpins the trust and respect we have earned from our members, partners, and the wider community.

To this end, Royal Life Saving NSW is investing significantly in sophisticated cybersecurity infrastructure and employee education. We are committed to ensuring the highest level of security for our digital assets and are collaborating with leading cybersecurity firms to conduct regular audits, implement real-time threat detection mechanisms, and establish swift incident response measures.

In line with our commitment to transparency, we will periodically share updates about our cybersecurity efforts and keep our stakeholders informed of our progress. Furthermore, we will continually review our policies and practices to adapt to the ever-changing cybersecurity landscape, always striving to enhance our defences and stay a step ahead of potential threats.

Royal Life Saving NSW views its commitment to cybersecurity as a fundamental aspect of its operations. The confidentiality, integrity, and availability of our information are critical to our mission, and the peace of mind of our members, donors, partners, and community. We are determined to do whatever it takes to uphold these values and protect our digital landscape.

CASE STUDY

Child Protection

Ensuring the safety and well-being of children is paramount to any organisation's values. However, the actualisation of child-safe practices is an ongoing task, and there is always room for improvement. The aquatic industry, in particular, can present specialised challenges in maintaining child safety.

In light of this, Royal Life Saving has developed two online child safety modules to support the industry and its workforce. These modules help users understand the legal requirements, expectations, and best practices relating to child safety.



Frontline Staff Module

Tailored for swim teachers, program instructors, pool lifeguards, and other staff who regularly interact with children. This module aims to equip learners with the knowledge and skills to discern appropriate and inappropriate conduct, identify abuse (including grooming behaviours), and understand their obligations in reporting abuse or suspected abuse. The module typically takes around 30 minutes to complete.



Management Staff Module

Specifically designed for leadership and management roles within the aquatic industry and roles requiring leadership in child safety, such as Child Safety Officers. This module covers the same content as the Frontline version but delves deeper into organisational level practices to cultivate a child-safe culture and effectively manage risks to children's safety. It generally takes around 45 minutes to complete.

In cases where categorising staff into Frontline and Management is unclear, we recommend taking the Management version. It covers the same content as the Frontline version and offers additional information. Any non-relevant content can be considered informational, allowing the learner to focus on the areas most pertinent to them.

Both modules are contextualised to the aquatic industry environment, incorporating various design elements, interactions, visual representations, scenarios, reflection tools, and knowledge checks to optimise engagement and learning.

Ultimately, these modules aim to provide industry professionals with the confidence and clarity to navigate the critical and sometimes complex aspects of their roles regarding child safety.

CASE STUDY

Child Protection Guidelines

During 2022-23 we were proud to announce the release of our newly developed Child Protection Guidelines, crafted to steer the industry through their legislative responsibilities. This development is a testament to the collective endeavour of the National Aquatic Industry Committee (NAIC), which is represented by over 20 organisations, councils, and legal representatives across Australia. We greatly appreciate their commitment to providing invaluable input and expert guidance.

The guidelines offer pragmatic guidance for owners or operators of aquatic facilities, outlining necessary measures to protect children and young people from any form of abuse or related harm. This protection is essential not only within the confines of an aquatic facility but also extends to programs and services delivered by the facility, or by a third-party organisation in association with the facility. It also covers formal aquatic programs and services delivered by a person or organisation outside of an aquatic facility.

We believe these guidelines will foster a safer and more inclusive environment for our young participants, ensuring that their safety and well-being remain our utmost priority. Through these measures, we aim to uphold the integrity of our industry and further cultivate a culture of safety, respect, and protection for all.



Measure

2022-23 Strategic Plan – Stability and Sustainable

Royal Life Saving NSW has made significant progress in achieving its goal of continued stability and growth of our people, 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 not only elevated awareness about water safety but have also 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 three years. Through continual professional development opportunities, we have ensured 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 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 Honors 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

Robert Dale

Sarah Fitzgerald

Corporate Profile

Robert Menzies College - Macquarie University

University College - Melbourne University

Tallowood School

Sutherland Shire Council

Associate

Minimum 5 Years' Service

Tom Simpson

Troy Racklyeft

Ben Preston

Matthew Staples

Distinguished Service

Minimum 10 Years' Service

Michael Birmingham

Anthony Hearn

Kaye Leyland

Kerry Paterson

Max Gonzalez

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: Ellana Morris

John Stacpoole Memorial Trophy

For outstanding service by an individual in the sport of Pool Lifesaving.

Award Recipient: Eion McCrindle

Lesley-Del Kinscher Memorial Trophy

For excellence in Indigenous Studies by an outstanding student or teacher in lifesaving from an indigenous program conducted by Royal Life Saving throughout New South Wales.

Award Recipient: Cristal Waters

NSW President's Award

To recognise the exceptional service or contributions of organisations, clubs, schools in NSW.

Award Recipient: Albury City Council

Australian Honours

Certificate of Thanks

Penelope Hodgers

Jake Fitzgerald

Riley Waite

Associate

Minimum 6 Years' Service

Karen Holmesby

Andrew Pearce

Fellow

Minimum 10 Years' Service

Eion McCrindle

Meritorious Service Medal

Minimum 20 Years' Service

Damien Hofman

Staff

Staff Service Order

Minimum 5 Years Service

Jackie Rousseau
Ashley Katz
Lisa Phillips
Alison Wilson
Fiona Taylor
Thomas Tisdell
Simone Waters
Susan Willis
Nicola Upton
Erin Webster
Alannah Taufa
Murray Scoble
Nina Nyitrai
Philip Wicks
Tanya Schmid
Kirrily Hillier
Shane Townsend
Tammy-Ann Taylor
Leesa Baker
Paul Tiernan
Shane Yale
Tod Healey
Andrew Brayshaw
Catherine Lowe
Terry McCallum
Wayne Gallagher
Melissa Ryan
Tanya Brunkhorst
Stephen Gollan
Dennis Parker
Wesley Hamilton
Gus Bormann
Owen Schmid
Craig Williams
Annika-Lee Skulander
Kim Rayner
Karina Siggins
Deborah Rawlings
Gerardine Rich
Leah Loader
Letitia Bolton
Lynee Middleton
David Field
Cassandra Bartels
David Elith
Karen Dallas
Peter Moore
Clerissa Cottee
Belinda Grosvenor
Ash Cater
David Hurt

Long Service Order

Minimum 10 Years

Ben Cottee
Maree O'Donnell
Paul Dessent

Outstanding Service Order

Minimum 20 Years

Nicola Davies-Cooke
Michael Ilinsky

Meritorious Service Order

Minimum 15 Years

Cherry Bailey
Verity Smith

Commonwealth Honours

Service Medal

Blake McCrindle

Honours Committee

James Whiteside
Roz Grey
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
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
K. Abernethy
K. Carley
H. Gillard
C. Heckenberg
G. Duncan
A. Stephens
F. Brett
G. Clarke
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
J. Hague
W. Harries
J. Hawe
N. Hayton
J. Henderson
B. Hocker
J. Holme
C. Hopkins
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
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
D. Mitchell
N. Stuart
G. Campbell
G. Keifer
K. O'Connor
E. Fry
B. Farlow
H. Aitken
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	Sir Kelso King
1937/38 to 1940/41	Mr. C W Heyde
1951/52	Mr. Stuart Thorpe
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

The Aquas

On Friday, April 14th 2023, the Grand Ballroom at Luna Park transformed into a spectacle of celebration for The Aquas – Royal Life Saving's first awards gala in almost two decades. We welcomed 200 guests from industry, government, and community sectors to join us in recognising those who have made significant contributions in drowning prevention and promoting aquatic participation.

The event saw an exceptional response with more than 50 nominations across our ten award categories. After a careful selection process, 40 of these outstanding nominations progressed to the finalist stage and were invited to join us for the evening. Several categories were fiercely contested, and multiple recipients were awarded in some cases.

We are proud to announce the award recipients for The Aquas 2023:

Excellence in Swimming:
Parramatta City Swim Club

Excellence in Lifesaving Sport:
Mr. Andrew Bowden

Excellence in Aquatic Safety Design:
City of Sydney

Excellence in Pool Plant Operations:
Canberra International
Sports & Aquatic Centre

Excellence in Training and Education:
Maitland Aquatics

Excellence in Media and Promotions:
Ms. Julie Power

Excellence in Diversity and Inclusion:
All Abilities Swim, Blacktown Key Venues, and Orange Aquatic Centre &
Glenroi Heights Public School

Excellence in Aquatic Supervision:
Inner West Council and Bay Pavilions Arts & Aquatic Centre

Excellence in Drowning Prevention:
Mr. Mark Horton and
Wagga Wagga City Council









President's Award: Sydney Water

In addition, our President, Mr. Jim Whiteside, presented six Commendation Awards to members of the NSW Rural Fire Service, ACT Ambulance, and a community recipient. These awards acknowledged their extraordinary display of initiative, expertise, and empathy in emergency situations, showcasing lifesaving skills at their finest.

The Aquas 2023 Awards Gala would not have been possible without our valued sponsors. We would like to express our deepest gratitude to our Gold sponsors: ProMinent, International Quadratics, and Pierce Pool Supplies; our Silver sponsors: THS Commercial Pool Specialists; and our Bronze sponsors: Statewide Mutual, Crane Aquatics, and Canopi Learning Solutions.

We also extend our thanks to the team from Primary Create for their stunning event coordination, the Luna Park Venues team for providing a fantastic setting and service, and our Master of Ceremonies, comedian and author Carolyn Swindell.

Our sincerest congratulations go to all our award recipients and finalists. You represent the very heart of the Aquatic Industry and our greater community. We look forward to seeing your continued contributions to promoting water safety and reducing drowning incidents in the future.















Commendations

Every year, the Royal Life Saving Society NSW acknowledges those who have displayed exemplary initiative, expertise, and empathy by employing their lifesaving skills in emergency situations, sometimes even at personal risk.

On Friday, 24th February 2023, we were privileged to have Her Excellency The Honourable Margaret Beazley AC KC, Governor of New South Wales and our Patron, host the Ceremony at Government House Sydney.

The ceremony honoured 18 individuals who have made a significant impact in their communities and the New South Wales Police Force.

Commendation Awards were presented to the following members of the general public:

Mr. Michael Lendrum
Mr. Peter Lendrum
Mr. Tim Lendrum
Mr. Mathew Savage
Mr .Tate Dee
Ms. Jude Hayman
Ms. Rita McIver
Mr. Julian Linquest Pye
Mr. Jerome Golledge
Mr. Craig Felstein

Additionally, the NSW Police Awards were presented to:

Sergeant Michael McClafferty
Senior Constable Peter Heginbotham
Leading Senior Constable Victor Suarez
Senior Constable Todd Mackay
Senior Constable David Coyle
Chief Inspector William McKenna
Leading Senior Constable Simon Alexander
Senior Constable Thomas Knight

We are deeply honoured to acknowledge these 18 recipients and all the nominees. Their acts of courage, selflessness, and initiative truly embody the spirit of our mission.

To learn more about these extraordinary individuals, please visit our website at www.drowningprevention.org.au. Their stories serve as a testament to the power of preparedness, bravery, and dedication to safeguarding lives.



AWARDS

2023 Community Sports Awards

The CommBank Stadium echoed with applause and admiration as Sport NSW announced the winners of 12 Community Sports Awards and honoured 23 men and women with the Distinguished Long Service Award at the 2023 Sports Foyer NSW Community Sports Awards. This prestigious event, presided over by the Hon. Stephen Kamper, NSW Minister for Sport, served to acknowledge exceptional contributions to community sports.

A cross-section of sports was celebrated, with recipients originating from an array of sporting disciplines. The Community Sports Awards and the Distinguished Long Service Awards served as a testament to the exceptional accomplishments and outstanding contributions that these individuals and groups have made to community sport.

This year's awards were marked with the introduction of two new categories, further broadening the scope of recognition. The Inclusion Award was introduced to acknowledge efforts made towards promoting inclusivity in sports, and the Innovation Award to honour those who have leveraged creative and novel approaches to enrich the sporting experience in their community.

The 12 Community Sports Awards were distributed among nine distinct sports, with Royal Life Saving, Cricket, Surf Life Saving, and Gymnastics taking home two awards each. This diversified winners' list indicates the vast breadth of sports played and loved across the state of New South Wales. Rozlynn Grey and Andrew Bowden were both deserved winners on the night for their dedication and commitment to lifesaving.

Community Official of the Year
Mrs. Rozlynn Grey OAM

Community Sports Administrator of the Year
Mr. Andrew Bowden

Sport NSW Chairperson, Chris Hall, paid heartfelt tribute to the award recipients, stating, "It is fitting these community sports recipients are recognised and honoured. It is because of their efforts that NSW remains the premier sports state in Australia." Hall further emphasized the pivotal role that these individuals and groups play in sustaining the sporting culture in NSW.

"Sport in NSW relies on these selfless volunteers who have dedicated their time to community sport. Put simply, sport would not exist without them," Hall noted. "Their enduring contributions showcases why community sport is the beating heart of community sport in NSW and we thank all staff and volunteers for their exceptional dedication."

The evening served not only as an opportunity to celebrate the extraordinary achievements of these dedicated individuals, but also as a reminder of the integral role that community sports play in fostering healthy and active communities throughout New South Wales. It is clear that the efforts of these honourees are at the core of what makes New South Wales the leading sports state in Australia.

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 Tocal Agricultural College
2nd Avondale University College
3rd Southern Cross University – Lismore

The Aquatic Club Trophy
for Girls High Schools

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

The City Tattersalls Club Cup
for Boys High Schools

1st Liverpool Boys High School
2nd Asquith Boys H.S.
3rd Punchbowl Boys High School

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

1st Cherrybrook Technology H.S.
2nd Glendale H.S.
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 Loreto Normanhurst

The Hendry Challenge Cup
for Boys Independent Schools & Colleges

1st St Ignatius College Lane Cove
2nd Trinity Grammar School
3rd St. Josephs College Hunters Hill

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

1st San Clemente H.S.
2nd Rouse Hill Anglican College
3rd Good Samaritan Catholic College
Hinchinbrook

The Alwyne Wagstaffe Trophy
for Primary Schools 1st Class

1st Bonnyrigg Heights P.S.
2nd Rouse Hill Public School
3rd Artarmon P.S.

The M Cullen Trophy
for Primary School-2nd Class

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

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

1st Woolgoolga P.S.
2nd Nowra East P.S.
3rd Kempsey West P.S.

The Percy Marks Cup
for Primary School-4th Class

1st Bomaderry P.S.
1st John Palmer P.S.
2nd Irrawang P.S.
2nd Nabiac P.S.
3rd Dee Why P.S.

The Dominelli Ford Trophy
for Primary School-5th Class

1st Gundagai South P.S.
2nd Newrybar P.S.
2nd Cronulla P.S.

The Brighton–Le-Sands RSL Club Trophy

for Primary School-6th Class

1st	North Star P.S.
2nd	Kirkton P.S.
3rd	Enngonia 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	Guyra C.S.
2nd	Brewarrina C.S.
3rd	Warren C.S.

The Rowley Vass Memorial Trophy

for Central Schools-4th Class

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

The F.D Leaney Trophy

for Schools for Specific Purposes

1st	NSW School of Languages
2nd	Holroyd School
3rd	Aspect Hunter School

The Kelso King Excellence Shield

for Affiliated Lifesaving Clubs

1st	Parramatta Memorial Swim Club
2nd	Enfield LSC
3rd	The Hills S&LSC

The City Tattersals Club Trophy

for Metropolitan Schools

1st	San Clemente H.S.
2nd	St Ignatius College Lane Cove Awarded the Victor Frost Cup
3rd	Trinity Grammar School

The W. Marx Trophy

for Country Schools

1st	Gulargambone C.S.
2nd	Molong C.S. Awarded the K W Draper Trophy
3rd	Guyra C.S.

The R.J. Coshott Trophy

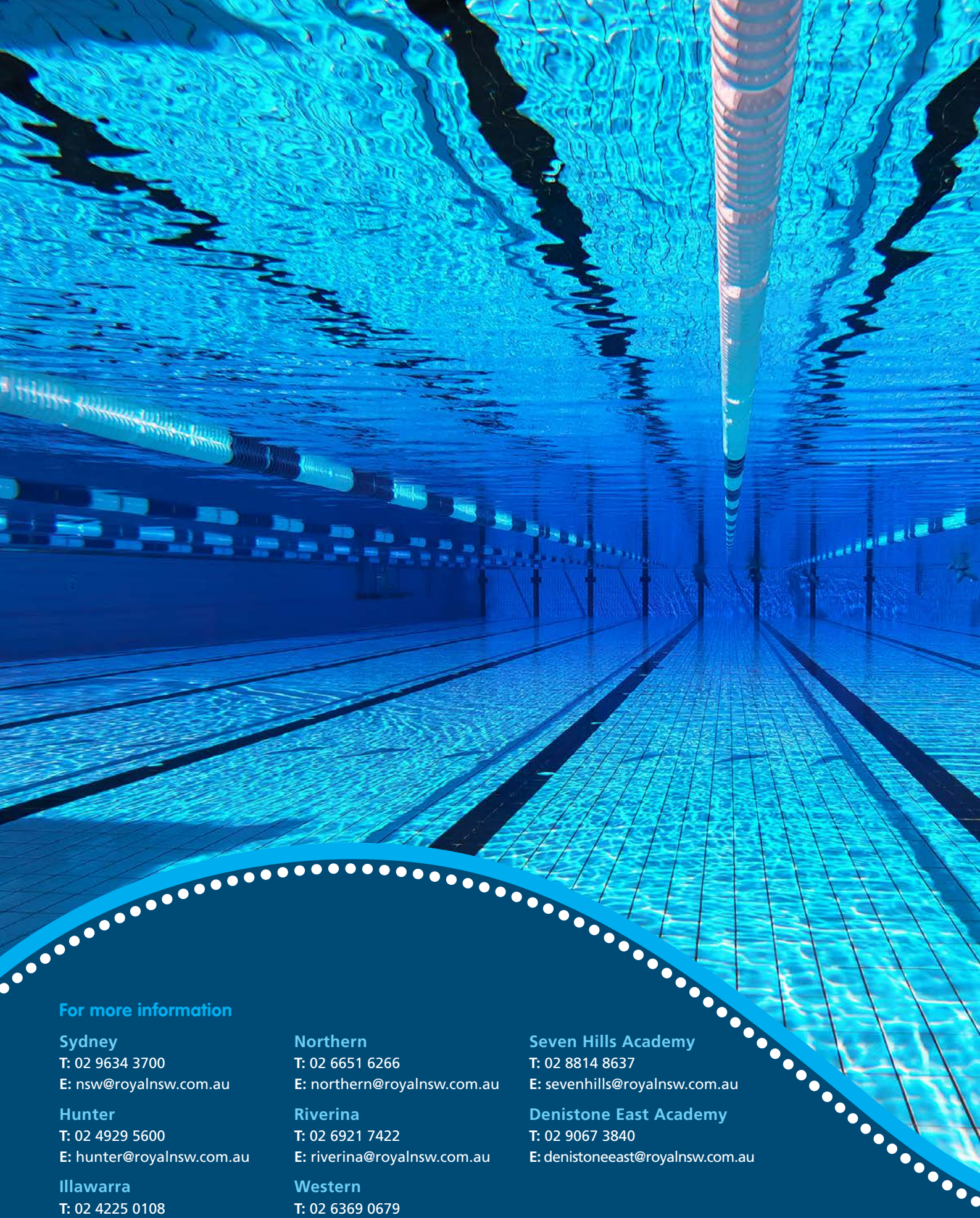
for Girls Premier School of the State

1st	Pymble Ladies' College

The Arthur Parker Cup

for Boys Premier School of the State

1st	St Ignatius College Lane Cove



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