



Northern
Territory
Government



Newsplash

April 2009

OUR VISION

To reduce
the rate of
drowning, near
drowning and water
related injuries in the
Northern Territory.



Safety Message - Public Aquatic Venues

It is now a whole lot easier to stay cool and have fun in Darwin, with the recent opening of the waterslides at the Leanyer Recreation Park and the soon to open wave pool at the Waterfront.

Whether you are young or just young at heart, zipping down the Fun-derstorm, Blue Blast or Go Bananas waterslides, or boogie boarding the breaking waves at the wave pool is sure to bring great excitement and hours of entertainment!

Just like public pools, the waterslides and wave pool are monitored by lifeguards. Lifeguards aim to keep us safe in and around water. There are also simple things we can do to make sure everyone has fun and stays safe.

- Always swim with a friend.
- Actively supervise children in your care.
- Observe and follow the safety signs – they tell us what we can do, what we can not do and how to stay safe.
- Adhere to the directions of lifeguards.
- Be patient - wait for your turn on aquatic equipment.
- Be aware of changing conditions.
- Be thoughtful of others by avoiding inappropriate behaviour, like dive-bombing and dunking.
- Respect other swimmers – they may not be as confident as you in the water.
- Know your safety signals.

If you find yourself in trouble, signal a lifeguard by holding one arm up above your head, clenching your fist and waving.

Dates for your diary - 2009

- 9-17 May - Arafura Games
- 11-12 July - National Aquatic Education Conference, QLD
- 18 July - Darwin to Ambon Yacht Race
- 22 August - Henley-on-Todd Regatta, Alice Springs
- 2-4 October - Barra Bash, Roper River
- 17-18 October - Darwin Boat and Leisure Show

SNIPPET

Congratulations to Darwin Surf Life Saving Club member Rachel Mclean who won a silver medal in the 2009 Australian Open Water Championships in Sydney on February 9th.

Completing the 5km course in one hour and five seconds, Rachael has now been ranked nationally as 2nd in her age group (girls 17-18yrs) and 7th in the open women's category!



Boating and fishing tips

If you plan to take to the water, wearing a personal flotation device (PFD) may save your life in the unfortunate event of an accident. For your PFD to work effectively it needs to be securely fitted, correctly sized and kept in a reasonable condition.

Here are some quick tips to ensure your PFD is kept in good condition.

1. Regularly inspect the PFD – check the outer skin for rips and tears. Ensure seams and stitching are secure. Look for mildew, leaks, insecure straps or hardened stuffing.
2. Use a mild soapy solution to clean the device. Some oil-based solvents like strong detergents may cause the PFD to deteriorate and lose buoyancy.
3. Dry the device before storing it away. Storage should be well-ventilated and easily accessible.
4. Store the device away from direct sunlight and heat. This may cause the fibres in the material to breakdown.
5. Observe care instructions on the inside of the device.
6. Refrain from using the PFD as a cushion. This may reduce buoyancy.
7. At least once a year check the buoyancy of the PFD. Ensure that while you are wearing it you are able to keep your chin above water and breathe easily.



Walnawu Djakamirri Surf Life Saving Club

Walnawu Djakamirri Surf Life Saving Club made history on 7 March 2009 after becoming Australia's first ever indigenous community Surf Life Saving Club. Walnawu Djakamirri Surf Life Saving Club is the fourth club affiliated with Surf Life Saving Northern Territory. Establishment was directly attributed to the success of the Indigenous Water Safety Program in Yirrkala and surrounding communities.

The official opening of the new club is expected to be held 13 and 14 June at Shady Beach, Yirrkala.



School visit

The Water Safety Branch visited Nakara Pre-School in March. Approximately 40 children listened to the water safety tips and sang and danced to the water safety jingle. Boof the Barra was most impressed with the children's comprehensive aquatic display.

The children then sent a beautiful card to Boof and Shaan (right).





Family fun day

Boof the Barra and his water safety friends attended the Family Fun Day at Leanyer Recreation Park on Sunday 29 March 2009. The park opened three new 14 metre high slides – Fun-derstorm, Blue Blast and Go Bananas. It was a great day for the whole family with plenty of food and entertainment.

While Boof didn't participate in the fun of the slides, he did make many new friends with 47 new enrolments in the Under 5's Water Safety Awareness Program.



True story

On a recent family holiday to Puerto Rico, Nick Rilling, 5, had an accident in the water which placed him in a medically induced coma for three days.

When the incident occurred Nick was with his brother close to the shore, snorkelling in approximately 75cm of water. Nick was left alone for less than 10 minutes while his brother Anthony adjusted his snorkel gear. When Anthony returned, Nick was face up on the sea bed, not moving. He had been without oxygen for approximately 8 minutes.

Although the Rilling family had practiced snorkelling in their home pool and had implemented safety measures, it only took a moment to fall apart. Thankfully Nick's father knew CPR, which ultimately saved his life.

This story could have easily happened here in the Northern Territory and highlights the importance of swimming with a friend and ensuring children are supervised by adults at all times.

If you would also like to enrol in a CPR course, contact Royal Life Saving Society Australia or St Johns Ambulance. It is an invaluable skill to possess.

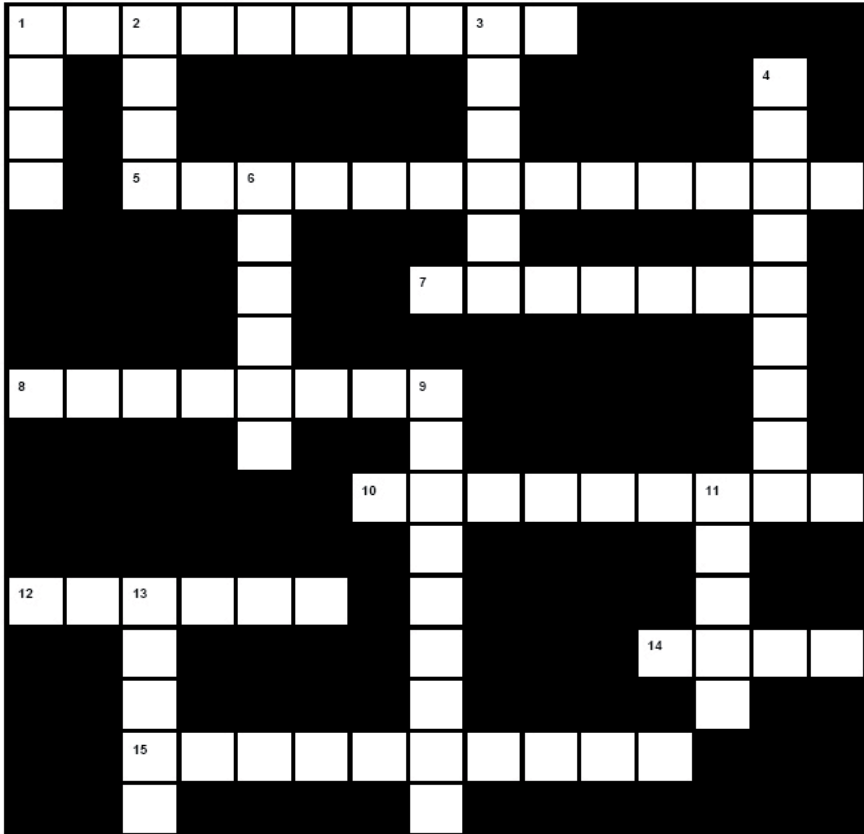
Positions vacant

The Australian Lifesaving Academy NT require casual and part-time trainers. Please contact Julie Snelling on 8985 6588 or email julie.snelling@lifesavingnt.com.au for more information.





Aqua word puzzle



Across

- 1. A popular fish caught in the Northern Territory.
- 4. A dangerous reptile that may be found in saltwater and fresh water.
- 5. Cardio Pulmonary _____ (13 letters)
- 7. A dangerous marine creature is the Box _____ fish. (5 letters)
- 8. A high tide well above average height.
- 10. Before going boating you should always check it.
- 12. Also known as an oar.
- 14. Clenching your fist above you head and waving indicates you require.
- 15. A jet ski may also be called a personal _____ (10 letters)

Down

- 1. A ship or a vessel.
- 3. To hear the _____ of the tide. (4 letters)
- 4. A Personal Flotation _____ may save your life in a boating incident. (6 letters)
- 6. Boof the Barra is the Water _____ mascot. (6 letters)
- 9. _____ locator beacon will help you to be found if lost at sea. (9 letters)
- 11. Bigger than a stream.
- 13. Young children can _____ in as little as 10cm of water.

March's answers

B	I	L	G	E	P	U	M	P	L	A	D	E	S	R
V	E	Y	H	T	R	O	W	A	E	S	V	E	S	O
T	S	A	I	L	E	O	W	I	N	L	O	T	T	T
O	E	H	V	T	D	O	G	S	S	A	P	M	O	C
I	R	V	E	E	N	T	H	E	E	R	F	A	M	E
I	V	L	S	E	E	H	Y	A	A	H	E	D	A	P
P	I	P	S	Y	T	C	L	I	F	L	A	R	E	S
F	C	E	E	T	I	A	H	N	B	C	L	A	D	N
K	E	E	L	I	E	Y	N	A	G	A	B	O	E	I
A	A	C	H	F	R	R	C	O	R	N	T	E	H	G
O	B	A	I	L	E	R	N	M	E	T	A	R	N	N
D	L	S	P	A	O	C	B	E	A	R	N	A	D	I
E	E	V	E	H	C	R	O	T	B	O	A	T	R	T