



Northern
Territory
Government



Newsplash

January 2009



OUR VISION

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



Message from the deck

Welcome to 2009 and another year of Newsplash.

The NT Water Safety Advisory Council was pleased to officially launch the NT Water Safety Plan 2008-2011 in December 2008. The NT plan is now aligned with the National Water Safety Plan and aims to minimise drowning and water related injuries in the Northern Territory.

The plan focuses on four key priority areas:

1. Adopting a water safety life stages approach
2. Addressing high drowning and injury locations
3. Meeting key drowning and injury challenges
4. Strengthening drowning and injury prevention strategies

The plan clearly reinstates the collaborative approach to water safety within the community which has proven invaluable. I would like to thank our committed stakeholders and partners who continue to share our dedication to improving water safety awareness in the Territory. I would also like to congratulate my dedicated colleagues, both on the Council and in the Northern Territory Government, for their coordinated effort in developing the plan. The challenge for the Council over the next three years will be to maintain an impressive under five record, as well as implement strategies to combat drownings amongst older Territorians.

Be water safety wise in 2009.

Daphne Read AO

Dates for your diary

- 17 January - 22 February 2009 - Kellog's Nutri-Grain Ironman and Ironwoman Series, QLD & NSW
- 14 February 2009 - Royal Life Saving Society Australia, Pool Lifesaving Championships
- 21 & 22 February 2009 - International Diving Conference, Malaysia
- 23 February 2009 - AFANT Junior Fishing Clinics, Nhulunbuy
- 2 March 2009 - AFANT Ladies Fishing Clinic, Nhulunbuy
- 17-22 March 2009 - Australian Surf Life Saving Championships, Scarborough Beach, WA
- 21-23 March 2009 - Easter Family Fishing Comp, Dundee Beach
- 9-17 May 2009 - Arafura Games
- 11 – 12 July 2009 - National Aquatic Education Conference, QLD



Rock fishing safety tips

Fishing is very popular among Territorians however it does have drowning risks. According to NSW Department of Sport and Recreation, rock fishing is one of the most dangerous sports that Australians participate in.

To stay safe, follow these basic rules.

- Never fish alone
- Tell friends or family of your plans
- Wear clothing that will allow you to swim easily if swept into the water
- Wear appropriate footwear
- Carry safety gear – wear a personal flotation device (PFD) and carry a torch, ropes and something buoyant to be thrown in
- Avoid fishing in exposed areas during rough or large seas
- Observe the conditions of your environment
- Don't turn your back to the sea
- Plan an escape route should you be swept in to the water
- Finally, if you are washed in: swim away from the rocks towards the shoreline and stay calm!



Alcohol and water don't mix!

Alcohol impairs your judgement and encourages risky behaviour. Being intoxicated in or around the water also makes it harder for you to get out of trouble. Alcohol seriously reduces your chances of surviving a near drowning as resuscitation methods are less likely to work.

This important water safety message was recently published in the Street Smart Handbook targeting year 11 & 12 students. It is important young adults are aware of the dangers associated with mixing water activities with alcohol.

Visit www.royallifesaving.com.au for more information about alcohol and water.



Students visit NSW

During a recent visit to Sydney, twenty Yirrkala Homelands school students were given an opportunity to develop their understanding of water safety and the contribution that surf life saving makes to the community. The students participated in surf life saving activities at Manly Beach, patrolled the beaches at Cronulla, North Cronulla, Elouera and Wanda and went in an inflatable rescue boat. At the end of their visit the students were presented with certificates and medallions by the National Director of Lifesaving, Mr Peter George AM.



School visits

Boof and his friends at the Water Safety Branch have dived into the new year with a visit to 45 children at St Lukes Vacation Care!

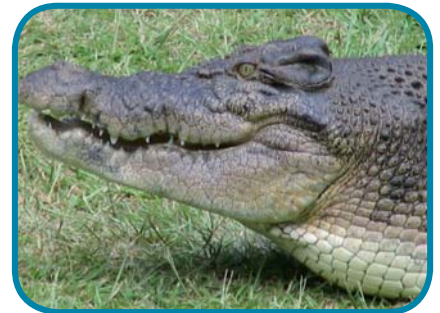
There are still opportunities for your school to get involved in water safety. Simply call Shaan Myall on 1300 301 059 or email shaan.myall@nt.gov.au to book a date or for more information.



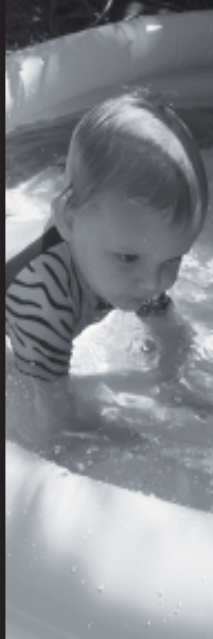
Crocodiles

Did you know that a crocodile is able to stay under water for at least one hour? They conserve their energy by dropping their heart rate to two to three beats per minute.

In 2006, Parks and Wildlife removed 225 crocs from the Darwin Harbour, 237 in 2007 and 190 in 2008. If you spot a croc that needs to be relocated, contact Parks and Wildlife in Darwin on 0419 822 859 or 8999 4691 and Katherine 0407 958 405 or 8973 8888.



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Do you own a portable or blow-up pool?

Portable and blow-up pools and spas that hold a depth of 30cm or more are required by law to have a fence.

Drowning is the number two cause of accidental death in children under five.

Babies and toddlers can drown in as little as 10cm of water.

Most drownings are preventable.

Follow these water safety tips when using blow-up pools.

- Ensure that your pool is appropriately fenced.
- Always stay within arms reach of babies and toddlers.
- Remove toys and objects after play and empty the pool.



For more information telephone **1300 301 059** or visit www.nt.gov.au/watersafety

DEPARTMENT OF LOCAL GOVERNMENT AND HOUSING



Marine safety course

If you're interested in completing a marine safety course in 2009, check out the Darwin Sailing Club!

They run small boat sailing, junior training, wet season learn to sail and marine radio operator proficiency courses. In March Darwin Sailing Club will be running the popular national power boat handling course. This course will help you gain skills and knowledge on how to safely operate small power boats. Cost: adults \$440.00 ; juniors \$150.00.

For more information on dates, times and availability email the Darwin Sailing Club admin@dwnsail.com.au or call 8981 1700.



How to become a Swimming Instructor

To become a Swimming Instructor, you must successfully complete a recognised course as a Teacher of Swimming and Water Safety and hold a current certificate in Cardio Pulmonary Resuscitation.

Teacher of Swimming and Water Safety courses are regularly run by Royal Life Saving and comprise of core units, an exam or assignment, teaching experience and practical assessments. Upon successful completion of the Teacher of Swimming and Water Safety course students may choose electives in Adult, Infant and Pre-School Aquatics, Aquatics for People with Disabilities and Competitive Strokes.

Cardio Pulmonary Resuscitation courses run frequently at a number of accredited organisations throughout the Northern Territory. Organisations include Royal Life Saving, Australian Red Cross, Saint Johns Ambulance and Surf Life Saving NT.

For information please visit www.austswim.com.au or contact Royal Life Saving on 1300 885 666.

Darwin Wave Lagoon Lifeguards wanted!

Opportunities exist for employment at the Darwin Wave Lagoon. Applicants require a Bronze Medallion, Heart Defibrillation Certificate, Advanced Resuscitation Certificate, First Aid Certificate and a Certificate II in Public Safety.

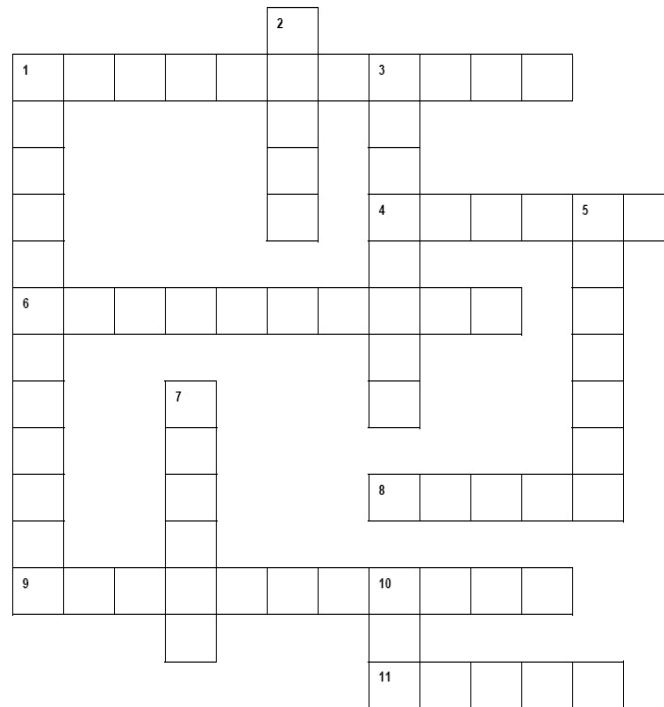
Training can be arranged for anyone needing to upgrade or add to their qualifications.

To apply for this position or to find out more about training, please email lgsupervisor@lifesavingnt.com.au or call Surf Life Saving NT on 8985 6588.



Last summer in Australia there were 40,000 active surf lifesavers and paid lifeguards conducting more than 13,600 rescues.

Aqua word puzzle



Across:

1. Riding the waves without any equipment.
4. Diving in to water without first checking the depth may result in _____ injury.
6. Royal _____ Society.
8. They may be categorised as surging, spilling or plunging.
9. Loss of body temperature.
11. It is a legal requirement that a fence is installed around backyard spas and _____.

Down:

1. They're found in tropical waters more commonly during October to May.
2. A floating navigational mark.
3. Crocodylus Johnstoni's are also known as _____.
5. CQR, Danforth, Reef and Sea are common types that are used to secure your boat.
7. This colour flag indicates caution at the beach.
10. A strong current running out to sea.

Last months answers

Across: 1. beach, 3. river, 4. tide, 7. water, 8. water safety, 12. current, 13. swell, 14. lakes.

Down: 1. breakwater, 2. bay, 5. inlet, 6. ebb, 7. wave, 9. flow, 10. mouth, 11. slack