



THE ROYAL LIFESAVING SOCIETY AUSTRALIA  
NEW SOUTH WALES BRANCH ANNUAL REPORT 2012 - 2013

EVERYONE CAN BE A LIFESAVER



# Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA



## Grey Medallion

Never too young to learn  
Never too old to start



Community Lifesaver



EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

## Mission Statement

To prevent loss of life and injury in the community with an emphasis on the aquatic environments.

## Office Bearers

### BOARD OF DIRECTORS

President	James Whiteside
Directors (9)	Ron Barnes B Sc, Grad Dip OHM Selwyn Brown BA Education Prof Danny Cass MBBS, BSc, PhD, FRCS, FRACS Anita Collins B App Sc (OT) AccOT Peter Cronin BComm (NSW) ACA Andrew Hill Cindy Hoad Dip Ed (PE) BA (Sports Admin) Mark McLennan Adv Dip DP (SYD) Dip Dt (Syd) Dr Peter Wiebe BEd, MSc, PhD
Chief Executive Officer	David Macallister

### TECHNICAL REVIEW COMMITTEE

Chairman	Mark McLennan
Committee Members	Lisa Critoph Damian Hofman Frances Simpson-Lee

### CLUB & COMPETITION COMMITTEE

Chairman	Rozlynn Grey
Registrar	Scherie McDonell
Plus two representatives from each affiliated club	

### HONOURS COMMITTEE

Chief Executive Officer	David Macallister
Chairman TRC	Mark McLennan
Chairman C&C	Rozlynn Grey
Registrar	Scherie McDonell
TRC Member	Frances Simpson-Lee

### REGIONAL OFFICES

Hunter Regional Manager	Matt Sharman
Illawarra Regional Manager	Ian Kennerley
Northern Regional Manager	Jason Phillips
Riverina Regional Manager	Michael Dasey
Western Regional Manager	Alison Middleton



# Message from the Governor of New South Wales

**Her Excellency Professor Marie Bashir AC CVO**



OFFICE OF THE GOVERNOR

SYDNEY 2000

Message from Her Excellency, Professor Marie Bashir AC CVO

## **Royal Life Saving Society New South Wales Branch Annual Report 2012-2013**

I am honoured to be asked each year to contribute to the Annual Report of the Royal Life Saving Society New South Wales Branch, both as Governor of New South Wales and as Patron of the Society.

The Royal Life Saving Society has established a proud history in the training and education area when one reflects on its growth as an institution, and also on its development of programs in water safety, survival, rescue and resuscitation techniques and skills.

I am indeed pleased to report that the Society, through well-researched data, continues to re-focus and re-evaluate its scope to target individuals and under represented groups who may be considered at risk. I am confident that the Society, in going forward, will strive to reduce the risk to all New South Wales community members when they are around aquatic environments, through public awareness programs, education and training courses, health promotion, advocacy and research.

I urge everyone to take advantage of all that this great Society can offer with regard to water safety and first aid education. With an ever-increasing number of visitors to our wonderful country who may not have an aquatic background, the Society's work is becoming even more vitally important.

To all the Society's volunteers and staff, I thank and congratulate you warmly on another remarkable year. I am sure that the more people your organisation reaches will equate to more lives saved. Your work is outstanding and I look forward to being kept aware of your ongoing activities.

My best wishes are with you all.

Professor Marie R Bashir AC CVO  
Governor of New South Wales

# Message from the NSW Minister for Police & Emergency Services

## The Honourable Michael Gallacher MLC

Water safety is an issue for all Australians and an area that the NSW Government recognises as a genuine challenge and potential threat to our Australian way of life. The challenge is obviously set for our water safety organisations, such as the Royal Life Saving Society and also for the NSW Government and of course each and every community group and individual member.

I am pleased to report the NSW Government, through my portfolio of Police and Emergency Services alongside my ministerial colleagues in Sport and Recreation, Local Government, Health and Education, is determined to make a difference and save lives when one looks at aquatic and recreation activities.

I realise when there are great organisations such as the Royal Life Saving Society New South Wales Branch my government does not need to reinvent the wheel but rather create partnerships with like organisations. With the vast network and infrastructure of Royal Life Saving Society in our state where water safety courses and programs can be delivered to all areas of NSW with well researched data and evidence, it is vitally important to continue our support.

I am pleased to advise the core funding to Royal Life Saving New South Wales Branch will continue through the Sport and Recreation Division, Office of Communities. In addition the Ministry for Police and Emergency Services will continue its "Black Spot" funding targeting at risk and under represented groups through partnerships with organisations such as Royal Life Saving.

Under the auspices of the Ministry for Police and Emergency Services, I am pleased to advise the NSW Water Safety Advisory Council has continued to make progress together with membership of the peak water safety organisations. In the 2012/2013 year the Council finalised the NSW Water Safety Strategy 2013-2015 and finalised its website, [www.watersafety.nsw.gov.au](http://www.watersafety.nsw.gov.au), a NSW Government water safety initiative.

I would like to take this opportunity to thank the Royal Life Saving Society New South Wales Branch for its work in drowning prevention. That includes of course its volunteers, staff, partners, stakeholders and supporters. I look forward to continuing our partnership and working with the Royal Life Saving Society in the future.

### **Hon Michael Gallacher MLC**

*NSW Minister for Police and Emergency Services*





## Message from the President of RLSSA New South Wales Branch

### Jim Whiteside

In presenting this annual report to members, I would like to say that I am truly honoured to be President of the New South Wales Branch of the Royal Life Saving Society Australia. The Branch began operations in 1894 and has achieved some wonderful milestones over its 119 year history. I have been a Board Member since 2002 and since then the Branch has grown significantly increasing the number of awards from approximately 60,000 to almost 300,000 each year. It is hoped with so many Australians being educated by Royal Life Saving, that the skills and techniques attained by attending a lifesaving course will one day save a life, whether that life is their own, a family member or a complete stranger.

I must acknowledge and sincerely thank my predecessor, Mr Peter Cronin, for the dedication and commitment he has shown to the Royal Life Saving Society. Peter was appointed to the Board of Directors in 1995 and became President in 2009. With Peter's vast experience and expertise in financial management he managed, over his 18 year tenure to: build a strong financial platform; introduce sound policies and procedures; create a budgeting model which underpins our operational planning; and establish an environment of strong financial accountability. These initiatives enabled the organisation to grow and will serve us well into the future.

Whilst thanking people who have made a significant contribution to Royal Life Saving, I must acknowledge Mr Robert Bradley. Rob retired from the position of National CEO in the 2012/2013 year after 16 years in the position. I have worked closely with Rob in my national volunteer positions as both Board Member and a member of the Finance and Audit Committee. Rob has been successful in managing the operations of the National Office achieving better support from Federal Government, securing a number of national sponsors and assisting the Society's smaller State and Territory Branches with financial support, human resource support, program development and course resources. Through Rob's guidance Royal Life Saving Australia has assisted other countries in reducing their drowning and near drowning numbers and I am certain that Royal Life Saving has become stronger throughout Australia and internationally during Rob's reign since 1997.

In closing, I would like to thank our volunteers, partners, sponsors, the NSW Government, our professional staff and of course our Patron, Her Excellency Professor Marie Bashir AC, CVO, Governor of NSW. I hope you read with interest the achievements of the New South Wales Branch of the Royal Life Saving Society and I look forward to developing all areas of the Society in an effort to make our communities safer.

### Jim Whiteside

*President RLSSA NSW Branch*

# Message from the Chief Executive Officer

**David Macallister**

As Chief Executive Officer of this wonderful organisation, it gives me a great deal of pleasure to present this year's Annual Report to its members. I refer to Royal Life Saving as a "wonderful organisation" because of everything it stands for, its achievements in saving lives, its members, examiners, stakeholders, partners and sponsors, all of whom combined make a massive impact each year in preventing drowning and near-drowning incidents.

The Annual Report this year is packed with information on the accomplishments of Royal Life Saving New South Wales Branch throughout 2012/2013. It includes as always a message from our Patron, Professor Marie Bashir AC CVO, Governor of NSW, as well as a message from the NSW Government through the Minister for Police and Emergency Services, the Honourable Michael Gallacher MLC, who both give a tremendous amount of support and encouragement to our organisation. The report this year highlights the enormity of the Royal Life Saving Society New South Wales Branch's vast network and infrastructure, its passion, reach, professionalism and of course its programs and courses. Each year the Society show more expertise and innovation in all aspects by using more online technology which improves access to all communities making delivery easier.

In our various departmental reports there is information on the extensions to our Vocation and Education Training courses as well as our community courses. There is information on the new regulations pertaining to the NSW Swimming Pool Legislation, our improvements in the Society's on-line shop where lifesaving products and services can be accessed through the electronic world and the wonderful work that is being done out of the Society's Aquatic Safety Training Academy at Seven Hills. This Annual Report will also highlight the work and enormous effort the Society is making in areas of at-risk and under-represented groups such as Australia's Cultural and Linguistically Diverse Communities, our indigenous community, the 0-5 age group, the 55+ age group, 6-14 age group, the effects of alcohol and drugs on aquatic activity and areas such as backyard pools, public pools, rivers, creeks and dams, all of which continue to be a concern and focus for Royal Life Saving.

I am pleased to report in the sports arena Royal Life Saving New South Wales Branch continues to strive ahead with our NSW State Team being crowned champion state at the 2013 Australian Pool Lifesaving Championship having been overall champions for 10 of the past 11 years, a feat no other state has achieved. At grass roots level, NSW continues to be the most proactive with regard to sport by having an organised and structured club and state program where the skills learned in our community programs are honed to emphasise technique and speed.

I would like to take this opportunity to thank all those individuals and organisations that make the Royal Life Saving Society New South Wales Branch what it is today. Our vast volunteer network of members, sub-branches, examiners and lifesaving clubs are extremely important to the Society's aims and objectives as they can reach all areas of New South Wales. Thanks must also go to the Society's partners, stakeholders, supporters and sponsors for their ongoing vital support in ensuring the safety of all constituents of New South Wales through Royal Life Saving programs and courses. Please read with interest our acknowledgements page towards the end of this Annual Report which highlights and thanks these fantastic organisations.



I must end my report on a somewhat sad and sombre note, but one that is important for Royal Life Saving to acknowledge. Mr Neville Bayfield OAM sadly passed away on 1 August 2012. Neville was one of the giants of Royal Life Saving having served for over 40 years in many capacities including Deputy President of RLSS Commonwealth (1995-2009), RLSS Australia National President (1988-1994) and most recently Vice Patron of RLSS Australia. He was awarded the Order of Australia in 1997. Neville was a true gentleman touching many people within Royal Life Saving and is fondly remembered and sadly missed by his friends and colleagues within the Royal Life Saving fraternity.

I hope you read the attributes, achievements and milestones of the Royal Life Saving Society New South Wales Branch throughout the 2012/2013 Annual Report with as much pride as I have for our organisation. I look forward to continuing to “make a difference” and save lives through the work of Royal Life Saving into the future.

**David Macallister**  
*Chief Executive Officer*



**Aquatic Programs Co-ordinator, Kaye Wood conducting a Grey Medallion Class**



**Aqua Health Session**



The 2012/13 year has been another successful one for Royal Life Saving NSW and the operations team, with many significant programs and projects delivered across New South Wales. During the last 12 months it has been our operational aim to address key drowning prevention priority areas. Some of the priority areas for 2012/13 included:

### **Reduce drowning deaths by strengthening the aquatic industry.**

With over 300 public swimming pools across NSW these facilities not only provide employment opportunities for local people but also play a vital role in aquatic skill development, recreation, sport and healthy active lifestyles in the community. Through the collaborative support of key government agencies and water safety partners such as Statewide Mutual, Royal Life Saving NSW implemented a range of initiatives to strengthen industry skills, career development and risk compliance.

### **Reduce drowning deaths in inland waterways.**

NSW has an abundant array of inland waterways which are often common recreational locations, both for activities that take place in or on the water and the use of public spaces alongside these waterways. The environmental characteristics of inland waterways vary greatly as do patterns of usage. Environmental characteristics which influence hazards include; crumbling banks and shifting beds, strong or unpredictable currents, submerged hazards, increased turbidity and low visibility, variable water depths and cold water temperatures. 30% of NSW drownings in the last ten years have occurred in inland waterways. During 2012/13 Royal Life Saving NSW launched the Inland Water Safety Risk Assessment which involved the physical auditing of 100 inland waterway sites. The risk assessment assesses signage compliance, hazards, access and egress points and provides land owners with a comprehensive improvement plan in which to implement.

### **Reduce drowning deaths in people aged 55+.**

Each year in Australia over 100 people aged over 55 years drown. With greater emphasis on healthy lifestyles many older Australians partake in a range of aquatic activities. The Grey Medallion program is a water safety and lifesaving skills initiative for older adults. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic recreation activities safely.

This practical program provides older adults with personal survival techniques, improved swimming skills, skills to deal with emergency situations and a thorough understanding of water safety knowledge in order to reduce the likelihood of drowning. Through the support of the NSW Government, Royal Life Saving NSW has implemented over 50 programs during 2012/13 through aquatic centres across NSW. Over the next 12 months a further 50 programs will be implemented.

### **Reduce alcohol and drug related drowning deaths.**

Drinking alcohol can be sometimes seen as part of the Australian culture. In some communities it can be seen as both normal and sociable and occasionally appeals to people of all ages and from all walks of life. Drinking is completely integrated into Australian culture so people unfortunately often drink in a wide range of situations and on a wide variety of occasions.

However, the use of alcohol prior to partaking in aquatic activity has been shown to significantly increase the risk of drowning due to a range of physical and behavioural changes that occur when alcohol has been consumed.

Recognition of the role of alcohol as a risk factor for drowning, near drowning and other injury associated with water-related activities is increasing. Research on the contribution of alcohol in drowning deaths has suggested that approximately 30% of adolescent drowning deaths involve alcohol.

It is for this reason that both Royal Life Saving NSW and the NSW Government have established the Swim SAFE Swim SOBER initiative. Swim SAFE Swim SOBER has been developed to address the unacceptable high number of aquatic related deaths and injuries amongst adolescents who consume alcohol and undertake high risk aquatic activity.

Swim SAFE Swim SOBER is a new innovative online program that is designed to challenge and engage secondary students. The online program contains 4 online modules that address key alcohol issues pertinent to school students and adolescents. This initiative will be further implemented over the later phases of 2013.

### **Reduce drowning deaths in children aged 0-14 years**

In the past 10 years, 67 children aged 0 to 4 have drowned in New South Wales swimming pools. From 29 April 2013, swimming pool owners are required to register their backyard swimming pools at [www.swimmingpoolregister.nsw.gov.au](http://www.swimmingpoolregister.nsw.gov.au)

The Register was established to promote pool safety and pool compliance in response to the challenge of reducing the number of deaths and injuries to children in backyard swimming pools in NSW. The Register also provides pool owners with pool safety checklists to help them self-assess the safety of their pool. Royal Life Saving has played a key role in providing information on backyard swimming pool safety and working with the NSW media and NSW Government to ensure pool owners understand their obligations when it comes to pool safety. Further information can be found at [www.bepoolsafe.com.au](http://www.bepoolsafe.com.au)

Further details on some of these programs is provided in each of the operation unit reports within this annual report.

Finally, a special thanks to our volunteers, industry personnel and subject matter experts who have assisted with the development of new programs and services over the last 12 months. Such commitment ensures we are well placed to challenge aquatic related injury and death and provide the communities of NSW with the skills and knowledge to enjoy all our waterways and associated activities.

### **Michael Ilinsky**

*Operations Manager*



**RLS-NSW staff attending the Australian Water Safety Conference**

## Training and Education



The 2012/13 year has been highly eventful for the Training and Education department of Royal Life Saving Society NSW. The Society has again provided a range of education programs to schools, aquatic facilities, community groups and many businesses. These programs are the foundation of Royal Life Saving and provide for safer communities. A community ready to respond not only in the case of an emergency but one which can identify risky behaviours and act before an emergency arises.

The Society's vocational arm continues to deliver nationally recognised training programs throughout the state. In the 2012/2013 year, Royal Life Saving delivered over 25,000 units of competency to individuals trained in areas such as Pool Lifeguard, First Aid, Resuscitation, Defibrillation and Pool Operations (Technical Operations). In partnership with AUSTSWIM, The Society has also trained thousands of people in teaching others to swim. Our Training partners and Staff should be recognised in the success of Vocational Training. Their energy, knowledge and skill contribute greatly to the professionalism of the organisation and promote a successful training environment for the community.

Royal Life Saving has long been a provider of training and assessment services to the aquatic and recreation industry. It has prided itself on ensuring that its training agenda satisfies industry needs and caters for the demands of employees. Royal Life Saving has collaborated with the Aquatic and Recreation Industry, network partners, Government and Service Skills Australia to ensure future training agendas meet the business needs of the aquatic and recreation industry. For the first time, The Society has enrolled learners into a full qualification under its scope which is a major step for the organisation. The Certificate III in Aquatics, skills participants with a combination of proficiencies such as lifeguarding, technical operations, swim teaching and customer service. As an industry recognised qualification, the Certificate III will serve to further promote the professionalism of the aquatic and recreation industry, vital to the success of saving lives.

The Society's learning website has received a huge makeover this year and is now home to many course options. Joining our First Aid in a Box and Emergency Care courses is a new Resuscitation online course, stage one of a Pool Operators course and the new Swim Safe Swim Sober initiative for school aged students. All of these programs are made available to a wider audience through the flexibility of online learning. Royal Life Saving can guarantee that the platform of online courses will continue to grow and we look forward to promoting new education initiatives into the future.

For the service they provide to their local communities, I believe it is highly important to acknowledge our Examiners right across the state. The willingness of individuals to volunteer their time in order to educate others in saving lives and reducing drowning deaths is highly commendable. Without your ongoing support, I doubt that we would see the successes that the Society has experienced in educating the community on water safety and in reducing drowning deaths. Royal Life Saving is extremely appreciative of the ongoing activity of Examiners and we look forward to providing even greater support and new initiatives for you over the coming year.

Our commitment to collaboration has been the key to the success for training and education programs. The Society would like to thank the many partners and agencies, venues and suppliers, who have assisted in the professionalism of the organisation and the commitment we have made to saving lives. I'd especially like to recognise the NSW Department of Education and Communities, the Aquatic and Recreation Institute, the Australian Resuscitation Council, our NSW Registered Club partners, our learning partners at Canopi and Janison, and two key suppliers in Laerdal and Fast Aid. We look forward to working with you again and all those committed to saving lives and educating the community well into the future.

**Anthony Cottee**

*Training and Education Manager*



Participants attending a Water Safety lecture



School students practicing CPR techniques

## Aquatic Industry Services



The Aquatic Industry Services department has had a busy 2012/2013 year. A variety of new initiatives have been developed to assist the industry in managing risk and maintaining compliance across all aspects of daily operations.

### **Statewide Water Quality Initiative**

With changes to the Public Health Act and Public Health Regulation coming into effect this year, in addition to increasing community pressure and expectations for aquatic facilities to continue to provide access to safe and clean swimming pools and spas, the need for demonstrable competence in management of water quality was recognised.

Through the support of Statewide Mutual, Royal Life Saving NSW developed a training program for senior pool staff and Council environmental health officers responsible for the monitoring and maintenance of water quality at public swimming pools and spa pools. The Statewide Water Quality Initiative focuses on processes for daily management of water quality, hazard identification and assessment, and compliance with industry best practice. The initiative is comprised of a face to face training session, followed by online activities, assessment tasks, and workbook activities.

In 2012/2013, over 40 Statewide Water Quality sessions took place across NSW, with more than 350 pool staff and environmental health officers in attendance. Royal Life Saving NSW is continuing the initiative into 2013/2014, providing free Statewide Water Quality Initiative training to more council areas across the state. We would like to thank Statewide Mutual for their continued support.



Participants testing the water at one of the Statewide Water Quality Initiative training sessions

## **Black Spot Aquatic Facility Safety Assessments**

The continued management of safe aquatic facilities requires ongoing work from both Royal Life Saving NSW and the aquatic industry. It is important that standards, policies and practices are in place to ensure a safe aquatic environment. Risk management is an essential tool for the successful and continued operation of an aquatic or leisure facility.

Royal Life Saving NSW introduced the Aquatic Facility Safety Assessment (AFSA) over 10 years ago. The AFSA provides an independent and comprehensive assessment of the operations of an aquatic facility, and is based on the Guidelines for Safe Pool Operation (GSPO), Australian Standards and relevant State legislation.

Over the past decade there has been an increase in the level of cooperation between water safety agencies and Government to address the issue of aquatic venue safety. Through the support of the NSW Government 'Black Spot Fund' Royal Life Saving NSW secured funds to provide 150 complimentary AFSA's to aquatic facilities across the state. Many of these facilities had not experienced the auditing process before, and were appreciative of the support provided by Royal Life Saving to assist their facility with safety and compliance improvements.

Following the completion of the 150 assessments, a State of the Industry report was compiled using the results of the AFSA's to determine the strengths and weaknesses of the aquatic industry in NSW. This report is soon to be released.

## **Inland Water Safety Risk Assessments**

In addition to the AFSA's, Royal Life Saving NSW received Government 'Black Spot Funds' to develop and implement the Inland Water Safety Risk Assessment (IWSRA) initiative. The initiative involves auditing of open water environments (rivers, lakes, dams) that are utilised by the community for recreational or similar activities. The IWSRA assesses signage compliance, hazards, access and egress points and provides land owners with a comprehensive safety improvement plan for implementation. During 2012/2013 Royal Life Saving NSW completed 100 IWSRA in collaboration with local land owners.

## **Certificate III in Aquatics**

In 2012/2013 Royal Life Saving NSW collaborated with the aquatic and recreation industry, network partners, Government and Service Skills Australia to ensure future training agendas satisfy industry needs and cater for the demands of the aquatic and recreation industry.

Royal Life Saving was successful in achieving funding support to train 45 regional employees and 25 Sydney based employees in the Certificate III in Aquatics qualification under an initiative known as the Aquatic Leadership Program.

The Certificate III in Aquatics enables each candidate's relevant skills sets to be recognized as one whole vocational qualification. There are two optional streams to follow – Technical Operations or Swim Teacher, depending on the preference of the candidate.

In 2012/2013 18 of these funded candidates were awarded their qualification, with the rest to complete the Certificate III in the coming months.

## **Nicola de Wilt**

*Aquatic Industry Services Co-ordinator*

## Health Promotion



Royal Life Saving NSW continues to work towards reducing water-related incidents and accidents by providing education and resources aimed at creating water-safe communities. During 2012/2013 we provided water safety awareness and programs to various local community groups, organisations and individuals including parents, carers, young children and the general public. Our aim is to ensure that all Australian's have a safe and fun experience in, on and around aquatic environments.

Our Keep Watch initiative continues to be the key drowning prevention and water safety program for parents and carers of children under five years of age. RLS NSW has provided information sessions about our Keep Watch program to local playgroups, preschools, parent groups and community groups. The program has a wide variety of resources and sub-programs targeting parents and carers that are designed for specific locations such as bath time, the farm and public pools. We continue to distribute Keep Watch resources across NSW, as requested and when needed at no cost.

This year, all public pools in the state were invited to join the Keep Watch @ Public Pools program or receive resources free of charge as part of the NSW Government Black Spots funded initiative in NSW. The Keep Watch @ Public Pools program is not only intended to ensure the safety of children at aquatic facilities but also to support staff of public aquatic facilities in the education of patrons about key water safety messages and the importance of active parental supervision. These facilities were surveyed as part of a research project to determine the understanding by industry and facility patrons of supervision requirements for children of different ages at public swimming pools.

The annual Royal Life Saving NSW Drowning Report (2012) was released with a finding of 105 people who drowned in New South Wales waterways between 1 July 2011 and 30 June 2012; this is an increase of 3 (3%) on the five year average. Of the people who drowned in NSW in 2011/12, 84% were male and the largest number of drowning deaths occurred in the 18- 24 years and 25-34 years age groups. The most common locations for drowning deaths in New South Wales were River / Creek / Stream locations (32%), followed by Beaches (19%) and Rocks (17%). The most common activities being undertaken immediately prior to drowning were Swimming, Recreating or using Watercraft (17% respectively).

Thanks to funding received from the NSW Government, local councils (including Parramatta Council and North Sydney Council) and local clubs, Royal Life Saving NSW has been able to provide a number of Grey Medallion courses during 2012/2013 across NSW. The Grey Medallion is a water safety and lifesaving skills program that aims to reduce drowning and near-drowning of over 55 year olds. The program focuses on water safety knowledge, resuscitation and emergency care, aquatic exercise and personal survival and lifesaving skills. Through the support of the NSW Government, a further 50 programs will be implemented over the next 12 months, as we work towards a reduction in drowning rates amongst older Australians.

*"The Royal Life Saving Grey Medallion program is delivered in a flexible style and provides the Over 55's with an opportunity to gain a greater understanding of their personal water safety skills and knowledge. It's a great opportunity to exercise and have fun while learning skills that may one day save a life." – Carol, Enfield Olympic Swimming Pool.*

To celebrate 2013 NSW Seniors Week, Royal Life Saving NSW with the support of the Department of Family and Community Services, held Aqua Health Sessions for seniors at Royal Life Saving's Aquatic Safety Training Academy located in Seven Hills. The two-hour sessions included activities such as water safety education, resuscitation awareness and aqua fitness.

This year, with the support of the NSW Government, Royal Life Saving provided financial support to fund 150 Indigenous children within the community to participate in a Learn to Swim program. Additionally, Royal Life Saving is developing a range of culturally specific Keep Watch Resources and messages. Indigenous communities have an elevated risk profile when it comes to drowning and near-drowning in NSW. Indigenous drowning data indicates that this group is over three times more likely to drown than non-indigenous Australians.

Finally, Royal Life Saving NSW would like to thank the following Clubs for their support and generosity in assisting the health promotion unit to implement a range of programs including First Aid training to at-risk families, CPR training to students, Learn to Swim for people with a disability, water safety workshops for culturally and linguistically diverse communities (targeting parents, youth and seniors) and Grey Medallion programs, as part of the ClubGRANTS program. Royal Life Saving thanks the generous support of:

- Austral Bowling Club
- Campsie RSL Club
- Castle Hill RSL Club
- Club Five Dock RSL Club
- Dooleys Lidcombe Catholic Club
- Earlwood Bardwell Park RSL
- Guildford Leagues
- Illawarra Master Builders Club
- Mosman Return Serviceman's Club
- Narromine United Services Memorial Club
- Parramatta Leagues Club
- Orange-Ex Services Club
- Ramsgate RSL Memorial Club
- Rose Bay RSL Club
- Seven Hills-Toongabbie RSL Club
- Smithfield RSL Club
- Wests Ashfield Leagues

## Milena Mijas

*Health Promotion Co-ordinator*



RLS-NSW staff member, Mark Donaldson attending the 2013 Early Years Childhood Conference

## Aquatic Safety Training Academy (ASTA)



I am pleased to report ASTA continues to grow each year since it began operation in July, 2010. It gives me great pleasure to report 87,669 total visits to ASTA occurred throughout the 2012/2013 year with similar growth expected in the future. Some highlights for 2012/2013 are listed below:

### Swim & Survive – Swim School

Total Enrolments

Term 3 2012	Term 4 2012	Term 1 2013	Term 2 2013
1002	1247	1436	1407

Enrolments have continued to grow each term. Programs like the Under Five, Swim and Survive and the Swim & Survive Project 10,000 showcased the facility to the members of the community. ASTA delivered over 3000 free learn to swim classes to 300 disabled, disadvantaged, CALD community or Indigenous children.

ASTA also conducted a schools learn to swim program for six local schools (861 students) which is approximately 8610 lessons provided to primary and high school students during the year.

### Vocational Education & Training

ASTA has continued to facilitate VET training for the NSW Branch, with 1988 participants taking part in Pool Lifeguard, Pool Operations, First Aid, Bronze Medallion & CPR courses.

ASTA is the host employer to a Hills Sports High School student/trainee, who is completing her Certificate II in Sport & Recreation.

### Health and Fitness

There are currently 142 AquaHealth members with a total of 1723 visits for this year. Fitness Swimming and Aqua deep yield equally the most patronage. The Grey Medallion program has been a good introduction to the AquaHealth program when it has been conducted at ASTA.

### Water Safety and Lifesaving Developments

ASTA has assessed 391 students as part of the Aquatic Survival Challenges, and conducted Bronze Medallion courses for 28 students from two high schools. We hope to introduce Pool Lifeguard courses and Austswim Teacher of Swimming & Water Safety this coming summer (Term 4 & 1).

### Community Developments

ASTA partnered up with an organisation HARDA (Horn of Africa Relief & Development Agency). Through funding from Club NSW we facilitated free learn to swim classes for 130 African refugees in Western Sydney over the school holidays from December 2012 to April 2013.

ASTA has also facilitated AUSTRALSWIM's MATE program (Making A Terrific Experience) for carers and families of people with a disability, Rip Awareness program and an Indigenous Teacher of Swimming and Water Safety Program. All initiatives were "black spot" funded and delivered to participants free of charge.

## **Business Developments**

To generate activity during off peak times ASTA allows other organisations access to the facility. We continue to have agreements with Pre Uni College, One Body (triathlon group), More Sports (Korean learn-to-swim), Gateway Physio and State Emergency Services.

## **Industry Developments**

ASTA continues to provide AUSTSWIM candidates with a venue to train and be assessed. Fifteen candidates passed this year.

At the recent Aquatic & Recreation Institute awards dinner in May, ASTA was awarded the AH Pierce "Facility of the Year Award", one of ASTA swim teachers received a High Commendation at the NSW Water Safety & AUSTSWIM Awards last September and this year ASTA was awarded Bronze at the 2012 NSW Sport safety Awards for Outstanding Safe Sports Practice.

## **Roz Neville**

*ASTA Centre Manager*



**Candidates participating in a Learn-to-Swim Program**

## Hunter Regional Office

The 2012/13 year has been an exceptional time for the Royal Life Saving Hunter Office. The Office has been successful in implementing a range of new programs and services and has witnessed the increasing demand for information and products. The Hunter Office has been active in the media and our campaigns have focused on local content and events. Our media commitments allow us to engage large sectors of the community and to tailor drowning prevention programs and messages to meet local issues.

Over the 12 month period the Royal Life Saving Hunter Office has maintained a positive and collaborative partnership with Government agencies at both local and state level which in turn has ensured a continued commitment to drowning prevention strategies in the Hunter Region. In particular I would like to acknowledge and thank the significant commitment of the Department of Communities in the Hunter who greatly assist in the distribution of information and delivery of water safety initiatives. Such relationships ensure widespread community engagement and ensure that information and service demands are met.

I would like to use this opportunity to thank the aquatic industry in the Hunter Region who provide a valuable contribution to water safety education and training to local residents throughout the Hunter. Public Swimming Pools are valuable social assets and are critically important in the provision of a range of recreational, community and health activities. This year the Hunter Office has worked on further establishing mutually beneficial relationships with Public Swimming Pools through the provision of training, resource allocation, risk management advice and water safety collateral in the form of brochures and fact sheets. Some of the more significant developments include:

- Risk auditing of 17 Public Swimming Pools in the Hunter
- Expansion of Swim and Survive Partner Pool program
- Wide spread implementation of Keep Watch@Public Pools program
- Implementation of Certificate III in Aquatics and Certificate IV in Community Recreation for industry employees
- Primary School Leadership program
- Expansion of Grey Medallion program.

Many of these initiatives have been heavily subsidised by Royal Life Saving, the NSW Government and local Registered Clubs. Such support provides for an elevation in industry professionalism and further engagement of communities in the Hunter.

I would like to thank the Australian Training Company who have partnered with the Hunter Office to provide Certificate IV in Community Recreation to industry personnel. For many years the aquatic industry has been known as a transient employment sector and thus loses skilled and knowledgeable employees. By developing a more structured career pathway through the implementation of industry qualifications we have a better chance of retaining quality industry staff and importantly provide valuable employment opportunities. The Certificate IV in Community Recreation formalises many of the life skills and non-accredited training experiences undertaken by employees within industry and results in the issuing of an industry qualification.

Regional Offices are heavily reliant on the dedication and commitment of their Examiner network. These individuals are critical communicators of lifesaving skills and knowledge. Examiners in the Hunter region have provided thousands of hours of education and training provision to students, parents and community groups. This ensures that many of our most vulnerable community members learn to swim, survive, resuscitate and save lives. Royal Life Saving's commitment to the reduction of the state drowning toll can only be met through the ongoing support and drive of our Examiners. I would therefore like to thank all Examiners who provide a significant service to the saving of lives each and every year.

Our local Schools are also important conduits for water safety education and their ongoing pursuit of current information and services from Royal Life Saving indicates a positive commitment to drowning prevention. Many Schools have been long term supported and for this I thank them sincerely.

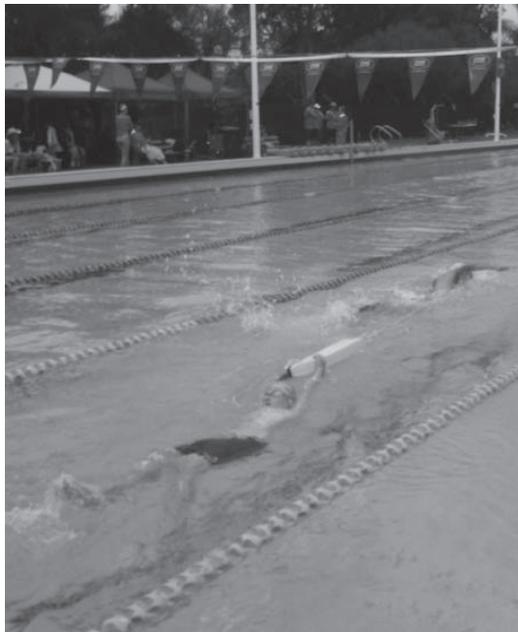
I would like to use this opportunity to thank Jackii Downie from the Hunter Office whose professionalism and passion for her role ensures that the Office continues to function each and every day.

Finally, I would like to use this opportunity to thank the Royal Life Saving Board of Directors and its CEO David Macallister. The vision and direction provided to the Hunter Office clearly articulates a sound direction and understanding of the key water safety issues impacting regional and remote NSW.

The Hunter Office looks forward to the coming year and a continued commitment to the communities within the Hunter.

**Matt Sharman**

*Hunter Regional Manager*



Participants enjoying a Bronze Medallion Course

# Illawarra Regional Office

The Illawarra Regional office, like the other regional offices of the Royal Life Saving NSW Branch, has a vast span of territory with a large variety of waterways to contend with. The Illawarra Regional Office includes and captures the areas and populations of Campbelltown, Camden, Wollondilly, Wingecarribee, Goulburn, Wollongong, Shellharbour, Shoalhaven, Eurobodella and the Bega Valley shires. The waterways of the region include the Illawarra and southern NSW coastline to the east, together with various rivers, creeks, dams, public swimming pools, private backyard pools and man-made water features such as ponds. It gives me great pleasure to report, despite the regional outline above, drownings in the 0-5 age group remain at a minimum compared to other parts of our State. However, a concern for the region and something we will focus on over the next 12 months is the 45+ age group. The challenge for the regional office continues to be to target water safety education programs to all communities within the region so our families, friends and community members can participate safely in aquatic activities.

The NSW branch has taken on a range of new drowning prevention initiatives involving data collection activities that we hope will help to reduce the incidence of drowning in the future. These new programs include:

- The Statewide Water Quality Initiative
- Aquatic Facility Safety Audits
- Inland Water Safety Risk Assessments
- Certificate III in Aquatics

It has been a busy 2012/2013 year and despite the addition of the above initiatives, I am pleased to report the core business of the region has continued targeting the reduction of drowning and near drowning numbers in the Illawarra. We continued to deliver:

- VET courses including First Aid, Pool Lifeguard, Pool Operations, etc
- Community courses including Bronze Medallion and Swim & Survive
- Public Awareness programs including Keep Watch and Keep Watch @ Public Pools
- Grey Medallion targeting the 55+ age group

Special mention this year to the Wollongong multicultural water safety committee including but not limited to Wollongong City Council, Department of Communities (Sport and Recreation), Surf Lifesaving Illawarra and of course Royal Life Saving Illawarra. This group has spent many hours giving to the community opportunities of engagement in aquatic environments to new Australians. I am certain after its initial success these relationships will continue and it is hoped these programs will be duplicated into neighbouring councils. The attitude of the committee members is wonderful as the organisations work toward a common outcome. It goes to show that working together works well for the community.

I am pleased to advise the Society continues to grow and focus on saving lives. I must thank Bronwyn Poulton for her service to the regional office. Unfortunately she has left Royal Life Saving employment. I am pleased to say however that the very competent Nicole Schofield has joined our professional team, alongside Tracey and Carly who have been with us for many years.

In closing, I would like to thank all who have continued to support and work with the Illawarra Regional Office, the staff at all levels of Royal Life Saving NSW Branch including head office and our other regional offices, all levels of government and the community. I am certain we are making a difference and I look forward to the busy times ahead.

**Ian Kennerley**  
*Illawarra Regional Manager*

## Northern Regional Office

The Northern Regional Office commenced the year with the dual aims of maintaining its training and education services to the region and also ensuring the financial sustainability of its activities.

Priorities for the Northern Regional Office in 2012/2013 included:

- Improving the region's public awareness of drowning prevention and water safety
- Consolidating the long term viability of the Regional Office
- The professional development of examiners and trainers
- Providing an extensive risk management service to the aquatic industry

The Northern Regional Office has developed a strong partnership culture that involves local government, education departments, community colleges, the aquatic industry, the private sector and the general community.

It is important for Royal Life Saving to maintain links with as many key personnel from these organisations as possible.

Some of the highlights of the past year include:

- Implementation of the Certificate III in Aquatics program;
- First Aid Trainers Professional Development Workshop;
- Indigenous community training initiatives such as Bronze Medallion and Pool Lifeguard;
- Expansion of the River Safe program;
- Development of the Inland Water Safety Assessment;
- Maintaining links with the International School network for First Aid and Bronze Medallion training.

I am very pleased with the progress the Northern Regional office made in 2012/2013. The successful implementation of the NSW Governments Black Spot funded initiatives will enhance our capacity to deliver on a range of services and programs in the future.

I would like to thank the Board of Directors and staff of all the RLS offices for their dedicated and enthusiastic work, our valued examiners and members and the community who participated in one of our many training and education programs.

### Jason Phillips

*Northern Regional Manager*



Participants in a River Safety Program



Jason Phillips donating training aids to Brewarrina School

# NORTHERN REGIONAL OFFICE



Coffs Harbour High School



Statewide Mutual Water Quality Programme



Inland Water Safety Assessment



Pool Lifeguard Training

## Riverina Regional Office

Again it is that time of year for reporting on what has been a constant and at times extremely busy twelve months. The Riverina Office has been able to provide again a high level of effectiveness and efficiency in the provision of the aims and ideals of the Society. Our workload was significantly increased due to several new projects and it is through these that we have been able to establish new partnerships and contacts both within the aquatic and community network.

The regional office conducted 20 Swimming Pool Safety Assessment during the past twelve months under regional black spot funding. The pleasing aspect was that for many pools and aquatic facilities that this was their first time to undergo a full safety assessment by an industry affiliate. The support shown by all Councils and operators was very pleasing and the next phase is to ensure that ongoing information and guidance is provided to those in need. The ability to manage and rectify any concerns identified in the reports is, and can be a long process, however, a constant and vigilant approach to risk management will ensure safer aquatic environments for all. A second phase of facility assessments for the following year is already in the planning stage.

In conjunction with Statewide Mutual Royal Life Saving conducted a number of workshops within the region primarily to assist local council staff and pool operators to become more conversant and understanding of the need to adopt a measured and standardized approach to water quality in the community. Again these workshops were provided across a number of local government areas with more workshops being programmed for the 2013/2014 year. The contacts within local government have grown substantially and will no doubt assist the Riverina Regional Office in development and growth over the years to come.

Our Vocational Education and Training (VET) programs have again shown consistency and growth over the year. We have increased the number of participants in aquatic based programs over the past year and it is hoped that this trend will continue onwards. Our foray into full Certificate training continues and has given the organisation another string to add to the bow of its Training and Education arm.

In partnership with the Office of Communities Sport and Recreation a pilot program was delivered to 6 participants at the Wagga Juvenile Justice Centre. In what could be only described as a resounding success, VET qualifications were achieved by all students participating in a Pool Lifeguard program. The success of the project lay within the support, professionalism and help of centre staff, Shephards Park School and the Offices of Communities NSW.

Staffing - There has been a recent addition to the ranks within the Riverina Regional Office with the appointment of Gus Bormann to the position of Project Co ordinator. Gus has long been associated with the aquatics industry and brings a wealth of experience in training and assessment with him. We wish him all the best in his new role with the Society and in particular the Riverina Office.

Finally as I conclude this annual report I would like to thank all of those who have been involved directly and indirectly with the regional office over the past year. Each individual office of Royal Life Saving possesses dedicated and loyal staff, who, at some stage have assisted us to perform and provide services to this region and the people within.

**Mick Dasey**

*Riverina Regional Manager*

## Western Regional Office

It was another great year in the Western Region during 2012/2013 and our office was kept busy with courses and programs throughout a very hot summer. In addition to the many people undertaking lifesaving, first aid and water safety training with us, partnerships developed in preceding years were put to good use as we engaged community and industry in various funded projects, targeted at reducing the number of deaths from drowning in NSW and strengthening the aquatics industry.

### **Aquatic Facility Safety Assessment Initiative**

There are many aquatic facilities in NSW with a range of safety issues managed by a variety of organisations. These facilities and venues play a vital role in aquatic skill development, recreation and leisure pursuits, sport and healthy active lifestyles of local communities. Aquatic facilities provide employment opportunities for local people and are essential to the social fabric of the community, particularly in regional and remote communities. The Aquatic Facility Safety Assessment (AFSA) provides an independent and comprehensive assessment / audit of the operations of an aquatic facility. The AFSA is based on the Guidelines for Safe Pool Operation (GSPO), relevant Australian Standards, industry best practice and State legislation. In the Western Region twenty pools took advantage of the funding opportunity available under this NSW Government Black Spot initiative to improve risk management procedures for the continued successful operation of their facilities.

### **Grey Medallion**

The Grey Medallion is a lifesaving and personal water safety program targeting older adults, who are unfortunately increasing in number each year in the drowning statistics. Under this particular Black Spot funding initiative we were able to provide aquatic centres with resources to implement and develop the Grey Medallion program in their local communities. Planning and implementation was undertaken by the Narromine, Dubbo, Cowra, Orange and Parkes communities last summer with more looking to come on board or revisit the program again in the warmer months ahead. The Grey Medallion is a great way for aquatic centres to attract a different user demographic and develop water safety, fitness and lifesaving skills within the local adult community.

### **Keep Watch @ Public Pools**

In the past nine years, 34 people have drowned at public swimming pools. 41% of these were children under 10 years of age. A lack of direct supervision by the parent and carer while a child was in the water has been the main factor in the majority of these drowning deaths at public pools. Through the Black Spot funding initiative, Royal Life Saving NSW was able provide public pools in the Western Region with a range of resources in which to inform, educate and engage parents and carers of children at no cost to the centres. This was a great initiative that saw sixty-two local pools receive the resources necessary to create a safe place of recreation for families.

### **Certificate III in Aquatics**

Royal Life Saving worked with the aquatic and recreation industry, network partners, Government and Service Skills Australia to ensure future training agendas meet the business needs of the aquatic and recreation industry. The aquatic and recreation industry identified a need for a highly-skilled workforce to improve productivity and compete in a changing economy. Royal Life Saving was successful in achieving funding support to train thirty regional / remote employees in the Certificate III in Aquatics qualification under an initiative known as the Aquatic Leadership Program. The fund is part of the Australian Government's Building Australia's Future Workforce package and also forms part of Australian Government Skills Connect, an initiative designed to consolidate Government skills programs and better target training to meet industry and employer needs. Training provided under this initiative included First Aid, Pool Lifeguard, Aquatic Supervision (Technical Operations) and Customer

Service. Seven aquatic centres in our region took advantage of this program, enrolling nine staff members to upskill their existing qualifications to the Certificate III level. In addition, a similar program funded by the Elsa Dixon Aboriginal Employment Program saw five Indigenous lifeguards undertake the Certificate III program to develop their competence within the aquatic setting.

### **Statewide Water Quality Initiative**

Through the support of Statewide Mutual, Royal Life Saving provided training and professional development workshops for senior swimming pool staff and environmental health officers responsible for the monitoring and maintenance of water quality at public swimming pools and spa pools. Upon its completion the Statewide Water Quality Initiative will have engaged all Member Councils across NSW and addressed water quality and risk management issues pertaining to the NSW Public Health Act 2010 and Public Health Regulation 2012. To date ten Councils have been engaged in workshops within the Western Region with more to follow this season.

So, as you can see we have been very busy! There is much to look forward to over the coming year with the expansion and introduction of further funded initiatives as well as a consistent increase in our core business. To our fantastic trainers and volunteers, for all your efforts over the last twelve months I say thank you and keep up the great work! Thank you also to our Head Office staff and Board of Directors for your support and guidance throughout the year, and also to Nicola and Kyrstie, our irreplaceable office staff who keep us under control. We will continue to strive to provide a valuable service to the communities of the Western Region in the coming year.

### **Alison Middleton**

*Western Regional Manager*



**Statewide Water Quality – Parkes**



**Statewide Water Quality – Parkes**



**Trainer Workshop – Cathy Lowe, Alison Middleton and Lessa Baker**

# Honours

# HONOURS

Each year the Royal Life Saving Society presents Honours to those individuals, groups and/or organisations that go above and beyond the norm to assist the Society reach its aims and objectives. Royal Life Saving Honours are awarded in recognition of the wonderful contribution made by our members, examiners, competitors, officials and supporters for their dedication and commitment in promoting Lifesaving and Water Safety throughout NSW.

The Society would like to thank and congratulate the following Honour recipients, at Australian and State level, for their efforts during the 2012/2013 year.

## AUSTRALIAN HONOURS

### RLSSA Fellow

Steven Williams  
David Islwyn Jones

### Australian Service Order

Alison Middleton

## NEW SOUTH WALES HONOURS

### Life Member

Peter Cronin  
Joanne Teagle  
Damian Hofman  
Denice Gallaway

### Distinguished Service

Carol Baglin  
Francis Quinn  
Jeff Moss

### Associate Award

Karen Barbey  
Jacy Harding  
Donna Fishburn  
Shelley Thurgood  
Cheryl McMillan  
Clare Dixon  
Melissa Johnston  
Murray Dust

### Russell Crane Cup

Cameron McFarlane

### Derek Emery Memorial Trophy

Danny Ma

### Sir Walter Leonard Memorial Trophy

Murray Dust

### John Stacpoole Memorial Trophy

Norm Stanley

### Lesley-del Kinscher Memorial Trophy

Eric Lesa

### Certificate of Appreciation

Enfield Aquatic Centre – Staff  
Mackellar Girls Campus  
Engadine Leisure Centre  
Cheryl Davey  
Megan Goetz  
Jenny Schouten  
Paul Edwards  
Albury Swim Centre  
Griffith Regional Aquatic Leisure Centre  
Lavington/North Albury Swim Centre  
Oasis Regional Aquatic Centre  
Queanbeyan Aquatic Centre  
Canopi eLearning Design  
Rick Carter – Jimmy Too  
Renee Pettitt  
Janison  
Ross Woodward  
Tina Maxwell  
Geoff Manson  
Adam Macallister  
Sandra Richardson  
Granville Swimming Centre

## Commendation Awards

In December 2012 the Patron of the Society, the Governor of New South Wales, Her Excellency Professor Marie Bashir AC CVO hosted the Society's annual Commendations Award Ceremony at Government House Sydney. Her Excellency shows great admiration each year to the recipients of the Commendation Awards as their achievements in attempting to save a life is a great humanitarian gift.

The New South Wales Branch issues Commendation Awards each year to people who rendered assistance and used their knowledge in water safety, rescue and/or resuscitation to aid an injured or ill casualty. These extraordinary Australians perform those skills, often in stressful situations, sometimes with multiple casualties and frequently at risk to themselves.

The following people were recognised for their efforts in attempting to save a life in emergency situations. Members of the general public were presented with Certificates of Commendation, Officers of the NSW Police Service were presented with the Police Service Award, an Officer of the Fire & Rescue NSW was presented with the Fire & Rescue NSW Award, and Officers of the NSW Ambulance Service were presented with the Ambulance Award.

The Royal Life Saving Society Australia New South Wales Branch would like to congratulate each of those people who received an award. I hope you read their citations with interest.



**Her Excellency Professor Marie Bashir AC CVO, Mr Peter Cronin, NSW Branch President and the Hon Michael Gallacher MLA Minister for Emergency Services with 2012 Certificate of Commendation Award recipients, NSW Police Award recipients, NSW Ambulance Award recipients and Fire & Rescue NSW Award recipient.**

**Certificate of Commendation presented to:  
Lindsay Scarlett and Phillip Scarlett**

Lindsay Scarlett and her husband Phillip, were on holidays at the big 4 Caravan Park at Ettalong Beach. At about 3.51pm on Saturday 11 December, 2010 they were swimming in the pool at the location along with several other holidaymakers. A young child went down the slippery dip into the pool, hitting his head on the way down rendering him unconscious. He remained floating face up in the pool for some time before Lindsay and Phillip saw him. They brought him to the edge of the pool where they put him on his side, checked for any vital signs and showing none, immediately commenced Cardiopulmonary Resuscitation (CPR). After several minutes, the child began vomiting and regained consciousness. Ambulance paramedics arrived and took him by helicopter to Westmead Children's Hospital. As a result of this incident, he sustained no lasting injuries and hospital staff advised that he would make a full recovery. He stayed one night in hospital for observation and was discharged.

High commendations are awarded to Lindsay and Phillip Scarlett. They quickly assessed the situation and administered CPR in a calm and professional manner which undoubtedly saved this child's life.



Ashley Miller

**Certificate of Commendation awarded to:  
Ashley Miller**

On Thursday 9 June, 2011, Ashley Miller was at work at the University of Sydney as the Campus Assistant Co-ordinator. He was alerted to the fact that there was a pile up of cars outside sounding their horns. Ashley went outside and immediately saw the cause to be a stationary vehicle with an elderly man slumped at the wheel.

Ashley ran to the vehicle, entering via the passenger's seat and shook the man in order to gain a response. The man was not responsive so Ashley checked for a pulse and was not able to find one. He rang emergency services and was advised that both police and ambulance officers were on their way.

With the aid of the Security Co-ordinator, Ashley removed the man from the vehicle, placed him on the roadway beside the vehicle and immediately commenced Cardiopulmonary Resuscitation (CPR). Ashley continued CPR until emergency personnel arrived who placed him into the ambulance and conveyed him to hospital.

High Commendations are awarded to Ashley Miller for responding quickly and without hesitation giving assistance in what must have been a very traumatic situation.



Adam Hockley

**Certificate of Commendation awarded to:  
Adam Hockley**

On Sunday, 5 February 2012, a large rip had developed at Dee Why Beach and several people had been dragged out of the swimming area into very large, powerful waves. A mass rescue was performed by lifeguards using inflatable rescue boats (IRBs) and jet skis.

A little seven year old girl however had been dragged out and the IRB and the jet ski were both unsuccessful in reaching her. 14 year old Adam Hockley had managed to reach her on his body board and was fighting to keep her head out of the water. Initially Adam used his body board as a rescue aid, but the waves broke the wrist rope and the body board was lost. But Adam refused to let go of the little girl and stayed with her the whole time with absolutely no rescue equipment or rescue aids. An exhausted lifeguard on a rescue board eventually reached them and managed on the third attempt to drag her on to his board. Adam kept holding on to her all the time.

Adam suffered scratches as the little girl was struggling and panicking, but every time a huge wave came he managed to keep her close. Adam was at the end of his energy and almost out of breath and starting to think they were in real trouble, however he never gave up.

High Commendations are awarded to Adam Hockley. He put his own life at risk and put the life and safety of another person above his own in a situation of real danger.



Sergeant  
Glenn Price



Sergeant  
Grant Hughes



Constable  
Ben Leckey



Federal Agent  
Matt Pacey



Senior Constable  
Craig Battley



Senior Constable  
Paul Smith



Sergeant  
Robert Minns

**New South Wales Police Award presented to:  
Sergeant Glenn Price, Sergeant Grant Hughes and Constable Ben Leckey**

**Certificate of Commendation presented to:  
Federal Agent Matt Pacey**

On Sunday, 18 April, 2010, numerous police were rostered to perform duties for Operation Castell in Woollahra, which involved supervising a peaceful protest between 2 groups of people. Early in the afternoon as the crowd was beginning to disperse, a 70 year old man collapsed in the middle of the crowd.

The officers rendered immediate first aid to the man who was unconscious, very pale and was gasping for breath. Sergeant Price placed the man in the recovery position, checked his airway and then placed him on his back. Sergeant Hughes called for ambulance assistance and Constable Leckey commenced External Cardiac Compression (ECC) with Sergeant Hughes commencing Expired Air Resuscitation (EAR). Federal Agent Pacey advised that he was a former nurse and assisted with CPR. After about 10 minutes, ambulance paramedics arrived and all police officers worked together continuing CPR at the request of the ambulance officers until their equipment was in place. He was then left in the care of the ambulance officers and although his condition was serious, he regained consciousness prior to his transport to St Vincent's Hospital.

High Commendations are awarded to Sergeant Glenn Price, Sergeant Grant Hughes, Constable Ben Leckey and Federal Agent Matt Pacey. The teamwork of the personnel involved in this incident can only be described as exemplary and no doubt contributed to the survival of the patient.

**New South Wales Police Award presented to:  
Senior Constable Craig Battley, Senior Constable Paul Smith  
and Sergeant Robert Minns**

**Certificate of Commendation awarded to:  
Gregory Cavill, Liam Fell, Jason Foye and Ian Timbrell**

On Wednesday, 23 March, 2011, two young friends from Wollongong University decided to go body surfing at Fairy Meadow Beach. They were inexperienced surfers and it was not long before they were in trouble in the treacherous surf conditions at the time. They were unable to swim either out to sea or back to shore as they were being continually dumped and sucked under by the breaking waves. One of the boys made the decision to try to swim to shore to raise the alarm. While being dragged south in a rip, he managed to make it to shore and ran north along the beach to the surf club where the alarm was raised and emergency services contacted.

In the meantime 2 other friends, Liam Fell and Gregory Cavill entered the water on their surfboards to search for the missing boy. A short time later they found him floating face down in the water almost 1 kilometre south of his last known location and 150 metres from shore. They managed to get his head on to one of the boards to assist his breathing until nearby lifeguard, Ian Timbrell was able to navigate the swell and waves to get to them. He was placed on a board being towed at the rear of the jet ski and immediately taken to shore where another lifeguard, Jason Foye and Senior Constables Battley and Smith were waiting. Ian Timbrell and Senior Constable Battley immediately commenced Cardiopulmonary Resuscitation (CPR) and Jason Foye obtained a defibrillator from a lifeguard vehicle. Sergeant Minns and Senior Constables Smith and Battley continued CPR for approximately 30 minutes in an attempt to revive him until ambulance officers arrived via both vehicle and helicopter to convey the patient to Wollongong Hospital.

High Commendations are awarded to Gregory Cavill and Liam Fell, Lifeguards Jason Foye and Ian Timbrell and Senior Constables Craig Battley and Paul Smith and Sergeant Robert Minns. Everyone involved displayed a high level of professionalism and determination in trying circumstances. Though it may have been apparent to them that the victim was beyond recovery, they continued continuous CPR efforts for 20 – 30 minutes until the arrival of ambulance paramedics.

### **New South Wales Police Award presented to:**

#### **Senior Constable Matthew Berry, Probationary Constable Lyndsay Bradbury and Detective Sergeant Paul Roberts**

About 1.10am on Monday 9 August, 2010, police were called to a property in Broken Hill in relation to a young man who had hanged himself.

On arrival at the property Senior Constable Berry and Probationary Constable Bradbury ran to the backyard of the property and found a young man lying on a concrete path. He was not moving, his lips were blue and after checking for vital signs, it was determined that he was not breathing and did not have a pulse. There were red marks around his neck. Senior Constable Berry began External Cardiac Compression (ECC) and Probationary Constable Bradbury began Expired Air Resuscitation (EAR) with the use of a mask. They alternated doing ECC and EAR until Detective Sergeant Roberts arrived and was able to relieve each one of them in turn. The ambulance arrived shortly after and commenced advanced resuscitation measures and with the assistance of police, a heart beat was established. The young person was conveyed to Broken Hill Hospital.

High Commendations are awarded to Senior Constable Matthew Berry, Probationary Constable Lyndsay Bradbury and Detective Sergeant Paul Roberts. This was an extremely stressful and upsetting situation and the officers took control and did their utmost to preserve the young man's life.



Anne Smart

### **Certificate of Commendation awarded to:**

#### **Anne Smart, David Bridgefoot and Kenneth Needs**

### **New South Wales Police Award presented to:**

#### **Senior Constable Daniel Bishop**

On Wednesday, 21 April, 2010, Anne Smart, her family and uncle had walked to the Bermagui Fish Co-Op for Lunch. On returning home, her uncle suddenly collapsed on the roadway. Anne immediately called emergency services and commenced Cardiopulmonary Resuscitation (CPR). Kenneth Needs, a neighbour of Anne's was also quick to offer his help performing CPR. Senior Constable Daniel Bishop arrived and took over the compressions from Anne and continued to be assisted by Kenneth Needs. After approximately 15 minutes, David Bridgefoot, also walking past, offered his assistance, and the three continued CPR for a period of approximately 30 minutes until the ambulance paramedics arrived. The ambulance personnel took over from Anne and David, with Senior Constable Bishop continuing to assist until the arrival of further ambulance officers. Ambulance personnel continued CPR for a further period of 30 minutes, until the patient was conveyed to Bega Hospital.



Senior Constable  
Daniel Bishop

High Commendations are awarded to Anne Smart, David Bridgefoot, Kenneth Needs and Senior Constable Daniel Bishop for responding quickly to a traumatic situation. They all worked together as a team rendering assistance swiftly and selflessly trying to resuscitate the patient.



Leading Senior Constable Shane Eastham

**New South Wales Police Award presented to:  
Leading Senior Constable Shane Eastham, Senior Constable Mark Cutugno,  
Constable Andrew Drylie and Constable Barry Turnbull**

Early on the morning of 12 April, 2010, police were called to a property in Artarmon where a man had tried to commit suicide by hanging himself from a tree. The victim’s wife had awoken to find him missing and thinking this was not normal behaviour from him, went looking and found him in the backyard. She immediately woke her children and phoned emergency services. They managed to cut the victim down and remove the rope from around his neck.



Constable Barry Turnbull

First on the scene was Senior Constable Mark Cutugno and Constable Andrew Drylie. Minutes later Constable Barry Turnbull and Leading Senior Constable Shane Eastham arrived at the scene. All officers entered the rear yard of the property and located the victim on the ground at the base of a large tree. Leading Senior Constable Eastham checked the victim and though he felt warm to touch, was not breathing and did not have a pulse. Constable Turnbull commenced External Cardiac Compression (ECC) and Leading Senior Constable Eastham commenced Expired Air Resuscitation (EAR) with the aid of a mask. After several minutes, Senior Constable Cutugno and Constable Drylie took over ECC and EAR and they continued in rotation for approximately 10-15 minutes until ambulance personnel arrived and took over resuscitation. The victim had regained a heart beat and was able to be transported to Royal North Shore Hospital.

High Commendations are awarded to Leading Senior Constable Shane Eastham, Senior Constable Mark Cutugno, Constable Andrew Drylie and Constable Barry Turnbull. The officers showed professionalism and skill in their outstanding efforts performing CPR on this man who undoubtedly would have passed away at the scene without their intervention.



Kimberley Ballingal

**Certificate of Commendation awarded to:  
Kimberley Ballingal, Belinda Sparkes and Georgia Brown**

**New South Wales Police Award presented to:  
Senior Sergeant Scott Anthony Ortlipp**

On Monday 22 March, 2010, Senior Sergeant Scott Ortlipp was travelling to work along Falcon Street, Neutral Bay when he observed a utility vehicle stopped in a centre lane and assumed that the vehicle had broken down. He drove alongside the vehicle and observed a male seated in the driver’s seat, slumped forward behind the steering wheel. Approaching the driver’s door, Senior Sergeant Ortlipp tried to gain the male’s attention but he was unresponsive. He raised the patient’s head which was limp, his eyes were fixed with unresponsive pupils and his lips were blue. Senior Sergeant Ortlipp detected a pulse, however the patient was not breathing.

Deciding that the male needed immediate resuscitation, he pulled him from the vehicle and placed him in the recovery position on the roadway. Kimberley Ballingal had been in the vehicle behind and immediately offered assistance. Belinda Sparkes, another motorist phoned emergency services and Georgia Brown, who identified herself as a nurse, also rendered assistance. Senior Sergeant Ortlipp commenced External Cardiac Compression (ECC) and Kimberley Ballingal and Georgia Brown provided Expired Air Resuscitation (EAR) with the aid of a mask. After 10-15 minutes had passed, the patient started to regain consciousness. He was able to provide his name and informed Senior Sergeant Ortlipp that he had taken an illicit drug. At this point ambulance personnel arrived and conveyed the patient to Royal North Shore Hospital.

High Commendations are awarded to Kimberley Ballingal, Belinda Sparkes, Georgia Brown and Senior Sergeant Scott Anthony Ortlipp. Their swift action and collective effort in the administering of vital first aid was undoubtedly responsible for saving the life of this male victim.



Senior Constable  
Peter Bell



Senior Constable  
Samuel Stefanac

### **New South Wales Police Award presented to: Senior Constable Peter Bell and Senior Constable Samuel Stefanac**

Late in the afternoon on Monday, 19 September, 2011, a group of friends were on board a 40' cruiser moored in Athol Bay when a tragic series of events, led to one of the passengers being sucked under the boat and becoming impaled on the propellor and tangled in a rope. Senior Constable Bell and Senior Constable Stefanac were on board Water Police 40 at Darling Harbour and immediately responded to the incident. On arrival at the scene, they found the victim was still conscious but critical with major injuries including his left leg being completely severed and large open wounds about his body. Most of his body was underwater with one person in the water holding his head above the water. He was exceptionally pale and appeared to be losing consciousness rapidly. After analysing the scene, Senior Constable Stefanac has taken off his shorts and appointments and jumped into the water without hesitation with the intent of freeing the victim. Senior Constable Stefanac dived under the water armed with a knife, snorkel and goggles as the visibility in the water was poor. He dived under the vessel several times before he managed to cut the victim's clothing off and cut the line away. The victim was then able to be pulled on board. Senior Constable Bell and Senior Constable Stefanac commenced Cardiopulmonary Resuscitation (CPR). CPR was carried out for several minutes until the arrival of paramedics. The victim was manoeuvred on to a spinal board and transported back to Taronga Zoo wharf and then to hospital.

Senior Constable Stefanac's actions were carried out without regard to his own personal safety in an attempt to save a life. His actions were above and beyond his call to duty and placed him in significant danger. Due to the movement of the vessel in the water there was the likelihood that he could have been struck by the propellers or become entangled in the rope himself. The water temperature was cold and with the significant blood loss during the incident, every chance that sharks would be attracted.

High Commendations are awarded to Senior Constable Peter Bell and Senior Constable Samuel Stefanac. Their actions showed great professionalism and compassion in a very traumatic situation.

### **New South Wales Police Award presented to: Sergeant Lance Stebbing and Senior Constable Jamie Farrar**

About 10.30am on 1 May, 2011, police responded to calls for urgent assistance for 2 rock fishermen who had been swept into the water in dangerous conditions at Middle Head. On arrival Sergeant Stebbing took up a position on a rock platform while Senior Constable Farrar searched for the missing fishermen from a vantage point on the headland.

One of the fishermen was sighted floating face up in the water. With little regard for his own safety, Sergeant Stebbing negotiated the slippery rocks and entered the rough swell to retrieve the unconscious male. With difficulty Sergeant Stebbing brought the male back to the shore and with the assistance of Senior Constable Farrar lifted him on to the rock platform above the breaking waves. Sergeant Stebbing and Senior Constable Farrar commenced Cardiopulmonary Resuscitation (CPR) on the male. Sergeant Stebbing was supplied a defibrillator which he applied several times on the male person. After 30 minutes of CPR by the officers, rescue helicopter paramedics arrived to take over resuscitation procedures.

High commendations are awarded to Sergeant Lance Stebbing and Senior Constable Jamie Farrar for showing great courage and composure in very hazardous conditions. Their actions showed great initiative and diligence in a very difficult situation.

**New South Wales Police Award presented to:  
Detective Constable Daniel John Lovell**

On Tuesday, 2 February, 2010 police responded to an incident in Lakemba where, following an argument with 2 people, a male person had been stabbed in the upper left side of the chest, narrowly missing his heart. He managed to run away from the incident and collapsed outside a convenience shop where the shopkeeper called emergency services. On arrival, Detective Constable Lovell found the victim semi-conscious in a pool of blood, his condition rapidly deteriorating.

Detective Constable Lovell recognised that due to the chest puncture his lungs were unable to inflate properly and he was struggling to breathe. With the aid of scissors, tape and plastic found by the shopkeeper, Detective Constable Lovell fashioned a wound dressing that enabled the victim to breathe without sucking in air through the puncture wound. Ambulance paramedics arrived a short time later and were able to provide further first aid care and conveyed the victim to hospital for emergency surgery.

High commendations are awarded to Detective Constable Daniel John Lovell. His innovative actions in rendering first aid to the victim on that night was far beyond the basic level of first aid and his actions directly contributed to the patient's survival and his subsequent full recovery.



Constable  
Adam John Kendall

**New South Wales Police Award presented to:  
Senior Constable Timothy Lloyd McTaggart and Constable Adam John Kendall**

**Certificate of Commendation awarded to:  
Matthew Brady**

Early on the morning of Monday 14 March, 2011, Senior Constable McTaggart and Constable Kendall responded to a call that a male person had attempted to harm himself by hanging. On arrival at the property, the officers went to a shed and found Matthew Brady, who had untied the patient, performing Cardiopulmonary Resuscitation (CPR) on the patient who was lying on the concrete floor. The patient was very pale. Matthew was performing CPR on his own providing both breaths and chest compressions. Constable Kendall ran to the police vehicle and obtained a mask. Returning to the shed the officers took over from Matthew with Constable Kendall performing Expired Air Resuscitation (EAR) and Senior Constable McTaggart performing External Cardiac Compression (ECC). They continued for approximately 5 minutes until ambulance officers arrived who requested the officers continue until they had set up their equipment. The ambulance personnel detected a pulse and the patient was stabilised and transported to hospital where he was admitted to the intensive care unit.

High Commendations are awarded to Matthew Brady, Senior Constable Timothy Lloyd McTaggart and Constable Adam John Kendall. Their quick actions and response to the incident have undoubtedly saved the life of the male person.



Senior Constable  
Nicole Parker

### **New South Police Award presented to:**

#### **Chief Inspector Colin Green, Senior Constable Joshua Critchley, Senior Constable Nicole Parker and Constable Kylie Morris**

At approximately 1.40pm on 26 July, 2010 police were called to an incident outside Dee Why RSL Club where a person brandishing a firearm has attempted to hold up an armoured van. A security guard has drawn his pistol and shot this person in the chest.

Chief Inspector Green was the first to arrive on the scene and assessed the injuries on the victim. Checking for vital signs, he could only detect a very weak pulse and placed a dressing on the wound to prevent blood loss. Senior Constables Parker and Critchley and Constable Morris were next to arrive. Chief Inspector Green requested an employee of the RSL to bring him a resuscitation kit. Senior Constable Parker began Expired Air Resuscitation (EAR) with the aid of a mask and Senior Constable Critchley began External Cardiac Compression (ECC). A short time later Chief Inspector Green placed the heart monitoring pads on the deceased which showed there was no pulse. Oxygen was then administered by Senior Constable Parker and Senior Constable Chrtichley continued chest compressions until ambulance personnel arrived.

High Commendations are awarded to Chief Inspector Colin Green, Senior Constable Joshua Critchley, Senior Constable Nicole Parker and Constable Kylie Morris. These officers showed great professionalism and worked together as a team in an attempt to preserve this person's life.



Probationary Constable  
Dylan Lunn

### **New South Wales Police Award presented to:**

#### **Constable William Broadbridge, Probationary Constable Dylan Lunn and Probationary Constable James Oram**

On the evening of 4 February, 2011 police were alerted by a member of the public that there was an unconscious male in the toilet block at Dee Why bus stop. On arrival they found the unconscious male in a locked toilet cubicle.

Constable Broadbridge and Probationary Constable Oram without hesitation have removed the male from the cubicle after climbing over the door and commenced Cardiopulmonary Resuscitation (CPR) on the male. This was done inside the toilet block in oppressive conditions with the outside temperature over 30 degrees. Constable Broadbridge commenced External Cardiac Compression (ECC), while Probationary Constable Lunn assisted by holding the mask for Probationary Constable Oram who performed Expired Air Resuscitation (EAR). Probationary Constable Lunn also assisted the ambulance officers with chest compressions while they attempted to revive the male. The officers performed CPR for a period of between 10 to 30 minutes until ambulance officers arrived. All 3 officers were perspiring heavily following the physical exertion of performing CPR in such conditions and for that period of time.

High Commendations are awarded to Constable William Broadbridge, Probationary Constable Dylan Lunn and Probationary Constable James Oram for their quick response and determined efforts to preserve the life of a fellow human being.



Probationary Constable  
James Oram



Chloe Holmes

**New South Wales Police Award presented to:  
Plain Clothes Constable Dale Gordon Holmes**

**Certificate of Commendation presented to:  
Chloe Holmes**

At approximately 2am on the morning of 18 September, 2011, Constable Holmes and his wife answered a knock on the door of their residence in Forbes. They found a young child from the house next door who informed them that their grandfather was having trouble breathing. Constable Holmes and his wife ran next door and discovered the man who was blue in the face and appeared to be not breathing.

Constable Holmes and his wife commenced Cardiopulmonary Resuscitation (CPR) on the male and continued for approximately 5 minutes until ambulance paramedics arrived. Mrs Holmes then attended to the distressed children at the house while Constable Holmes continued to assist ambulance officers with CPR. The man was later flown to RPA Hospital after having suffered a heart attack. He underwent immediate surgery and has since returned to Forbes to convalesce.

High Commendations are awarded to Plain Clothes Constable Dale Holmes and Chloe Holmes. Without their immediate assistance and quick actions it is very likely this man would have died. Mrs Holmes provided invaluable comfort to the children in the house at the time.



Dale Holmes

**Ambulance Service Award presented to:  
Robert Brown and Gavin Bridges**

At approximately midday on 14 August, 2011, Paramedics Robert Brown and Gavin Bridges were called to respond to a domestic situation. After determining that police were on their way, they decided to drive by the premises in such a way as to not alert the offender and make him flee.

From a safe distance, they observed the patient slumped on the front door steps bleeding profusely. They quickly devised a rapid extrication plan to rescue her given they now had full visual scope of the front yard and house with plenty of time to retreat if the offender was still inside the house. Their rapid access plan ensured both had radios, the ambulance was parked with doors open and the risk was minimised. When they swooped on to the patient a young teenage boy appeared covered in blood who identified himself as the patient's son. He informed them that his girlfriend was also on the premises. They managed to rescue all three without further incident and left the scene for Macleay Hospital. The patient had significant injuries to her throat, neck and chest and her right hand. The offender at the scene was then involved in a siege lasting approximately seven hours.

High Commendations are awarded to Paramedics Robert Brown and Gavin Bridges. Their actions are testimony to their skill, strength and tenacity in attending a rescue in a potentially dangerous situation.



Robert Brown



Gavin Bridges

**Certificate of Commendation awarded to:  
Symon Walpole**

On 22 March, 2011 Symon Walpole was attending a community meeting at Newstan Colliery when a community representative at the meeting collapsed to the floor, suffering an apparent heart attack.

Symon lay the patient on the floor and cleared an apparent blockage in his mouth. After checking for vital signs and finding the patient not breathing with no pulse, he then commenced Cardiopulmonary Resuscitation (CPR). The defibrillator at the premises was not working, so Symon realised he would have to continue CPR until emergency services arrived which was in fact 20-30 minutes.

High Commendations are awarded to Symon Walpole. His efforts were nothing short of incredible in saving the patient's life. His actions were swift, co-ordinated and decisive in traumatic and trying circumstances.



Symon Walpole



Julie Tereszku

**Certificate of Commendation awarded to:  
Julie Tereszku**

On Wednesday 2 March, 2011, Julie Tereszku was summoned by her neighbour who had arrived home to find her son collapsed on the floor, blue in the face and making an awful gasping sound. Julie ran back to the house and while checking the young man for vital signs, instructed her neighbour to phone 000 and try to stay calm for her son's sake.

Julie commenced Cardopulmonary Resuscitation (CPR) on the young man and continued until emergency services arrived. Julie explained to the paramedics what the situation was and they took over the scene. She then took on the role of reassuring her neighbour and gathering the patient's personal details and health history as well as specific details of what had happened to give to the paramedics.

High Commendations are awarded to Julie Tereszku, a registered nurse, for her swift and selfless action in rendering assistance that undoubtedly saved this young man's life.

**Fire & Rescue NSW Award presented to:  
Michael Banister**

On 1 January, 2012, Firefighter Michael Banister was walking along Cronulla Beach with his family when he noticed 2 young adults who had been swept out in a rip and appeared to be in deep water and unable to swim. Michael searched the area to find a piece of rescue equipment and located an abandoned body board. 4 other young adults had entered the water to try to help their friends, but were now also in trouble.

Michael entered the water and located the first casualty who was underwater. He pulled her on to the board and then proceeded to collect 4 others, managing to get them to cling to the board and kick their way back to the sandbar. After he got the group of 5 back safely to the sandbar, he noticed there was still one person missing. The last person, a young male was just managing to tread water outside the line of breaking waves. He managed to locate the young man and also got him to the sandbar. Once all were on the sandbar, Michael then took each person individually back to the beach.

High Commendations are awarded to Firefighter Michael Banister. He carried out an exceptionally brave act while off duty in undertaking the successful rescue of 6 people in dangerous surf conditions.



Paul Doswell, recipient of the Fire & Rescue NSW Award with Chief Superintendent Marcus Baker, Fire & Rescue NSW, the Hon Michael Gallacher, Minister for Police & Emergency Services, Professor Marie Bashir, AC CVO, Governor of NSW, and Peter Cronin, President of Royal Life Saving.

## Registrar's Report

The 2012/2013 season was another busy year for the Club & Competition arm of Royal Life Saving. To begin the NSW State Team Selection Trials were held at Granville in September. Members were selected to be a part of the team representing NSW at the Australian Pool Lifesaving Championships in January 2013.

Five clubs - Enfield, Engadine, The Hills, Port Hacking and Woronora - returned to the Interclub competition. Two new clubs were formed, one at the University of NSW and one at ASTA (Aquatic Safety Training Academy). They have been working towards the establishment of their clubs and encouraging their members to achieve their awards with the goal of competing in the 2013/2014 season.

At the end of the season the capitated membership for each club was:

Enfield	52
Engadine	40
The Hills	56
Port Hacking	24
Woronora	17
UNSW	18

It should be noted that some members are capitated with more than one club for various reasons. In November many competitors & officials across all clubs travelled to Adelaide for the World Titles -Rescue 12. They returned not only with medals & PBs but also renewed friendships & memories.

On November 26th 2012, the NSW State SERC (Simulated Emergency Rescue Competition) was held at ASTA (Aquatic Safety Training Academy). Although numbers were down on the previous season it was very competitive between individuals in the Open & U/16, as well as teams in the Open, Restricted & U/16 Pairs events. It is pleasing to see more U/16 competitors using the event to develop the rescue skills they have learned.

On the 8-10th January 18th, 2013 the Australian Pool Lifesaving Championships were held at Knox Grammar School in Sydney. All teams performed well & some outstanding results were achieved in the pool, CPR & SERC (Simulated Emergency Rescue Competition) events. Congratulations to all competitors and officials for a job well done.

At Granville on the 11-12th March the NSW State Pool Lifesaving Championships were held. The competitors found the venue most suitable for competition. There were ten records broken at this event. Everyone enjoyed the fine weather, Granville's facilities and co-operative staff were appreciated by the officials.

The NSW State Presentation was held on the 26th May 2013 at Burwood RSL club. Special guests included Jim Whiteside (RLSSA Director), David Macallister (CEO NSW), Leane Macallister (Competitor Liaison Officer) and Debbie Stacpoole. This year there was great excitement as medals & trophies were shared among many competitors. Congratulations to all who achieved their personal goals. Thank you to the Race Secretary Eion McCrindle & his assistants Geoff and Barbara. Thank you to Denise Williams for organising the fund raiser. Special thanks to Melanie Williams who assisted with the setting up for the presentation and to Steve Williams, who stepped into the role of MC with efficiency and good humour. The organising back up of Roz Grey & Leane Macallister for this event was essential to the co ordination of the Presentation. The input of all these people was greatly appreciated.

Remote Selection Trials were held at MLC Burwood on June 1st for those wishing to compete as part of an Australian team. Ten competitors swam & were supported by a dedicated team of officials. Clubs are looking forward to the Commonwealth Lifesaving Championships in Canberra in September 2013 and then, to the start of the 2013/2014 season.

**Scherie McDonell**

*State Registrar*



**Leane Macallister (Club & Competition Membership Co-ordinator) and Scherie McDonell (State Registrar)**



**Members of Woronora Life Saving & River Patrol Club enjoying a variety of life saving events.**

# POOL LIFESAVING SPORT

## 2013 Australian Pool Life Saving Championships



The Australian Pool Lifesaving Championships (APLC) 2013 were held in NSW at the Knox Grammar School Aquatic Centre from 19-21 January, 2013.

After a selection time trial was held in September, 2012 a very competitive group of athletes were chosen to represent NSW at the 2013 APLC. Aptly led by an experienced coach in Tony Stanley, as manager I was both hopeful and confident the team would do well.

Tony conducted a number of team training sessions to hone in on the lifesaving techniques required for the championships. He encouraged team mateship and camaraderie as well as creating leaders in the team to assist some of the newer competitors. As this was very specific training he also encouraged the athletes to continue individual training with their own coaches.

The Championships were again conducted professionally with great support from NSW to supply the majority of officials from chief referee, Roz Grey, down to utilising some of our very young members as runners.

The NSW team performed extremely well again this year taking out the overall championship State team trophy as well as winning the Men's Overall Championship and the Women's Overall Championship. I am pleased to report that many individual club competitors from NSW did extremely well with the results shown in the following pages of this Annual Report.

I would like to conclude my report by thanking and congratulating the NSW State team competitors, Roz Grey for her continued support, Tony Stanley for his assistance and guidance and of course all those passionate Royal Life Saving people who make Pool Lifesaving competitive but fun.

**Sandra Richardson**  
*NSW Team Manager*



**Under 16 – Abby Dawson, Sophie Richardson,  
Daniel Smith, Mitchell Musarra**



**Under 19 – Danielle McMahon, Elyssia Gasparotto,  
Keelan Bridge, Jed Boxall**



**Open Females – Tiarna Jones, Rachelle King,  
Stephanie Purcell, Siobhan Jones**



**Open Males – Tim Schofield, Mitch Parkes,  
Andrew Fisher, Blake McCrindle**



**NSW State Team with Manager Sandra Richardson and Coach Tony Stanley**

## 2013 Australian Pool Life Saving Championships

### The following members were selected for representation in the New South Wales Interstate Team

UNDER 16	UNDER 19	OPEN LADIES	OPEN MENS	COACH	MANAGER
Abbey Dawson	Danielle McMahon	Tiarna Jones	Tim Schofield	Tony Stanley	Sandra Richardson
Sophie Richardson	Elyssia Gasparatto	Rachelle King	Mitch Parkes		
Daniel Smith	Keelan Bridge	Stephanie Purcell	Andrew Fisher		
Mitchell Musarra	Jed Boxall	Siobhan Jones	Blake McCrindle		

### 2013 National Lifesaving Championship Results

<b>Men's Under 14 Individual Overall Championship</b> 1. James Petropoulos (Vic) 2. Sax Bates (SA) 3. Dominic Elliott (Qld)	<b>Women's Under 19 Individual Overall Championship</b> 1. Sarah Hamilton (WA) 2. Alisha Ellwood (Qld) 3. Danielle McMahon (NSW)	<b>Men's Over 45 Individual Overall Championship</b> 1. Paul Lemon (Hills LSC) 2. Daniel Harding (Hills LSC) 3. Gray Parkes (PHLGC)
<b>Women's Under 14 Individual Overall Championship</b> 1. Brooke Annan-Coe (Vic) 2. Maddy Haywood (Engadine LC) 3. Alexandra Daugalis (SA)	<b>Men's Open Individual Overall Championship</b> 1. Sam Bell (Qld) 2. Tim Schofield (NSW) 3. Blake McCrindle (NSW)	<b>Women's Over 45 Individual Overall Championship</b> 1. Jenny Whiteley (Hills LSC) 2. Meryl Churchill (SA) 3. Moira Wigley (NT)
<b>Men's Under 16 Individual Overall Championship</b> 1. Daniel Smith (NSW) 2. Mitchell Musarra (NSW) 3. Luke Lineham (Vic)	<b>Women's Open Individual Overall Championship</b> 1. Rachel King (NSW) 2. Bec Pegg (Qld) 3. Lisa Ferguson (Vic)	<b>Men's Over 60 Overall Championship</b> 1. Rob Hendry (PHLGC) 2. Anthony Barry (Ithaca Caloundra LC)
<b>Women's Under 16 Individual Overall Championship</b> 1. Kamika Huynh (SA) 2. Maddie Delaney (Qld) 3. Abbey Dawson (NSW) equal 3 <sup>rd</sup> Alex Knesl (Qld) equal 3 <sup>rd</sup>	<b>Men's Over 30 Individual Overall Championship</b> 1. Ben Orford (PHLGC) 2. Troy Racklyeft (Enfield LSC) 3. Steve Boxall (PHLGC)	<b>Women's Over 60 Overall Championship</b> 1. Barbara Pearce (SA) 2. Gordana Kalanj (SA)
<b>Men's Under 19 Individual Overall Championship</b> 1. Jed Boxall (NSW) 2. Keelan Bridge (NSW) 3. Ben Fishburn (Hills LC) equal 3 <sup>rd</sup> David Elliott (Qld) equal 3 <sup>rd</sup>	<b>Women's Over 30 Individual Overall Championship</b> 1. Christine Kalogeras (SA)	<b>Interstate Men's Overall Championship</b> 1. NSW
<b>Interstate Women's Overall Championship</b> 1. NSW	<b>Interstate Overall Championship</b> 1. NSW	<b>Official of the Meet</b> John Elliott - Qld

## Enfield Life Saving Club

The 2012/2013 season saw Enfield Life Saving Club celebrate its 80th year, a great milestone for our club and one which every member is very proud.

Our capitations were strong with most of last year's members returning and several new and enthusiastic members joining our club this season.



Summary of Awards achieved by our members this season:

Swim & Survive Level 4	1
Swim & Survive Level 5	6
Swim & Survive Level 6	7
Bronze Star	3
Bronze Medallion	21
Bronze Cross	6
Grey Medallion	13
Resuscitation	22

### Interclub Carnivals & NSW State Championships

Enfield held its club carnival on 24 February 2013. The rain held off for us and everyone enjoyed the day. Thank you to parents and officials from all clubs who assisted on the day.

During this season, Enfield had a strong presence in the Interclub Carnivals and at the NSW State Championships.

Megan Williams received the Derek Emery Trophy and Mark Williams was awarded the Robert Wood Memorial Trophy. An excellent result.

These competitions are well supported by Enfield, providing a healthy level of competitiveness and an opportunity to socialise with friends from the other clubs.

### Australian Pool Life Saving Championships (APLSC) 2013

Enfield Life Saving Club competed at the 2013 APLSC Championships held in Sydney at Knox Grammar. Well done and congratulations to all members who competed, a great effort by all with personal best times being set by some and "first swims" for others. In particular, congratulations to the following competitors achieving exceptional results:

#### Under 19 SERC Team - Gold Medal

Rowan Castro, Emma Castro, Kate Shore and Dominic Goodyer

#### Under 16 SERC Team - Silver Medal

Stefanie Goodyer, Georgia Ryan, Luke Vincent and Aodhan Hannigan

#### Kate Shore

U/19 CPR - Gold Medal

#### Emma Castro

U/19 CPR - Bronze Medal

#### Steven Williams

U/19 Line Throw - Bronze Medal



Under 19 SERC Team – Gold Medal Winners



Under 16 SERC Team – Silver Medal Winners

## **Troy Racklyeft**

Over 30 12 Meter Line Throw - Gold Medal  
 Over 30 100m Manikin Tow - Silver Medal  
 Over 30 50m Manikin Carry - Silver Medal  
 Over 30 100m Manikin Carry - Bronze Medal

Thank you to our team managers Julie Stralow and Janine Hannigan who did a great job - not only at Nationals but throughout the season at all the carnivals.

I would like to conclude this report by thanking a number of people.

The Enfield Life Saving Club Committee: President - Denise Williams, Treasurer – Janine Hannigan Mavi Giacomello and Scherie McDonell Executive Committee members. Our coach and instructors Scherie McDonell, Carol Baglin and Julie Stralow, who have worked hard throughout season.

A personal thank you to Scherie McDonell for being by my side in my new role as club secretary and also to the club secretaries from Engadine and The Hills for all their patience and time in assisting me with our transition to Meet Manager technology!

And finally, a huge thank you to all our members and their families for their support and commitment throughout the season. It is our collective effort that continues to make Enfield Life Saving Club a great community-based club 80 years on!

## **Trish McEwen**

*Club Secretary*



## **The Hills Swimming and Lifesaving Club**

The 2012/2013 season was another busy and successful one in terms of both competition and award work. Our numbers remained high and our new members were enthusiastic not only in completing their Royal Life Saving Award but also by competing at the interclub carnivals and State Championships.

The Life Saving Committee would like to thank our Team of Instructors for all their hard work throughout the season. The strength of the life saving program is due to their support every Tuesday night throughout the summer season.

### **Interclub Carnivals and NSW State Championships**

The Hills hosted its 33rd Annual Life Saving Carnival with competitors attending from the five metropolitan clubs. This carnival was won by the strong contingent of Hills swimmers. Thank you to the parents who assisted on the day.

The Hills Life Savers were again successful at this year's Royal Life Saving Society State Presentation. The Life Saving section of The Hills Swimming & Life Saving Club won the Society Centenary Shield for

the overall winner at the state championships with a total of 242 points. The next highest club on 129 points was Engadine. The club also won the Sub-Cadet section (12-13 and U/16 yrs), the W.H. Walkman Trophy for the Opens and Under 19 age groups and the Masters section (30-44, 45+ yrs).

Our Open team won every relay event. Tim Schofield, Ben Fishburn, Keelan Bridge and Tiarna Jones won the 1983 NSW Ladies State Team Trophy for the 4 x 50m obstacle relay. Andrew Bowden, Rachelle King, Tim and Keelan won the NSW 1983 Mens State Team Trophy for the 4 x 25m manikin carry relay. Our B Team of Nathan Breen, Tony Stanley, Tiarna and Ben came 2nd and our C Team of Michael Evans, Mathew Knight, Louise Smalley and Katie Breen showed our great depth by coming 3rd.

Winning the Society Cup for the 4 x 50m Medley relay was Andrew, Tiarna, Keelan and Tim with our B team of Nathan, Ben, Louise and Tony coming 2nd.

Our Restricted 8 x 50m fin relay team of Andrew, Tim, Rachelle, Keelan, Daniel Smith, Mitch Musarra, Alessandra Gasparotto and Sophie Richardson won the Walter Scott Trophy with our B team of Ben, Nathan, Tiarna, Tony, Talisha Jones, Rachael McAllister, Cameron Smalley and Jacki Burnand coming 3rd.

Overall Pointscore Champions (for carnivals throughout the season) were: Sam Knight (10/11yrs), Mitch Musarra (U/16), Louise Smalley (U/19), Katie Breen and Nathan Breen (Open), Tony Stanley (30-44yrs) and Melanie Williams (45+ yrs). These lifesavers helped the club win the overall point score Champion of the Season winning the Judge Harvey Prior Memorial Trophy for the eleventh year in a row.

Tony Stanley was awarded the RLSSA NSW Distinguished Service Award for at least ten years of service at a state level. Congratulations also to Graham Taylor who was awarded the RLSSA NSW Associate Award for 5 years of service at a State level.

Jenny Whiteley was presented with her five World Masters Records and Alessandra Gasparotto was presented with her U/16 state record for 200m Super Lifesaver.

Thank you also to the support team composed of Sandra Richardson, Tony Stanley, Pam Stanley, Steve Williams and Norm Stanley for their continued commitment, assistance and dedication.

### **Life Saving World Championships – Rescue 2013**

A team of 18 members of the Hills Swimming and Life Saving Club attended the Life Saving World Championships in Adelaide. This international event is held every two years and consists of pool and surf lifesaving events and attracted competitors from 40 nations. The local Hills team members had a very successful meet winning 16 gold, 5 silver and 3 bronze medals in the Interclub and National Team competitions.

An exceptional result by the U/20 team, comprising of Ben Fishburn, Mathew Knight, Grant Whiteley and Tiarna Jones saw them win gold in the SERC event – a simulated emergency response competition where mock victims of an aquatic mishap are required to be rescued in the correct priority order, using the appropriate rescue techniques, identifying injuries and providing the correct care. The team were over the moon when the results were published – a first international medal for them. Ben, Grant, Matthew and Alex Brock also achieved a bronze medal in the manikin carry relay.

Other successes were achieved in the Masters division of the Interclub competition. The Hills Swimming and Life Saving Club members of Pam, Norm and Tony Stanley, Jenny Whiteley, Daniel Harding, Melanie Williams, Meryl Churchill, Barbara Pearce and Peter Evans sported their prowess with a stunning haul of medals, 8 gold, 2 silver and a bronze between them. Pam achieved 2 Australian records and Tony one Australian record while Jenny achieved 4 Australian and 4 World records.

### **Australian Pool Life Saving Championships 2013**

Twenty-five Hills members competed at the Australian Pool Life Saving Championships 2013 at Knox Grammar. Our medal tally was 59 gold, 37 silver and 26 bronze.

Daniel Smith, Mitchell Musarra, Sophie Richardson, Elyssia Gasparotto, Keelan Bridge, Tiarna Jones, Rachelle King and Tim Schofield competed in the NSW state team while Andrew Bowden, Jane Cooper, Paul Lemmon, Daniel Harding, Jenny & Grant Whiteley, Ben Fishburn, Tom Simpson, Michael Evans, Mathew Knight, Louise & Cameron Smalley, Rachael & Adam McAllister, Talisha Jones, Olivia Osborne & Jordan Hodgers competed in The Hills team.

Paul Lemmon broke the 100m manikin tow National record and the 100m manikin carry championship record. Jenny Whiteley broke World records in 100m manikin carry and 100m manikin tow for the 50-54yrs age group. She also broke a National record for the O/30s 100m obstacles breaking Sarah Windsor's previous record by 0.01 sec.

Highlights for our club were both open male (Andrew, Ben, Grant & Tom) & the female team (Jane, Jenny, Louise & Elyssia) both coming 3rd in the manikin relay events with exciting finishes behind the NSW and Qld state teams. Also the Hills open SERC team of Andrew Bowden, Jane Cooper, Ben Fishburn and Grant Whiteley won the Douglas R Plaister Trophy. The Hills U/16 SERC team (Talisha Jones, Rachael & Adam McAllister and Cameron Smalley) coming equal 4th was quite an achievement.

Another highlight for our club was young Cameron Smalley winning the U/16 CPR competition after he competed in the U/14 competition while Jane Cooper won the Open Female.

### Melanie Williams

*Life Saving Secretary*



**Hills Lifesaving Club**



**APLSC**



**Hills Rescue**



**Hills Rescue Interclub**

## Port Hacking Life Guard Club

Royal Life Saving's Port Hacking Lifeguard Club in Sydney finished the World Pool Lifesaving Championships - Rescue 2012 as the leading Pool Lifesaving Club in Australia.

The small club from the Sutherland Shire performed magnificently over three days of fierce competition against the heavily-resourced powerhouse Lifesaving clubs from Germany, Italy, Spain, France, New Zealand and Australia.



**Port Hacking Lifeguard Club Open Team**

Port Hacking's medal tally included three gold, two silver and five bronze as well as four Australian records. Standout performances came from the Open SERC Team who, in a world first, claimed back to back World SERC Championship titles following the teams win in Egypt in 2010, the team consisted of Sissy Konakoff, Siobhan Jones, Scott Fisher and Andrew Fisher. Sam Bell claimed gold in a fantastic 200m Super Life Saver and Kurt

Herzog's swam a blistering 200m Obstacles to win gold. These amazing achievements demonstrate Royal Life Saving leads the way in pool lifesaving in Australia as no other Australian lifesaving club achieved gold medal status in the interclub pool competition at Rescue 12.

The Port Hacking Lifeguard Club was successfully managed by Katrina Kirk who was also the manager of the Australian U20 Lifesaving team who won the inaugural National Teams Youth World Lifesaving Championships at Rescue 2012.

Gray Parkes, Mentor Coach of the Port Hacking Lifeguard Club proclaimed that the achievement of the Port Hacking Lifeguard club to gain third place in the World Pool Lifesaving Championships highlights the strength of team work and the support of RLSSA athletes through trust, respect and loyalty.

#### **Port Hacking Lifeguard Club Open Team:**

Alicia Kirk • Andrew Fisher • Dave Butler • Iris Matthey • Jane Cooper • Jess Brooks • Josh Shea  
Kurt Herzog • Luke Harper • Mitch Parkes • Nic Brooks • Pam Hendry • Sam Bell • Sarah Hamilton  
Scott Fisher • Siobhan Jones • Sissy Konakoff • Sophie Taylor • Stephanie Purcell • Steve Parkes

**Team Coach** - Rebecca Cohen

**Manager** - Katrina Kirk

**Mentor Coaches** - Gray Parkes and Steve Boxall

Port Hacking Lifeguard Club masters competitors at the 2012 World Life Saving Championships displayed their traditional lifesaving pedigree by claiming three gold medals in the line throw event which is a favorite for Royal Life Saving competitors. Line throw champions included Anni Gardiner and Louise Vandergraf in the female 45/49 year age group, Troy Racklyeft and Gray Parkes in the 35/39 year age group and Mark McLennan and David Macallister in the 50/54 age group.

Other events in which Port Hacking masters displayed their strength were the team events in which they won one gold and six silver medals in various age group relays. The gold medal was won by the male 170+ years team in the 4x50 obstacle relay team consisting of Steve Boxall, Mark McLennan, Troy Racklyeft and Gray Parkes.

A highlight of the competition involved the CEO of Royal Life Saving NSW, David Macallister returning to the pool and winning gold in the 50/54 years 12m Line Throw and silver in the 170 years 4x50m Medley Relay.

Port Hacking Lifeguard masters finished their Pool Lifesaving medal tally with five gold, thirteen silver and two bronze. The one individual gold medal was won by Steve Boxall in the 44/49 years 50 manikin carry.

#### **Port Hacking Lifeguard Club Masters Team:**

Anni Gardiner • David Macallister • Ellie Thompson • Graeme Fisher • Gray Parkes • Jim Whiteside  
Louise Vandergraf • Mark McLennan • Mick Nolan • Penny Hodgers • Rick Parkes • Rob Hendry  
Shayne Baker • Steve Boxall • Steve Kirk • Troy Racklyeft

Other highlights of the year included:

- Mitch Parkes being named captain of the RLSSA National Team, the Aussie Barra's at the successful 14th Annual National University of Singapore Pool Life Saving competition in May 2013 and also the Aussie Barra's team to compete in the 2013 Commonwealth Pool Life Saving Championships.
- Andrew Fisher being named captain of the Australian Development Team to compete in the 2013 Commonwealth Pool Life Saving Championships.
- Mitch Parkes and Sissy Konakoff being selected for their fourth Commonwealth Championship team joining only two other competitors in the history of RLSSA Sport to achieve such an honor. The other competitors being David Locke (NSW) and Chris Timms (WA)
- Sam Bell, Pam Hendry, Sarah Hamilton and Alicia Kirk being selected in the Aussie Barra's for the 2013 Singapore Tour.
- Sam Bell, Pam Hendry and Sarah Hamilton being selected in the Aussie Barra's team for the 2013 Commonwealth Championships.
- Jed Boxall being selected in the Australian Development Team and the U19 Silver Barra's for the 2013 Commonwealth Championships.
- Scott Fisher, Kurt Herzog, Sam Bell, Anni Gardiner, Louise Vandergraf, Mark McLennan, David Macallister, Troy Racklyeft awarded Life Membership of Port Hacking Lifeguard Club for outstanding performances at the 2012 World Life Saving Championships.

### **Gray Parkes**

*Club Secretary*

## **UNSW Lifesaving Club**

In the year 2012/13 the UNSW Lifesaving Club held its inaugural Bronze Medallion course with eight successful participants out of 17 members. We had 1 member compete at the Enfield Carnival and 2 members also attended as officials at the World Lifesaving Championships - Rescue 2012, APLSC 2013 and Commonwealth Lifesaving Championships 2013 - Australian Institute of Sport, Canberra. Pop-up resuscitation seminars were held at UNSW in July 2013 to raise awareness for Drowning Prevention Week.

I would like to give an enormous thank you to Leane Macallister (Member Liaison Officer | Royal Life Saving Society – NSW Branch), RLSSNSW CEO David Macallister, Emma Macmillan, Roz Grey, Scherie McDonnell, Carol Baglin (our Bronze Examiner from Enfield Lifesaving Club) & RLSSNSW staff at the Head Office in Castle Hill. Without your help and support over the past 12 months we would never have made it this far, thank you!

### **Danny Ma**

*President*

## **Wellington Amateur Swimming Club**

We tried something different this season and started in January. We ran for twelve weeks, the weather was better and we did not clash with pre-Christmas functions.

Numbers were small but those that participated were very dedicated to learning Survival and Life Saving Skills. Our weekly attendance was consistent.

**The number of awards gained was:**

Personal Survival	8
Rescue and Resuscitation	22
Total	30

Our Junior Awards were down but the Senior Awards were about the same.

The number of Senior Instructors was down this year but the Junior Instructors were very dedicated and consistent in attendance.

I must sincerely thank the parents for their support in helping with supervision and timekeeping.

I must also sincerely thank Abby, Molly, Fiona, Camaro (trainee), Ann and Sharon when work permitted for their assistance.

My heartfelt thanks to the pool staff and canteen staff for their continued support and also to the Committee.

Thank you to Alison and Nicola at the Royal Life Saving Western Regional Office for their continued support.

We look forward to another season of lifesaving as it is vital that people learn the skills needed if they are in an emergency situation. It is a skill that we can all learn.

**Ruth Arnold**

*Life Saving Co-ordinator*



**Thomas Bell receiving the Arnold Trophy for consistent attendance and helpfulness at Life Saving from Ruth Arnold**



**The Cosier Family, Thomas Bell and Molly Grigg with their Life Saving awards for 2012/2013 Season.**

## Woronora Life Saving And River Patrol Club

Woronora Life Saving and River Patrol Club was established in 1938 and since then has been providing a valuable service for the local community. Members learn water safety techniques, develop water safety skills and learn how to be safe in their home environment, the Woronora River. The Club caters for children aged from 2 years to adults.

The 2012/2013 season was another great year for the Woronora Life Saving Club. For the third season running we have seen the Club grow substantially to 202 members with most competing during Sunday Pointscore activities.

Given the large numbers of children and their range of skill level we required more parents to participate in running of events and water safety. The volunteer spirit was great to see and we thank all parents and their families for this. Without the assistance of parents as record keepers and age marshals we

would not be able to keep our kids safe and happy. The children again participated in land and water events such as the land sprint run, beach flags, throw rescues using ropes and kickboards, swimming races or wade races for the younger children, nipper paddle board races and the Iron Person.

Despite the weather and poor river conditions we saw larger numbers of kids participating in Wednesday afternoon paddleboard training. During the season the Club provided Royal Life Saving Awards practice. Many Club members completed their Royal Life Saving Swim and Survive Awards (Swim and Survive Levels 1 to 7) and Rescue Awards, Bronze Star, Bronze Medallion, Resuscitation and Oxygen Resuscitation Awards. The Club would like to thank Betty Dixon and Clare Carroll for their unwavering dedication and despite the weather, to "Wednesdays afternoons" and "RLS Practice".

During the 2012/2013 year we saw a number of children and adults competing in inter-club carnivals. One of our 8-9 year old members, Kimberly Keogh successfully competed in State Championship titles for the first time performing extremely well and receiving medals in all her events as well as breaking a State record for her age group in 50m manikin carry.

Elaine Thompson is the current 30-44 year old woman's age champion at State level and has held this title for the last 3 years whilst once again Mick Nolan held the flag for us in the over 45 year category gaining a 1st in the rope throw rescue and a 3rd for the 50m tow.

Of special note, one of our life members, Betty Dixon, was honoured by being nominated for the John Stacpoole Memorial Trophy for her contribution to Royal Life Saving. Unfortunately, she was unable to attend the RLS State Presentation but her husband Norm Dixon proudly accepted the award on her behalf (see photograph below). Norm also had the honour of representing the Club by presenting other State Carnival trophies to the recipients.

In November 2012 the Club held its annual Carnival Day. We always receive favourable comments and reports from the interclubs attending on the day. We wish to thank all Club officials and volunteers from other competing clubs who helped on the day.

In February 2013 we held our Club Championships day and as usual the competition was fierce but friendly. The end of season presentation was in May 2013 and saw all children receive trophies for participation in Sunday Pointscore events, with the Junior Merit Shield and Sub-Cadet Merit Shield being shared between members as it has been so since 1945. There were a number of perpetual trophies awarded to members in recognition of the time and energy they give to the kids. Our annual club photo was taken on the day (see below).

Thank you to all our members and their families for their support and commitment. We look forward to another great season, beginning in September 2013.

**Morgana Harris**

*Secretary*



**Norm Dixon accepting the trophy for Betty Dixon with Debbie Stacpoole**



**Members of The Woronora Life Saving and River Patrol Club attending presentation day**

## Armidale & New England District Sub Branch

The sub branch has been active throughout the district in the past year. The majority of the work has been done in the schools by our members who are school teachers in those schools. The high schools (both public and private) account for the majority of awards gained by students. These schools have developed excellent lifesaving programmes that continue to train the students to high levels (as evidenced by the large number of awards from the advanced lifesaving strand claimed).

Unfortunately little lifesaving activity is carried out in the primary schools in the district, with only a few following the RLSSA swim and survive programme. Most are opting for to use the Department of Education and Training special swimming scheme for their swimming program and are not lining up the competencies achieved with swim and survive competencies. As well it has been noted by teachers in these schools that the level of swimming ability of the students overall has deteriorated. This is a concern because of the aquatic activities these students will participate in throughout their life.

At present there are RLSSA examiners in schools in the district. However it is becoming harder to attract new teachers to become examiners. At this sub branch many of our senior members are retiring from teaching and now play a lesser role in the provision of water safety and lifesaving instruction. There is a need to try to encourage younger teachers to become involved so that the programs can continue in our schools.

### The executive elected for 2012/ 2013 is:

**Patron** - Kevin Willcocks

**President** - David Mitchell

**Secretary / Treasurer** - Peter Dooley

**Asst. Secretary / Treasurer** - Judy Dooley

**Chief Examiner** - Stephen Bartolo

**Equipment Officer** - Paula Goode



Students from the Certificate IV course try on PFDs. Carmel Blom, Marisee Murray, Scott McBean

The level of strength of the sub branch at present can be seen from the income generated mainly from award sales - \$16,800. While a majority of these sales are to schools, The Armidale Monckton Aquatic Centre does train and test a significant number of members of the community who require RLSSA certification for their occupation.

Some major items of expenditure this season has been the purchase of new PFDs and a laser printer capable of printing on certificates.

As well as the activity in training people to the standards of the RLSSA program, the sub branch has also been involved in other community activities.

- We assisted New England TAFE in training students enrolled in the Certificate IV – Allied Health Assistant course. This involved giving them instruction on how to care for a disabled person in an aquatic environment.
- We are working with Armidale Dumaresq Council to plan a community water awareness / resuscitation and home pool safety day in the early part of summer. Households who have registered as private pool owners will be invited to this day. There is a thought that as an incentive, if someone in the household trains and qualifies for a resuscitation certificate, some or the entire inspection fee may be waived.

The sub branch would like to thank the pool staff at Armidale Monckton Aquatic Centre, especially Steve Gollan and Bill Vale for all their assistance throughout the swimming season. With the large number of schools wishing to use the pool their patience is appreciated.

**Peter Dooley**

*Armidale Sub Branch*

## Balranald and District Sub-Branch

The Balranald Sub-Branch has supported many programs for the schools, the community, sporting organisations, Men's and Women's Health programs and Department of Education swimming programs. The Shire Council provided the community with a hydro heated pool for people who need the therapy and fitness exercises. The Department of Sport and Recreation provided the opportunity for non and weak swimmers to become confident survivors in and around water environments. The school swimming carnival demonstrated that all students who were involved in a swimming program prior to the carnival excelled in their heats and races.

The Sub-Branch provides the community and the local schools with a variety of courses and programs.

### **Laurel Stevens**

*Sub-Branch Secretary*

## Northern New England Sub Branch

We were tricked by the weather once again for our Summer School Vacation Program, having only a couple of good days without rain during the sessions. The quality of participants was good in general but numbers were down again because of the weather. We did, however, have five good students gain Bronze Crosses, something which has not happened for a few years.

The Sub Branch has been able to contact a few schools in the district and conduct some basic Resuscitation with pupils in Stage 3 Primary (Years 5 & 6).with considerable interest from them. There seems to be a trend, unfortunately, that with the cluttering of Primary School ( and High School?) Curricula, Life Saving is one of the first items to be relegated to a "do later" area. Unfortunately the swimmers suffer.

The Training Defibrillators have had good workouts among some of the schools, some Swimming Club members, and particularly in the Schools Staff Resuscitation renewals.

Associate Membership (NSW) has been awarded to Keith Watts, at present Supervisor of the Glen Innes Swim Centre, who is a long serving worker and promoter for Royal Life Saving, and Gillian Davis of Glen Innes High School received a Certificate of Appreciation for her work with the Society.

In the school Resuscitation Lessons , the Sub Branch has been able to set up defibrillators for both adult and child. This has helped with the Resuscitation Classes, particularly in the schools and Teacher Resuscitation Training and Renewals.

We would like to thank the Glen Innes Swim Centre and its Manager for support and assistance during the past season, and the Glen Innes Swimming Club for their support and use of their facilities.

Thanks also go to Jason Phillips and the staff at Northern Regional Office for their support and ready answers to any queries.

Thanks must go to swimmers (and parents) who have shown commitment in attending the vacation course during some unseasonable weather.

The local newspaper, Glen Innes Examiner, provided valuable publicity for which we thank them.

### **Elizabeth Withers**

*President*

### **Warwick Twigg**

*Secretary*

# Championship and Carnival Trophies

## THE JUDGE HARVEY PRIOR MEMORIAL TROPHY

INTERCLUB POINTSCORE  
**THE HILLS S & LSC**

## THE SOCIETY CENTENARY SHIELD

OVERALL CHAMPIONSHIPS POINTS SCORE  
INITIATIVE TESTS & POOL COMPETITION  
**THE HILLS S & LSC**

## THE LOU STEPHENS MEMORIAL TROPHY

OPEN MENS' SUPER LIFESAVER RACE  
**ANDREW BOWDEN**  
**THE HILLS S & LSC**

## THE NERIDA MURRAY TROPHY

OPEN LADIES' SUPER LIFESAVER RACE  
**RACHELLE KING**  
**THE HILLS S & LSC**

## THE SHOEBRIDGE CUP

OPEN MENS' 100m MANIKIN CARRY  
**MITCHELL PARKES**  
**PORT HACKING LGC**

## THE C W HEYDE TROPHY

OPEN LADIES' 100m MANIKIN CARRY  
**RACHELLE KING**  
**THE HILLS S & LSC**

## THE STAMINA TROPHY

OPEN MENS' MANIKIN TOW  
**TIM SCHOFIELD**  
**THE HILLS S & LSC**

## THE WILSON REID TROPHY

OPEN LADIES MANIKIN TOW  
**MADELINE RICHARDSON**  
**THE HILLS S & LSC**

## THE SOCIETY CUP

OPEN RESCUE TUBE RELAY  
**THE HILLS A S & LSC**

## GEORGE H. WILLIAMS MEMORIAL TROPHY

OPEN MENS' 200m OBSTACLES  
**ALEX CLARKE**  
**ENGADINE ASC**

## THE NSW STATE TEAM TROPHY

OPEN LADIES' 200m OBSTACLES  
**TIARNA JONES**  
**THE HILLS S & LSC**

## THE 1983 NSW STATE MEN'S TEAM TROPHY

OPEN MANIKIN RELAY  
**THE HILLS A S & LSC**

## THE 1983 NSW STATE LADIES TEAM TROPHY

OPEN OBSTACLE RELAY  
**THE HILLS A S & LSC**

## THE WALTER SCOTT TROPHY

RESTRICTED FIN RELAY  
**THE HILLS A S & LSC**

## THE AMPOL CUP

RESTRICTED 4 PERSON TEAM INITIATIVE  
**THE HILLS A S & LSC**

## THE FOWLER SHIELD

OPEN MENS' INDIVIDUAL INITIATIVE  
**TONY STANLEY**  
**THE HILLS S & LSC**

## THE J. FOWLER TROPHY

OPEN LADIES INDIVIDUAL INITIATIVE  
**JENNY WHITELEY**  
**THE HILLS S & LSC**

## THE CROLICK FAMILY PLATE

U/16 LADIES INDIVIDUAL INITIATIVE  
**TALISHA JONES**  
**THE HILLS S & LSC**

## THE ROBERT WOOD MEMORIAL TROPHY

U/16 MENS INDIVIDUAL INITIATIVE  
**MARK WILLIAMS**  
**ENFIELD LSC**

## THE MCLENNAN SHIELD

12-13 YRS BOYS LINE THROW  
**ADAM McALLISTER**  
**THE HILLS S & LSC**

## THE MCLENNAN SHIELD

12-13 YRS GIRLS LINE THROW  
**HOLLY LUMSDEN**  
**ENGADINE ASC**

## THE KLEEMO CUP

OPEN 4 PERSON TEAM INITIATIVE  
**THE HILLS A S & LSC**

## PATTERSON CARLEY MEMORIAL TROPHY

U/16 PAIRS INITIATIVE  
**THE HILLS A S & LSC**

## THE SUE GILMOUR MEMORIAL TROPHY

U/11 YRS MANIKIN RELAY  
**ENGADINE ASC**

## THE MIDGET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 8-9 & 10-11 YRS  
**ENGADINE ASC**

## THE SUB CADET CHAMPIONSHIP TROPHY

POINTS SCORE WATER EVENTS, 12-13 & U/16 YRS  
**THE HILLS S & LSC**

## W H WALKER MEMORIAL TROPHY 2010-2011

POINTS SCORE WATER EVENTS U/19 & OPEN YEARS  
**THE HILLS S & LSC**

## THE CLUB & COMPETITION TROPHY

POINTS SCORE WATER EVENTS, 30 to 44 & 45 & OVER YEARS  
**THE HILLS S & LSC**

## THE AREVA SHIELD

U/16 LADIES SUPER LIFE SAVER  
**ALESSANDRO GASPAROTTO**  
**THE HILLS S & LSC**

## THE AREVA SHIELD

U/16 MENS SUPER LIFE SAVER  
**DANIEL SMITH**  
**THE HILLS S & LSC**

# Awards Point Score

## THE PRESIDENTS CUP

Tertiary Organisations  
**University of Newcastle**  
**2340 Points**

## THE AQUATIC CLUB TROPHY

Girls High Schools  
**Northern Beaches Secondary College**  
**Mackellar Girls Campus**  
**2545 Points**

## THE MRS. S. BIDNER CUP

Girls High Schools - 2nd Place  
**Riverside Girls H.S.**  
**1590 Points**

## THE CITY TATTERSALLS CLUB CUP

Boys High School  
**Homebush Boys High School**  
**1260 Points**

## THE E.A. FRY TROPHY

Co-Educational Secondary Schools  
**St Clair H.S**  
**2310 Points**

## THE EKLUND CUP

Girls Independent Schools & Colleges  
**Presbyterian Ladies College-Armidale**  
**2959 Points**

## THE HERBERT WAGSTAFF TROPHY

Girls Independent Schools & Colleges -  
2nd Place  
**Tara Anglican School**  
**2561 Points**

## THE HENDRY CUP

Boys Independent Schools & Colleges  
**St Ignatius College Lane Cove**  
**3824 Points**

## THE ALAN McCLURE CUP

Co-Educational Independent  
Schools & Colleges  
**St Johns College- Dubbo East**  
**3864 Points**

## THE R.J. COSHOTT TROPHY

Girls Premier School of the State  
**Presbyterian Ladies College-Armidale**  
**2959 Points**

## THE ARTHUR PARKER CUP

Boys Premier School of the State  
**St Ignatius College Lane Cove**  
**3824 Points**

## THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools  
**St Ignatius College Lane Cove**  
**3824 Points**

## THE VICTOR FROST TROPHY

Metropolitan Schools - 2nd Place  
**St Patricks College- Sutherland**  
**3778 Points**

## THE W. MARX TROPHY

Country Schools - 1st Place  
**St Johns College- Dubbo East**  
**3864 Points**

## THE K.W. DRAPER TROPHY

Country Schools - 2nd Place  
**Presbyterian Ladies College Armidale**  
**Points 2959**

## THE ALWYNNE WAGSTAFF TROPHY

Primary Schools - 1st Class  
**Greenacre P.S.**  
**485 Points**

## THE M. CULLEN TROPHY

Primary Schools - 2nd Class  
**Yagoona P.S**  
**415 Points**

## THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place  
**Marsden Road P.S**  
**365 Points**

## THE H.F. PAULL TROPHY

Primary Schools - 3rd Class  
**Shell Cove P.S**  
**325 Points**

## THE PERCY MARKS CUP

Primary Schools 4th Class  
**Dee Why P.S.**  
**665 Points**

## THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class  
**Cudal P.S.**  
**529 Points**

## THE BRIGHTON LE SANDS RSL CLUB TROPHY

Primary Schools - 6th Class  
**Sofala P.S.**  
**320 Points**

## THE JACK STILWELL FLYNN MEMORIAL CUP

Central Schools - 1st Class  
**Dubbo School of Distance Education**  
**447 Points**

## THE HELEN DRAPER TROPHY

Central Schools - 2nd Class  
**Walcha Central School**  
**585 Points**

## THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class  
**Boorowa Central School**  
**465 Points**

## THE ROWLEY VASS MEMORIAL TROPHY

Central Schools - 4th Class  
**Gulargambone Central School**  
**390 Points**

## THE CLIVE AUSTIN TROPHY

Central Schools - 8 & 9 Class  
**Lucas Heights Community School**  
**111 Points**

## THE F.D. LEANEY TROPHY

Schools for Specific Purposes  
**Tallowood School**  
**445 Points**

## THE BILL ARTHUR CUP

Special Schools - Welfare  
**Anglican Youthworks Sutherland**  
**310 Points**

## THE R.E. BURGOYNE MEMORIAL TROPHY

RSL Youth Clubs  
**Rooty Hill RSL YSC**  
**238 Points**

## THE AUSTRALIA SHIELD

Army, Navy & Air Force Units  
**213 ACU Cronulla Sutherland**  
**270 Points**

## THE ROTH SHIELD

Affiliated Life Saving Clubs  
**Woronora LS & RPC**  
**556 Points**

## THE KELSO KING EXCELLENCE SHIELD

Affiliated Amateur Swimming Clubs  
**The Hills S & LSC**  
**506 Points**

## THE MARION McCANN TROPHY

Affiliated Clubs on an Improvement Basis  
**Woronora LS & RPC**  
**86.66%**



	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Francis Greenway H.S.	10	50		Murray H.S.	94	475	
Galston H.S.	67	335		Muswellbrook H.S.	163	652	
Georges River College				Narrabeen Sports H.S.	23	345	
Oatley Senior Campus	8	40		Narrandera H.S.	4	30	
Georges River College				Narromine H.S.	91	690	
Peakhurst Campus	62	310		Newcastle H.S.	5	25	
Gilgandra H.S.	67	535		Northern Beaches Sec. College			
Girraween H.S.	15	145		Cromer Campus	151	639	
Glenmore Park H.S.	4	20		Northern Beaches Sec. College			
Glenwood H.S.	45	665		Freshwater Senior C	1	5	
Gloucester H.S.	15	185		Northmead H.S.	135	213	
Gorokan H.S.	3	45		Nowra H.S.	33	435	
Gosford H.S.	1	5		Oak Flats H.S.	62	310	
Goulburn H.S.	3	15		Orange H.S.	125	975	
Great Lakes College Tuncurry				Orara H.S.	5	75	
Senior Campus	19	95		Parkes H.S.	98	1440	
Greystanes H.S.	56	840		Parramatta H.S.	18	90	
GyMEA H.S.	44	420		Pendle Hill HS	12	60	
Hay War Memorial H.S.	28	194		Pennant Hills H.S.	194	760	
Heathcote H.S.	121	534		Picnic Point H.S.	70	350	
Holsworthy H.S.	198	990		Pitcon H.S.	90	580	
Hurlstone Agricultural H.S.	246	1043		Pittwater H.S.	25	375	
Illawarra Senior College	38	190		Port Hacking H.S.	22	110	
Illawarra Sports H.S.	7	35		Quakers Hill H.S.	233	476	
Inverell H.S.	22	325		Richmond H.S.	65	325	
Irrawang H.S.	1	10		Riverstone H.S.	8	80	
J.J. Cahill Memorial H.S.	38	190		Robert Townson H.S.	2	10	
James Busby H.S.	2	10		Rooty Hill H.S.	1	5	
James Fallon H.S.	68	340		Rouse Hill High School	58	860	
James Ruse Agricultural H.S.	50	370		Rutherford Technology H.S.	83	291	
Jamison H.S.	5	25		Sarah Redfern H.S.	27	135	
John Edmundson H.S.	89	445		Scone H.S.	30	150	
Junee H.S.	49	335		Sefton H.S.	243	647	
Kanahooka H.S.	4	20		Seven Hills H.S.	7	35	
Kandos H.S.	44	220		Singleton H.S.	215	867	
Katoomba H.S.	35	525		Smith Hills H.S.	6	30	
Keira H.S.	59	645		Springwood H.S.	68	1020	
Kellyville H.S.	73	1095		St. Ives H.S.-St. Ives	11	55	
Kelso H.S.	125	1475		St. Johns Park H.S.	39	585	
Kempsey H.S.	18	270		St. Marys Senior H.S. - St Marys	28	210	
Kiama H.S.	59	295		Strathfield South H.S.	48	240	
Killara H.S.	427	1314		Sydney Distance Education H.S.	36	480	
Kincumber H.S.	18	90		Sydney Secondary College			
Kingsgrove H.S.	200	787		Blackwattle Bay Campus	1	5	
Kingsgrove North H.S.	30	430		Sydney Secondary College			
Kirrawee H.S.	1	5		Leichhardt Campus	28	410	
Koorringal H.S.	23	315		Sydney Technical H.S.	29	145	
Kotara H.S.	16	80		Sylvania H.S.	82	740	
Ku-ring-gai H.S.	93	565		Taree H.S.	39	195	
Lake Munmorah H.S.	5	75		Temora H.S.	124	760	
Leeton H.S.	56	285		Tempe H.S.	7	35	
Lithgow H.S.	14	190		Tenterfield H.S.	18	270	
Lurnea H.S.	112	800		Terrigal H.S.	53	655	
Macksville H.S.	20	280		The Forest H.S.	108	328	
Maitland Grossmann H.S.	32	257		The Hills Sports H.S.	115	1445	
Maitland H.S.	32	320		Thomas Reddall H.S.	21	215	
Matraville Sports H.S.	1	15		Toormina H.S.	48	270	
Merewether H.S.	3	15		Tuggerah Lakes Secondary College			
Merrylands H.S.	29	175		Berkeley Vale Campus	148	1530	
Miller Technology H.S.	7	35		Turrumurra H.S.	7	35	
Model Farms H.S.	42	630		Tweed River H.S.	32	160	
Moorebank H.S.	7	35		Ulladulla H.S.	83	1042	
Mosman H.S.	102	790		Vincentia H.S.	29	350	
Moss Vale H.S.	66	330		Wade H.S.	1	5	
Mount Austin H.S.	24	360		Warialda H.S.	24	360	
Mount View H.S.	96	528		Warilla H.S.	117	955	
Mulwaree H.S.	83	440		Warrawong H.S.	61	305	

	Awards	Points	Place
Wauchope H.S.	54	810	
Wellington H.S.	45	225	
West Wallsend H.S.	2	10	
West Wyalong H.S.	41	205	
Westfield Sports H.S.	94	1410	
Whitebridge H.S.	7	70	
Willyama H.S.	66	330	
Wingham H.S.	46	230	
Winmalee H.S.	307	1088	
Wollongong H.S. of the Performing Arts	83	651	
Woolooware H.S.	7	35	
Woonona H.S.	20	290	
Wyndham College	46	590	
Wyang H.S.	26	239	
Yanco Agricultural H.S.	42	215	
Yass H.S.	169	1333	
Young H.S.	46	230	

### THE EKLUND CUP

for Girls Independent Schools & Colleges

<b>Presbyterian Ladies College-Armidale</b>	<b>387</b>	<b>2959</b>	<b>1st</b>
<b>Tara Anglican School</b>	<b>504</b>	<b>2561</b>	<b>2nd</b>
<b>Loreto-Normanhurst</b>	<b>298</b>	<b>2342</b>	<b>3rd</b>
Abbotsleigh School	20	280	
All Saints Catholic Girls College Liverpool	37	187	
Ascham School	307	639	
Bethany College	104	866	
Bethlehem College	301	1907	
Caroline Chisholm College -Glenmore Pk	40	520	
Catherine McAuley-Westmead	101	765	
Cerdon College	535	1448	
Danebank Anglican School For Girls	241	2148	
Domremy College	118	1165	
Kambala School	203	2155	
Kildare Catholic College	104	750	
Kincoppal-Rose Bay School	48	476	
Loreto-Kirribilli	195	1490	
Marist Sisters College-Woolwich	58	870	
Mary Mackillop College -Wakeley	98	720	
Meriden School	64	320	
MLC School	120	1260	
Monte Sant Angelo Mercy College Ltd-North Sydney	335	2271	
Mount St. Benedict Clg-Pennant Hills	141	915	
Nagle College	133	665	
New England Girls School	38	570	
Our Lady of Mercy College Burraneer-Cronulla	250	1703	
Our Lady of Mercy College -Parramatta	233	2194	
Our Lady of The Sacred Heart College - Kensington	43	645	
Presbyterian Ladies College-Croydon	300	887	
Pymble Ladies College	159	1615	
Ravenswood School for Girls	141	1277	
Roseville College	414	1199	
SCEGGS-Darlinghurst	29	435	
St. Euphemia College	29	435	
St. Josephs Catholic College - East Gosford	1	15	
St. Marys Star of the Sea Clg Ltd - Wollongong	218	1535	
St. Patricks College - Campbelltown	22	330	
St. Scholasticas College Ltd - Glebe	29	425	
Tangara School for Girls	37	555	
Wenona School	346	1982	

### THE HENDRY CUP

for Boys Independent Schools & Colleges

<b>St. Ignatius College-Lane Cove</b>	<b>390</b>	<b>3824</b>	<b>1st</b>
<b>Trinity Grammar School</b>	<b>493</b>	<b>3810</b>	<b>2nd</b>
<b>Patrician Brothers College - Blacktown</b>	<b>475</b>	<b>3346</b>	<b>3rd</b>
Newington College	176	2365	
St. Josephs College-Hunters Hill	271	2225	
St. Pauls Catholic College - Greystanes	146	2180	
The Scots College-Bellevue Hill	204	2010	
Marist College-Eastwood	219	1294	
De La Salle College -Caringbah	139	1081	
Cranbrook School	143	895	
St. Edwards Christian Brothers College - Gosford	55	825	
Parramatta Marist H.S.	50	690	
St. Aloysius College	112	650	
St. Patricks College - Strathfield	304	629	
St. Pius X College- Chatswood	78	390	
The Kings School	171	375	
St. Gregory's College-Campbelltown	28	360	
Marist College-Kogarah	63	315	
La Salle Catholic College -Bankstown	47	295	
Holy Cross College Ryde	54	270	
St. Stanislaus College	28	270	
Marist College-North Shore	48	240	
St. Marys Cathedral College - Sydney	47	235	
Trinity Grammar Prep School	17	225	
Marist College-Penshurst	44	220	
Tudor House	37	185	
Knox Grammar School	8	120	
The Armidale School	13	75	
Patrician Brothers College - Fairfield	6	30	
Christian Brothers H.S.-Lewisham	2	10	

### THE ALAN McCLURE CUP

for Co-Educational Independent School & Colleges

<b>St. Johns College-Dubbo East</b>	<b>441</b>	<b>3864</b>	<b>1st</b>
<b>St. Patricks Clg - Sutherland</b>	<b>484</b>	<b>3778</b>	<b>2nd</b>
<b>Avondale H.S</b>	<b>240</b>	<b>2450</b>	<b>3rd</b>
All Hallows P.S. -Five Dock	137	137	
All Saints Catholic P.S.	53	257	
All Saints Catholic Senior College Casula	104	1110	
All Saints College - Bathurst	20	169	
All Saints College - St. Josephs Campus -Lochinvar	47	424	
All Saints College - St. Marys Campus-Maitland	118	630	
Aquinas College-Menai	70	1050	
Barker College	262	1724	
Bede Polding College	31	455	
Belmont Christian College	29	405	
Berowra Christian Community School	17	85	
Bishop Druitt College	133	1340	
Carinya Christian School-Tamworth	17	170	
Casimir Catholic College	75	645	
Central Coast Steiner School	20	300	
Chevalier College	54	810	
Christ The King P.S.-Bass Hill	17	85	
Christadelphian Heritage College -Sydney	56	505	
Clancy Catholic College -West Hoxton	80	640	
Coffs Harbour Christian Community Secondary School	25	355	
Condell Park Christian School	13	65	
Currawah Adventist Aboriginal College	9	135	
De La Salle College -Cronulla	79	410	
Delany College	46	290	
Dubbo Christian School	21	295	

	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Emmanuel Catholic College	24	360		Sacred Heart P.S.-Tocumwal	6	90	
Fr. John Therry Catholic P.S.	26	130		Sacred Heart P.S.-Villawood	15	75	
Freeman Catholic College	16	80		Sacred Heart P.S.-Wagga/Koorringal	38	225	
Gib Gate School	20	300		San Clemente H.S.	1	5	
Gilroy College	97	485		Santa Sabina College -Strathfield	212	1557	
Good Samaritan Catholic College- Hinchinbrook	40	520		Scone Grammar School	79	582	
Good Shepherd P.S. Hoxton Park	90	190		Shoalhaven Anglican School	57	565	
Henschke P.S.	37	185		St. Agnes Catholic H.S.-Rooty Hill	60	300	
Heritage College-Sydney(Christadelphian)	22	330		St. Agnes P.S. - Matrville	15	75	
Holy Cross PS-Woolahra	22	330		St. Aloysius P.S.-Cronulla	17	85	
Holy Family Catholic P.S.-Granville East	28	140		St. Ambroses P.S.-Concord	22	74	
Holy Spirit College-Lakemba	71	355		St. Annes P.S.-Albury	20	100	
Holy Spirit P.S.-Lavington	21	105		St. Annes School-Temora	64	565	
Holy Spirit P.S.-North Ryde	39	195		St. Anthonys P.S.-Marsfield	16	80	
Holy Trinity P.S.-Wagga	22	110		St. Bernard's P.S.-Batehaven	23	115	
Hunter Valley Grammar School	147	858		St. Brendans P.S. - Annandale	10	50	
Illawarra Christian School-Cordeaux	15	122		St. Brendans P.S.-Bankstown	27	131	
Immaculate Heart of Mary P.S.-Sefton	31	155		St. Brendans P.S.-Ganmain	7	35	
James Sheahan Catholic H.S.	236	1281		St. Brigids P.S.-Coogee	14	70	
John Paul College-Coffs Harbour	30	450		St. Catherine Laboure P.S.-Gymea	28	140	
John Therry Catholic H.S.-Rosemeadow	83	1190		St. Catherine of Siena P.S.-Prestons	41	205	
Key College-Chapel Campus	15	225		St. Catherines Catholic College - Singleton	9	90	
Kinross Wolaroi School	150	1460		St. Charbels College-Punchbowl	48	720	
Lakes Grammar an Anglican School	2	15		St. Charles P.S.-Ryde	32	160	
Lutheran P.S. Wagga Wagga Inc.	38	190		St. Christophers P.S.-Panania	29	145	
M.E.T.School	54	67		St. Clares H.S.-Taree	105	670	
Macarthur Anglican School	65	975		St. Declans P.S.-Penshurst	26	330	
MacKillop Catholic College-Warnervale	2	25		St. Dominics College	16	240	
MacKillop Senior Campus - Port Macquarie	26	390		St. Felix P.S.-Bankstown	27	135	
Macquarie Anglican Grammar School	1	15		St. Fiacres P.S.-Leichhardt	13	65	
Macquarie College-Wallsend	1	5		St. Francis De Sales P.S.-Woolooware	15	75	
Magdalene Catholic H.S.	95	1236		St. Francis De Sales Regional College - Leeton	141	1015	
Marian Catholic College -Griffith	97	1455		St. Francis of Assisi Regional P.S.- Paddington	14	70	
Marian Catholic College-Kenthurst	193	872		St. Francis Xavier P.S.-Urana	7	35	
Mater Dei Catholic College - Wagga	1	5		St. Francis Xaviers College -Hamilton	95	475	
McAuley Catholic C.S. - Tumut	9	90		St. Francis Xaviers P.S.-Lurnea	21	105	
Moriah College	164	1896		St. Gabriels P.S.-Bexley	14	70	
Mount Carmel H.S.-Varroville	37	555		St. George Christian School-Hurstville	5	75	
Newman Snr Tech College	149	2235		St. Gertrudes P.S.-Smithfield	198	386	
Northern Beaches Christian School	29	425		St. Ignatius P.S.-Bourke	11	85	
Nowra Anglican College	30	450		St. James P.S.- Forest Lodge	10	50	
Nowra Christian Community School	39	585		St. Joan of Arc P.S. - Haberfield	24	120	
Oakhill College	261	1983		St. John Bosco College-Engadine	47	645	
O'Connor Catholic College-Armidale	228	1295		St. John Bosco P.S.-Engadine	3	15	
Our Lady of Fatima P.S.-Caringbah	50	250		St. John Vianneys P.S.-Greenacre	29	145	
Our Lady of Lourdes- Baulkham Hills	24	120		St. Johns P.S.-Auburn	19	91	
Our Lady of Lourdes P.S.-Earlwood	24	360		St. Johns P.S.-Dubbo	25	125	
Our Lady of Mount Carmel P.S. - Mt Pritchard	40	200		St. Johns P.S.-Riverstone	14	70	
Our Lady of the Rosary P.S. - Kellyville	34	170		St. Joseph The Worker P.S. - Auburn South	13	65	
Our Lady of the Rosary P.S. - Fairfield	49	245		St. Josephs Central School-Oberon	12	112	
Our Lady of the Rosary P.S.-Kensington	27	135		St. Joseph's Clg-Tweed Heads	20	300	
Our Lady Queen of Peace School- Greystanes	158	354		St. Josephs H.S. - Aberdeen	30	275	
Our Lady Star of the Sea P.S.-Miranda	31	155		St. Josephs Hastings Regional School- Pt Macquarie	68	1020	
Oxley College	20	160		St. Josephs P.S. - Grenfell	6	90	
Pacific Hills Christian School	210	655		St. Josephs P.S. - Portland	1	5	
Penrith Anglican College	13	130		St. Josephs P.S. - Balranald	3	15	
Red Bend Catholic College	107	1150		St. Josephs P.S. - Belmore	28	140	
Redeemer Baptist School	398	1536		St. Josephs P.S. - Boorowa	17	185	
Riverina Anglican College	32	160		St. Josephs P.S. - Culcairn	7	35	
Rosebank College	111	555		St. Josephs P.S. - Enfield	29	145	
Rouse Hill Anglican College	27	405		St. Josephs P.S. - Finley	8	40	
Sacred Heart Central School - Cootamundra	81	781		St. Josephs P.S. - Jerilderie	8	100	
Sacred Heart P.S.-Cabramatta	32	160		St. Josephs P.S. - Junee	9	45	
				St. Josephs P.S. - Leeton	28	140	

	Awards	Points	Place
St. Josephs P.S. - Lockhart	19	95	
St. Josephs P.S. - Moorebank	27	135	
St. Josephs P.S. - Oatley	66	126	
St. Josephs P.S. - Riverwood	20	100	
St. Josephs P.S. - Rockdale	14	70	
St. Josephs P.S. - Taree	1	5	
St. Josephs P.S. - Tweed Heads	32	480	
St. Josephs P.S. - Wagga	12	60	
St. Kevins P.S. - Eastwood	20	100	
St. Laurences School - Forbes	22	110	
St. Lukes P.S. - Revesby	41	197	
St. Marks College	54	616	
St. Mark's Coptic Orthodox College - Wattle Grove	18	270	
St. Mary - St. Joseph P.S. - Maroubra	22	110	
St. Marys C.S.-Wellington	28	170	
St. Marys P.S. - Concord	35	175	
St. Marys P.S. - Corowa	12	60	
St. Marys P.S. - North Sydney	18	90	
St. Marys P.S. - Orange	30	150	
St. Marys P.S. - Toukley	32	160	
St. Marys P.S. - Yoogali	14	70	
St. Marys P.S. - Young	10	90	
St. Marys Star of the Sea P.S.-Hurstville	25	29	
St. Matthews C.S. - Mudgee	60	539	
St. Michaels P.S. - Dunedoo	7	35	
St. Michaels P.S. - Lane Cove	35	175	
St. Michaels P.S. - Meadowbank	28	140	
St. Michaels P.S. - Stanmore	16	60	
St. Patrick Parish School-Albury	72	360	
St. Patricks Marist College - Dundas	73	875	
St. Patricks P.S. - Griffith	2	10	
St. Patricks P.S. - Holbrook	2	10	
St. Patricks P.S. - Kogarah	33	165	
St. Patricks P.S. - Summer Hill	14	70	
St. Patricks P.S. - Sutherland	24	120	
St. Patricks P.S.-Blacktown	26	130	
St. Pauls College - Walla Walla	78	1020	
St. Pauls College - West Kempsey	16	240	
St. Pauls H.S. - Port Macquarie	18	270	
St. Peter Chanel P.S. - Regents Park	30	150	
St. Peters Catholic Clg - Tuggerah Lakes	13	130	
St. Peters P.S. - Coleambally	53	178	
St. Pius X H.S. - Adamstown	69	345	
St. Raphaels C.S. - Cowra	20	139	
St. Thereses P.S. - Denistone	13	65	
St. Thereses P.S. - Lakemba	37	185	
St. Thereses P.S. - Mascot	1	5	
St. Thereses P.S. - Padstow	19	95	
St. Thereses P.S. - Sadlier	29	145	
St. Thereses P.S. - Yenda	3	15	
St. Thomas Aquinas P.S. - Springwood	28	140	
St. Thomas Mores P.S. - Brighton-Le-Sands	67	139	
St. Vincents P.S.-Ashfield	25	125	
Sutherland Shire Christian School	103	1535	
The Hills Grammar School	309	848	
The Illawarra Grammar School	219	1738	
The McDonald College - Strathfield	41	205	
The Riverina Anglican College	10	60	
The Scots School - Bathurst	28	265	
The Scots School-Albury	14	170	
Toongabbie Christian School	24	360	
Trinity Anglican College - Albury	2	10	
Trinity Catholic College -Auburn	100	500	
Trinity Catholic College -Lismore	7	35	
Trinity Catholic School - Murrumburrah (Harden)	21	205	

	Awards	Points	Place
Tyndale Christian School	5	38	
Wagga Wagga Christian College	20	300	
William Clarke College	2	10	
Wollondilly Anglican College	8	120	
Xavier Catholic College -Ballina	34	510	
Xavier College	9	74	
Xavier H.S.-Albury	70	480	

### THE ALWYNNE WAGSTAFFE TROPHY

for Primary Schools 1st Class

<b>Greenacre P.S.</b>	<b>97</b>	<b>485</b>	<b>1st</b>
<b>Bankstown P.S.</b>	<b>81</b>	<b>405</b>	<b>2nd</b>
<b>Hurstville P.S.</b>	<b>70</b>	<b>350</b>	<b>3rd</b>
Artarmon P.S.	49	245	
Auburn P.S.	63	315	
Auburn West P.S.	58	290	
Beecroft P.S.	39	195	
Berala P.S.	65	325	
Blacktown South P.S.	47	235	
Cabramatta P.S.	1	5	
Canley Vale P.S.	19	95	
Castle Hill P.S.	48	240	
Dalmeny P.S.	7	35	
Dapto P.S.	33	165	
Dubbo South P.S.	56	280	
Fairfield Heights P.S.	20	100	
Forster P.S.	28	108	
Georges Hall P.S.	44	220	
Hampden Park P.S.	60	300	
Harbord P.S.	55	275	
Harrington Park P.S.	38	190	
Hassall Grove P.S.	44	220	
Jerrabomberra P.S.	43	215	
Lindfield East P.S.	31	155	
Matthew Pearce P.S.	69	345	
Narellan Vale P.S.	49	245	
Newport P.S.	35	175	
Orange P.S.	47	235	
St. Andrews P.S.-St. Andrews	2	10	
Wauchope P.S.	7	105	

### THE M CULLEN TROPHY

for Primary School-2nd Class

<b>Yagoona P.S.</b>	<b>83</b>	<b>415</b>	<b>1st</b>
<b>Marsden Road P.S.</b>	<b>73</b>	<b>365</b>	<b>2nd</b>
<b>Oxley Park P.S.</b>	<b>69</b>	<b>345</b>	<b>3rd</b>
Albury P.S.	39	195	
Batemans Bay P.S.	47	235	
Baulkham Hills North P.S.	1	5	
Birrong P.S.	39	195	
Brighton-Le-Sands P.S.	47	235	
Busby West P.S.	35	175	
Cabramatta West P.S.	9	45	
Calare P.S.	42	210	
Camden South P.S.	35	175	
Campbelltown North P.S.	20	100	
Campsie P.S.	51	255	
Carlingford West P.S.	51	255	
Carlton South P.S.	32	160	
Chester Hill P.S.	39	195	
Clemton Park P.S.	57	285	
Colyton P.S.	47	235	
Connells Point P.S.	1	5	
Crawford P.S.	30	150	
Crestwood P.S.	33	165	
Croydon P.S.	37	185	
Cudgegong Valley P.S.	8	40	







	Awards	Points	Place
Monteagle P.S.	4	20	
Mount George P.S.	4	20	
Mount Hunter P.S.	6	30	
Mulbring P.S.	16	80	
Mulwala P.S.	5	25	
Nicholson Street P.S.	11	55	
Riverwood P.S.	8	40	
Rye Park P.S.	12	60	
Rylstone P.S.	8	40	
Salt Ash P.S.	9	135	
Smithtown P.S.	11	165	
Stroud P.S.	17	85	
Stuarts Point P.S.	8	40	
Sylvania P.S.	10	50	
Table Top P.S.	12	60	
Tomerong P.S.	7	35	
Walla Walla P.S.	22	110	
Wangi Wangi P.S.	9	45	
Wombat P.S.	3	15	
Wongarbon P.S.	7	35	
Woodstock P.S.	1	15	
Yanco P.S.	5	25	
Yarrawarra P.S.	1	5	

#### THE BRIGHTON –LE-SANDS RSL CLUB TROPHY for Primary School-6th Class

<b>Sofala P.S.</b>	<b>64</b>	<b>320</b>	<b>1st</b>
<b>Cassilis P.S.</b>	<b>14</b>	<b>210</b>	<b>2nd</b>
<b>Hill End P.S.</b>	<b>14</b>	<b>210</b>	<b>3rd</b>
Ballimore P.S.	4	20	
Carcoar P.S.	6	90	
Corinella P.S.	24	44	
Eumungerie P.S.	4	20	
Greenethorpe P.S.	7	25	
Grong Grong P.S.	5	25	
Ilford P.S.	27	127	
Illabo P.S.	3	15	
Louth P.S.	11	165	
Lowesdale P.S.	3	15	
Mingoola P.S.	6	90	
Mumbil PS	4	20	
Savernake P.S.	4	20	
Stuart Town P.S.	4	20	
Trunkey P.S.	8	40	
Wallenbeen P.S.	5	25	
Wanaaring P.S.	4	20	

#### THE JACK STILWELL FLYNN MEMORIAL CUP for Central Schools-1st Class

<b>Dubbo School Of Distance Education</b>	<b>49</b>	<b>447</b>	<b>1st</b>
<b>Jindabyne C.S.</b>	<b>8</b>	<b>100</b>	<b>2nd</b>
<b>Bulahdelah C.S.</b>	<b>2</b>	<b>18</b>	<b>3rd</b>

#### THE HELEN DRAPER TROPHY for Central Schools-2nd Class

<b>Walcha C.S.</b>	<b>61</b>	<b>585</b>	<b>1st</b>
<b>Lightning Ridge C.S.</b>	<b>62</b>	<b>455</b>	<b>2nd</b>
<b>Braidwood C.S.</b>	<b>26</b>	<b>200</b>	<b>3rd</b>
Balranald C.S.	26	130	

#### THE H.C. BAMFORD TROPHY for Central Schools-3rd Class

<b>Boorowa C.S.</b>	<b>49</b>	<b>465</b>	<b>1st</b>
<b>Lake Cargelligo C.S.</b>	<b>58</b>	<b>440</b>	<b>2nd</b>
<b>Coolah C.S.</b>	<b>28</b>	<b>370</b>	<b>3rd</b>
Barraba C.S.	17	150	
Bingara C.S.	22	330	

	Awards	Points	Place
Coleambally C.S.	73	276	
Dunedoo C.S.	32	160	
Guyra C.S.	20	300	
Hillston C.S.	10	100	

#### THE ROWLEY VASS MEMORIAL TROPHY for Central Schools-4th Class

<b>Gulgambone C.S.</b>	<b>26</b>	<b>390</b>	<b>1st</b>
<b>Urana C.S.</b>	<b>65</b>	<b>387</b>	<b>2nd</b>
<b>Baradine C.S.</b>	<b>18</b>	<b>270</b>	<b>3rd</b>
Ardlethan CS	21	105	
Ariah Park C.S.	17	85	
Barellan C.S.	16	80	
Binnaway C.S.	9	105	
Collarenebri C.S.	16	220	
Lord Howe Island C.S.	14	70	
Mendooran C.S.	19	265	
Quandialla C.S.	3	45	
Tooleybuc C.S.	22	160	
Trundle C.S.	33	204	
Tullamore C.S.	1	10	
Tullibigeal C.S.	22	220	

#### THE CLIVE AUSTIN TROPHY for Central Schools-8th & 9th Class

<b>Lucas Heights Community School</b>	<b>12</b>	<b>111</b>	<b>1st</b>
<b>Hunter School of Performing Arts</b>	<b>18</b>	<b>90</b>	<b>2nd</b>

#### THE F.D LEANEY TROPHY for Schools for Specific Purposes

<b>Tallowood School</b>	<b>89</b>	<b>445</b>	<b>1st</b>
<b>Mary Brooksbank School</b>	<b>21</b>	<b>315</b>	<b>2nd</b>
<b>Para Meadows School</b>	<b>41</b>	<b>265</b>	<b>3rd</b>
Anson Street School	38	190	
Aspect Hunter School	35	175	
Aspect Wetherill Park School	51	255	
Aspect South Coast School	38	190	
Aspect South East Sydney School	25	125	
Aspect Vern Barnett School	32	160	
Bates Drive School	28	140	
Broderick Gillawarna School	38	190	
Budawang School	11	55	
Cairnsfoot School Arncliffe	49	245	
Canterbury Vale School	9	45	
Carenne School	21	105	
Coreen School	55	231	
Cromehurst School	1	5	
Fisher Road School	16	80	
Five Islands School	9	45	
Fowler Road School	21	105	
Glenvale School	47	235	
Halinda School	40	200	
Havenlee School	22	110	
Holman Place School	14	110	
Holroyd School	8	40	
Hopetown School	12	60	
Hunter River Community School	29	145	
Kandeer School	9	45	
Karningul School	7	35	
Kotara School	27	135	
Kurrabee School	35	175	
Lakeside School	12	60	
Lawrence Hargrave School	28	140	
Mian School	15	75	
MINERVA School	24	120	
Newcastle Junior School	31	155	
Newcastle Junior School	1	5	

	<i>Awards</i>	<i>Points</i>	<i>Place</i>
Niland School	25	125	
Redbank School	39	195	
Sir Eric Woodward Memorial School	35	175	
The Ponds School	22	110	
Wewak Street School	23	115	
Willans Hill School	21	105	
William Rose School	35	175	
Woodbury Autism Education & Research	10	150	

#### **THE BILL ARTHUR CUP**

for Special Schools- Welfare

**Anglican Youthworks Sutherland**      **62**      **310**      **1st**

#### **THE R.E BURGOYNE MEMORIAL TROPHY**

for RSL Youth Clubs

**Rooty Hill RSL YSC**      **25**      **238**      **1st**

#### **THE AUSTRALIA SHIELD**

for Army, Navy & Air Force Units

**213 ACU Cronulla Sutherland**      **18**      **270**      **1st**

**T.S. Culgoa - Army,Navy Cadets**      **10**      **150**      **2nd**

**Kapooka ARTC**      **13**      **130**      **3rd**

220 RCU Army Cadet Unit      27      80

Australian Air Force Cadets      4      60

HMAS Penguin-Balmoral      12      120

#### **THE ROTH SHIELD**

for Affiliated Life Saving Clubs

**Woronora LS & RPC**      **112**      **556**      **1st**

**The Hills S & LSC**      **58**      **506**      **2nd**

**Enfield LSC**      **66**      **437**      **3rd**

Port Hacking Lifeguard Club      23      230

Royal Aquatic S & LSC      23      90

University of NSW-LSC      8      80

#### **THE KELSO KING EXCELLENCE SHIELD**

for Affiliated Amateur Swimming Clubs

**The Hills S & LSC**      **58**      **506**      **1st**

**Wellington A.S.C.**      **77**      **443**      **2nd**

**Engadine ASC**      **39**      **284**      **3rd**

Royal Aquatic S & LSC      23      90

# RLSSA BRANCH OFFICES

## NEW SOUTH WALES BRANCH

### Chief Executive Officer -

#### David Macallister

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## WESTERN REGIONAL OFFICE

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# RLSSA SUB-BRANCHES

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## ORANA

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## NORTHERN NEW ENGLAND

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## TWEED

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# RLSSA AFFILIATED CLUBS

## BRIGHTON BATHS ATHLETIC CLUB

### Peter Daley

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### Trish McEwen

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## PORT HACKING LIFEGUARDS

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## ROYAL AQUATIC S & LSC

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## THE HILLS S & LSC

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## WORONORA LS & RPC

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## UNSW LIFE SAVING CLUB

### Clark Zhu

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# Acknowledgements

The Royal Life Saving Society Australia New South Wales Branch would like to acknowledge and thank the following Government Departments, New South Wales Registered Clubs, Schools, Partnerships, Sponsors and organisations for their continued support of the Society, its teachings and ideals throughout the 2012/2013 year:

## PARTNERS

Sport and Recreation Communities NSW  
NSW Ministry of Police and Emergency Services  
NSW Department of Education & Communities  
NSW Department of Local Government  
NSW Health  
NSW Maritime  
NSW Water Safety Advisory Council  
Department of Education, Employment and Workplace Relations  
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North West Community College  
Northern Beaches Community College  
Hornsby/Ku-ring-gai Community College  
St George Sutherland Community College

## NSW REGISTERED CLUB PARTNERS

Austral Bowling Club  
Campsie RSL Club  
Castle Hill RSL Club  
Club Five Dock RSL Club  
Dooleys Lidcombe Catholic Club  
Earlwood Bardwell Park RSL  
Guildford Leagues  
Illawarra Master Builders Club  
Mosman Return Serviceman's Club  
Narromine United Services Memorial Club  
Parramatta Leagues Club  
Orange Ex Services Club  
Ramsgate RSL Memorial Club  
Rose Bay RSL Club  
Seven Hills-Toongabbie RSL Club  
Smithfield RSL Club  
West Ashfield Leagues

## NSW SCHOOLS

Knox Grammar, Wairoonga  
MLC School, Burwood  
Avondale School  
Caringbah High School  
Clancy Catholic College  
Corrimal High School  
Cowra High School  
Dungog High School  
Duval High School  
East Hills Boys High School  
Freeman Catholic College  
Girraween High School  
Glenwood High School  
Gloucester High School  
Heathcote High School  
Holy Spirit Catholic College- Lakemba  
Kempsey High School  
Kiama High School  
Kildare Catholic College  
Koorinal High School  
Kotara High School  
Ku-ring-gai High School  
Loreto College- Normanhurst  
Macquarie College –Wallsend  
Maitland Grossman High School  
Maitland High School  
Marian Catholic College  
Marist Sisters College -Woolwich  
Miller Technology High School  
Newcastle High School  
Northern Beaches Cromer Campus  
Nowra Technology High School  
O'Connor Catholic High School  
Our Lady Queen of Peace PS Greystanes  
Pacific Hills Christian School  
Penrith Anglican College  
Pymble Ladies College  
Randwick Girls High School  
Ravenswood School  
Roseville College  
Sacred Heart Central School –Cootamundra  
Sarah Redfern High School  
Scone Grammar School  
Singleton High School  
Smiths Hill High School  
St Aloysius Primary School- Cronulla  
St Anne's School- Temora  
St Brendan's Primary School - Bankstown  
St Brigids Primary School-Coogee  
St Charles Primary School- Ryde  
St Josephs Primary School –Oatley  
St Laurences School  
St Marys Central School- Wellington  
St Patricks Marist College Dundas  
St Therese's Primary School- Denistone  
St Therese's Primary School-Miller  
Strathfield Girls High School  
Tara Anglican School  
Temora High School  
Tenterfield High School  
The Hills Grammar School  
The Illawarra Grammar School

The McDonald College  
Wauchope High School  
Wyndham College  
Christian Brothers High School- Lewisham  
Cranbrook School  
Patrician Brothers College- Blacktown  
St Josephs College- Hunters Hill  
St Marys Cathedral School  
St Patricks College- Strathfield  
The Scots College  
Balranald Central School  
William Rose School  
Asquith Primary School  
Birrongo Primary School  
Campsie Primary School  
Claymore Primary School  
Cobbitty Primary School  
Concord Primary School  
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Flinders Primary School  
Grays Point Primary School  
Henry Fulton Primary School  
Illaroo Primary School  
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Kirrawee Primary School  
Lansvale Primary School  
Lindfield Primary School  
Lindfield East Primary School  
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Millthorpe Primary School  
Nowra Primary School  
Oatlands Primary School  
Parklea Primary School  
Peakhurst West Primary School  
Penrith Primary School  
Picnic Point Primary School  
Punchbowl Primary School  
Ramsgate Primary School  
Rye Park Primary School  
Rylstone Primary School  
Samuel Terry Primary School  
Stanwell Park Primary School  
Stockton Primary School  
Tower Street Primary School  
Villawood East Primary School  
Villawood North Primary School  
Wakehurst Primary School  
Wattle Grove Primary School  
Woodland Road Primary School  
Woy Woy Primary School  
Wowie Bay Primary School



The Society offers its sincere thanks and appreciation for the support of the New South Wales Government, through:

- Sport and Recreation Division, Office of Communities, Department of Education and Communities and in particular, the Honourable Gabrielle Upton, MP, NSW Minister for Sport & Recreation
- Ministry of Police & Emergency Services and in particular, the Honourable Michael Gallacher, MLC, NSW Minister for Police & Emergency Services

EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

## **LIFESAVERS ARE EVERYWHERE IN THE COMMUNITY**

They can be teachers, students, mums, dads, firemen, plumbers or accountants. They patrol the houses, streets, workplaces and parks of the communities in which they live. They don't always wear a uniform but they can and do save lives.

## **ROYAL LIFE SAVING IS DEDICATED TO TURNING EVERYDAY PEOPLE INTO EVERYDAY COMMUNITY LIFESAVERS**

We achieve this through:

- Education • Training • Research • Health promotion
- Risk management • Advocacy • Sport and participation

We have been doing this for over 119 years. Our programs are well researched. They are available to all.



**SAVING LIVES IN NSW  
SINCE 1894**



**AQUATIC SAFETY  
TRAINING ACADEMY**  
ROYAL LIFE SAVING