



**THE ROYAL LIFE SAVING SOCIETY AUSTRALIA
NEW SOUTH WALES BRANCH
ANNUAL REPORT 2013 - 2014**

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

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Grey Medallion

Never too young to learn
Never too old to start



Community Lifesaver





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 * Lynette Harrison BEc. LLB ** 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	Frances Simpson-Lee Lisa Critoph Kirsty England

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	Tanya Brunckhorst
Illawarra Regional Manager	Ian Kennerley
Northern Regional Manager	Jason Phillips
Riverina Regional Manager	Michael Dasey
Western Regional Manager	Alison Middleton

* (resigned 8 May, 2014)

** (appointed 8 May, 2014)



Message from the Governor of New South Wales

Her Excellency Professor Marie Bashir AC CVO



GOVERNMENT HOUSE
SYDNEY

Message from Her Excellency Dame Professor Marie Bashir AD CVO

Annual Report Royal Life Saving Society Australia New South Wales Branch

It is indeed a pleasure to contribute once again to the Annual Report of the Royal Life Saving Society Australia New South Wales Branch. Indeed, it has been a privilege to serve as Governor of New South Wales since March 2001, an inspirational role which will conclude on 1 October 2014.

The office of Governor of New South Wales is the oldest public office in Australia, with the first Governor receiving his commission in 1786. Whilst I have had legal and constitutional roles and ceremonial roles, I have been glad to fulfil an important community role. I have recently noted that the Governor must be mindful of the needs of the people, the marginalised and the hurt as well as the successful and the brilliant.

As Patron to many organisations, I have enjoyed tremendously the patronage of the Royal Life Saving Society Australia New South Wales Branch. Drowning and near-drowning incidents remain a major concern for Australia, and I am both certain and confident that Royal Life Saving will continue, as they have shown me for the past 13 years, to create innovative drowning prevention strategies targeting at-risk groups. Having been born in Narrandera in country NSW and having a career in medicine, I am particularly pleased that Royal Life Saving focusses on all areas of drowning prevention as well as having an emphasis on regional and remote communities, children and adolescents, cultural and linguistically diverse communities, the Australian indigenous community, the elderly and at-risk families all of whom pose concerns and add to Australia's tragic drowning statistics each year.

I am aware that Royal Life Saving has been educating people for 120 years since its inception in 1894 in water safety, survival and rescue procedures and has made enormous inroads making our beautiful waterways safer. I congratulate most warmly, and applaud the Society on what it has achieved to date, and I am confident that it will continue to do everything in its power to save lives in all the years ahead.

I wish everyone associated with Royal Life Saving New South Wales Branch, the staff, sponsors, partners, stakeholders and of course the volunteers, all the very best for the future, for I know that the organisation will continue its outstanding work for all future Australian generations.

Best wishes to all.

Professor Dame Marie R Bashir AD CVO
Governor of New South Wales

Message From The NSW Minister For Police & Emergency Services And Minister For Sport & Recreation

The Honourable Stuart Ayres MP

During 2013/14 I had the privilege of being appointed Minister for Sport and Recreation and Minister for Police and Emergency Services. Both these portfolios involve the extremely important issue of water safety.

The NSW Government has made it a priority to focus on drowning and near drowning numbers and allocated additional funding opportunities for all water safety organisations. I am pleased to advise Royal Life Saving plays a significant role assisting with various initiatives partnering with the NSW Office of Sport, Sport and Recreation and working with NSW Ministry for Police and Emergency Services.

I am pleased to report during 2013/14 Royal Life Saving received funding under the Government's Water Safety Black Spots Fund to deliver targeted programs for at-risk groups. The "Swim Safe Swim Sober" program is a campaign raising awareness amongst people aged 15-24 years of the risks associated with consuming alcohol in aquatic environments and participating in aquatic activities. This program is free to all NSW secondary schools and their students. In addition two programs targeting the Cultural and Linguistically Diverse (CALD) community were launched during the year offering CALD adults free workshops on water safety, cardiopulmonary resuscitation and learn to swim classes. Royal Life Saving is also working with Macquarie University and the University of New England on an international student drowning prevention program.

These specific programs are in addition to the extraordinary work Royal Life Saving carries out each and every year in the area of water safety education. One million Australians undertake a Royal Life Saving course or program every year.

The remarkable work in the area of drowning prevention of organisations such as Royal Life Saving helps ensure the safety and wellbeing of all members of our community in all waterways throughout NSW including rivers, dams, creeks, lakes, public swimming pools, private backyard swimming pools and our beaches.

I would like to take this opportunity to congratulate Royal Life Saving on the work it has done to date, some 120 years' worth, and thank everyone involved in the organisation, especially its volunteers. I look forward to continuing the strong working relationship with Royal Life Saving into the future.

Stuart Ayres MP

Minister for Police and Emergency Services

Minister for Sport and Recreation

Minister Assisting the Premier on Western Sydney





Message from the President of RLSSA New South Wales Branch

Jim Whiteside

I would like to begin my report this year by extending my sincere thanks to all volunteers, partners and stakeholders for their collective contribution to the ideals of the Royal Life Saving Society. I also thank my fellow Board Members for their continued commitment to setting the strategic direction of our Branch, including its programs, courses and campaigns. Together we have been an effective team and can be collectively proud of our achievements.

For the past 120 years the Royal Life Saving Society Australia New South Wales Branch has been dedicated to saving lives, reducing drowning and near drowning incidents in communities throughout NSW and across Australia. I am pleased to report the 2013/2014 year has been another very successful year for the New South Wales Branch in this regard. The Branch over the last twelve months has had substantial development, advancement and continued commitment in many areas of drowning prevention strategy, policy and research. This has resulted in more professional and targeted programs, courses and projects on offer to the general communities of NSW by the Royal Life Saving Society.

The New South Wales Branch has played a significant role in the implementation of the NSW Swimming Pool Amendment Act. Private backyard swimming pools remain the number one killer of children under the age of five through drowning accidents. Many more through near drowning incidents have suffered significant neurological injury with numerous others being admitted into NSW hospitals each year. With over 300,000 backyard swimming pools in NSW, swimming pool safety is a vital issue that affects the whole community. Royal Life Saving will continue to support the NSW Government with the implementation of the Swimming Pools Act as a genuine means to address this unacceptable drowning toll. Combine this legislation with the Society's "Keep Watch" public awareness campaign and I am certain that we can significantly reduce the drowning numbers of this at-risk group.

I would like to sincerely thank the NSW Government for their continued support, especially the Honourable Stuart Ayres MP, along with his ministerial colleagues in Local Government, Health and Education.

I must also acknowledge the fantastic support provided by our Patron, the Honourable Dame Marie Bashir AD, CVO. During her 13 years in office, Her Excellency has shown great interest and given marvellous encouragement to the Society.

I am confident that the New South Wales Branch will continue to demonstrate its enthusiasm, commitment and dedication to drowning prevention strategies through advocacy, education and training, health promotion, aquatic risk management, research, sport, leadership and participation. I look forward to reporting on the achievements of the Society in next year's Annual Report and again congratulate our members on a great year.

Jim Whiteside

President RLSSA NSW Branch

Message from the Chief Executive Officer

David Macallister

It gives me a great deal of pleasure to report that the 2013/14 year has been another very successful one for the Royal Life Saving Society Australia New South Wales Branch. More and more Australians take part in aquatic recreational pursuits utilising a vast array of different waterways and various watercraft. Our challenge is to continually modify existing programs and create new programs in order to make all waterways in New South Wales as safe as possible.

The latest Royal Life Saving Drowning Report 2014 revealed a reduction of 14% on the ten year average of drowning deaths in New South Wales with 90 people losing their lives to a drowning accident. Inland waterways including rivers, creeks, lakes and dams are claiming the largest number of lives around the country with swimming pools and then beaches being the second and third most dangerous areas. Royal Life Saving is committed to developing community driven solutions in all black spot areas throughout New South Wales. I am pleased to advise the State Government is giving a great deal of support in undertaking this challenging but vitally needed work.

As part of the Society's continued commitment to the prevention of aquatic related death and injury throughout New South Wales, Royal Life Saving aligned its strategic intent with the NSW Government Water Safety Plan 2013-2015. This ensures a systematic and collaborative approach to aquatic priority issues in our State through:

- Direct engagement of communities to build upon established relationships and develop long term capacities.
- Development of community infrastructure, both human and resource, as a means of encouraging participation in aquatic recreational pursuits.
- Targeted priority groups and communities such as the indigenous, cultural and linguistically diverse, older Australians, young children and toddlers, at-risk families, young adult risk takers, skills gaps, regional and remote and economic hardship.
- Fostered partnership expansion with like-minded entities and community conscious organisations.
- Support of ongoing aquatic participation through personal development at industry and volunteer level as well as the education sector.
- Developing generational change in attitude and understanding on key water safety agendas.

During the 2013/14 year the New South Wales Branch continued to target key drowning prevention priorities across NSW. With the ongoing support of the NSW Government, our key partners and the collaborative commitments of the education and industry sectors Royal Life Saving initiated a vast range of new and exciting drowning prevention strategies. I encourage you to review the following pages of this Annual Report which outlines the various programs and key achievements of the Society.



In the area of sport the New South Wales Branch continues to go from strength to strength both at club, state and national level. The Branch has a competitive club carnival system which culminates in the NSW State Championships each year. Our NSW State team won the overall championship trophy at the National Pool Life Saving Championships held at the Australian Institute of Sport in Canberra this year having won the overall champion trophy for 11 of the past 12 years. Thanks must go to our Club and Competition Chairperson, Roz Grey and the various club delegates for coordinating a robust competition platform for our club members at all levels. It is equally important that I acknowledge Gray Parkes when discussing sport. Gray has been heavily involved in Royal Life Saving Pool competition for over a decade holding various club positions, coaching and administration positions, has been the National Sport Director and Advisor for many years and has held international positions at Commonwealth and World Championship levels. Gray retired in February 2014 and his expertise, dedication and knowledge will be genuinely missed.

I would like to take this opportunity to sincerely thank the NSW Government for its continued support. The Honourable Stuart Ayres MP, Minister for Police and Emergency Services and Minister for Sport and Recreation has been a strong supporter of Royal Life Saving with a number of programs targeting at-risk groups such as male risk takers, Cultural and Linguistically Diverse Communities and International students, all of which pose major concerns with the State's drowning toll. Throughout the 2013/14 year the Society has also worked closely with the Department of Local Government, Office of Sport and Recreation, Department of Health and the Department of Education and Communities.

It is important that I also acknowledge and thank The Society's Patron, the Honourable Dame Marie Bashir AD CVO, Governor of New South Wales for the tremendous amount of support she has given to Royal Life Saving over the past 13 years whilst she has held office. Her Excellency was appointed Governor in March 2001 and since that time she has hosted The Society's annual Commendation Ceremony at Government House each year honouring those recipients who had attempted to save a fellow human being's life in emergency situations. In addition Her Excellency has shown enormous interest and given great praise to The Society.

Finally a special thanks to our volunteers, members, lifesaving clubs, industry personnel, partners, stakeholders and subject matter experts who have assisted with the development of new programs and services over the last 12 months. Please see those individuals and organisations who have been an important ingredient to the success of the Royal Life Saving Society listed in both the Honours section and acknowledgement's page of this Annual Report. 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

David Macallister
Chief Executive Officer



RLSNSW Ambassador Andrew Ryan with Seven Hills Toongabbie RSL Club President Barry Wilson and Club Board Members at the launch of ASTA learn-to-swim program

Operations Overview



Michael Ilinsky



Anthony Cottee

The 2013/14 year has witnessed a vast range of operational programs and services to address key drowning prevention priority areas across NSW. Through the collaborative engagement and support of government and key partners, the ongoing commitment of the education and industry sectors and the significant contributions of Royal Life Saving instructors and examiners we have witnessed a broad implementation of key strategies to address priority issues.

AQUATIC INDUSTRY SERVICES

Developing safety guidelines and risk management systems for all aquatic environments is essential for supporting water-safe communities. Royal Life Saving NSW works to improve industry safety and risk management standards through key activities including:

- Guidelines for Safe Pool Operation
- Guidelines for Water Safety
- Aquatic Facility Safety Assessments
- Lifeguarding training systems
- Management consultancy

The Aquatic Industry Services team have implemented a range of state-based initiatives over the last 12 months with highlights including:

- 150 Aquatic Facility Safety Assessments
- 100 Open Water (River) Audits
- Statewide Water Quality Initiative
- Workforce Development Program – Career Development.

HEALTH PROMOTION & COMMUNITY DEVELOPMENT

I am pleased to advise the Branch has maintained a strong and concerted effort in the area of Health Promotion and Community Development. Water Safe Communities best captures our commitment to ensuring that people everywhere are safe from water related incidents and accidents. Increasing awareness and skill acquisition in special needs communities across Australia is not a recent passion.

Royal Life Saving has a proud history of developing health promotion programs targeting groups such as:

- Remote Indigenous Communities
- Rural and Regional Communities
- Refugees and recent arrivals
- Older Australians
- Children under five
- Alcohol related drowning deaths

Our best known health promotion program is Keep Watch. Keep Watch prevents children from drowning through the promotion of four simple messages:

- Supervise your child
- Restrict your child's access to water
- Familiarise your child with water
- Learn resuscitation

We are committed to developing effective strategies to community health issues with an emphasis on promoting safe aquatic recreation.

TRAINING & EDUCATION

Since 1894 Royal Life Saving NSW has been training NSW communities to be lifesavers. While the principles have not changed, we are now training people to use these lifesaving skills in a wide range of workplaces and communities.

Our key training programs include:

- First Aid and Emergency Care
- Resuscitation (CPR)
- Pool Lifeguarding
- Bronze Medallion
- Swim Teaching (AUSTSWIM)
- Pool Operations
- Customer Services
- Professional Development

2013/14 has witnessed a range of changes to the delivery methods adopted by the Society. As our services are being sought across the entire state we have been required to develop a range of programs that offer flexibility, genuine access and consideration for community lifestyles. Some new programs include:

- Technical Operations Online
- Customer Service Online
- Anaphylaxis and Asthma Online.

EVENTS & COMMUNICATION

Royal Life Saving's position on the extensive range of water safety issues in NSW has been developed through years of research and practical experience. Our challenge is to ensure all the issues and our policy responses are understood and supported by government, industry, the corporate sector and the community.

Royal Life Saving NSW is working hard to eliminate drowning. We believe that through coordinated and locally driven education campaigns we can reduce the number of drowning deaths and near-drownings that occur in NSW each year.

Our advocates are lifesavers. Our staff have actively participated in state and national water safety forums and engaged with other community stakeholders who were working to prevent drowning.

Royal Life Saving volunteers and staff sit on a range of boards and advisory panels of various not-for-profit organisations. These organisations include the Australian Council for the Teaching of Swimming and Water Safety (AUSTSWIM), Aquatic and Recreation Institute, Service Skills Australia and the Australian Resuscitation Council.

Royal Life Saving media and marketing campaigns support our advocacy activities to increase our visibility to stakeholders.

CASE STUDY

NSW Pool Register – Be Pool Safe

Royal Life Saving NSW CEO David Macallister called on all NSW backyard pool owners to “Be Pool Safe” and sign up to the NSW Swimming Pool Register, which was launched on April 29, 2013.

The campaign, which is a collaboration between Royal Life Saving NSW and the NSW Government, is about getting information into the hands of pool owners.

As part of the “Be Pool Safe” campaign all 152 councils across NSW received an information pack and support resources. “The statistics speak for themselves. In the past ten years, 67 children aged 0 to 4 have drowned in NSW swimming pools,” Mr Macallister said.

Backyard swimming pools remain the most common location for both drowning death and injury in children under five in NSW.

The “Be Pool Safe” campaign from Royal Life Saving NSW urges all pool owners across NSW to help tackle head on the terrible toll of child drowning. Pool Owners are asked to spend just three minutes registering their pool for free online at: www.swimmingpoolregister.nsw.gov.au

“It is critical all pool owners register their pools so councils and water safety educators can more effectively communicate with pool owners to try and halt drownings,” Mr Macallister said.

“There are over 350,000 pools across NSW. Royal Life Saving NSW believes that, in a number of areas, as many as 90% of pools simply don’t meet safety standards”.

Royal Life Saving NSW as part of “Be Pool Safe” www.bepoolsafe.com.au has a variety of useful resources online to assist pool owners, including videos and fact sheets for the NSW Swimming Pool Register and the Keep Watch program in the following 16 languages:

English / Arabic / Chinese (Traditional) / Chinese (Simplified) / Croatian / Filipino / Greek / Hindi / Indonesian / Italian / Korean / Macedonian / Serbian / Spanish / Turkish / Vietnamese.



NSW Minister for Local Government, the Honourable Don Page, RLS Ambassador Belinda Hedley and her children Braith and Seth, and RLS CEO David Macallister

LIFESAVING PRODUCTS

Royal Life Saving NSW plays a vital role in the provision of training resources and lifesaving products appropriate to meet the needs of our clients, patrons and communities. In recent years there has been great advancements in technology providing elevated casualty outcomes across swimming pools, workplaces and on sporting fields. Royal Life Saving NSW provides a significant range of rescue, lifesaving and first aid related products to ensure our networks can act in accordance with their skills and training.

Key products include:

- Automatic External Defibrillator
- First Aid Kits
- Advanced Rescue Equipment (including spinal boards and immobilisation equipment).

REGIONAL OPERATIONS

Residents of rural and remote NSW are exposed to and use a range of water bodies. There is reduced accessibility to patrolled beaches and public swimming pools throughout regional and remote NSW. Communities in these areas are exposed to rivers, lakes, dams, agricultural systems such as irrigation channels, which pose increased risk to young children and regional communities. In fact, rivers, lakes and dams accounted for more drowning deaths than beaches.

Royal Life Saving has a strong affinity with regional and remote communities. We have been supporting these communities for over 100 years. Our Regional Offices and staff continue to provide high quality solutions to a vast array of water safety agendas.

Further detail on some of our regional activities is provided in each of the Regional Manager reports.

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

Anthony Cottee
Training and Education Manager

Aquatic Industry Services



The 2013/2014 year saw the continued implementation of the Statewide Water Quality Initiative across many NSW Council areas. The Initiative targets senior pool staff and Council environmental health officers who are responsible for monitoring and maintaining water quality within their local facilities. The Initiative, funded by Statewide Mutual, provides candidates with training in the management of water quality in line with industry best practice, in addition to hazard identification and assessment. Over 100 Councils across NSW have participated in training, with over 750 pool staff and environmental health officers gaining the skills to ensure pool water quality is kept at optimum levels. Thank you to Statewide Mutual for their ongoing support of the program.

Another ongoing initiative that culminated in 2013/2014 with success was the Workforce Development Program. The Program, funded by Service Skills Australia, saw 51 candidates from Sydney and regional areas complete their Certificate III in Aquatics qualification, either via the Technical Operations pathway or the Swim Teacher pathway. The Certificate III in Aquatics allows for individual skill sets to be recognised as a whole vocational qualification, and assists aquatic staff to gain further skills to progress in the industry.



Successful Certificate III in Aquatics candidates from the National Centre of Indigenous Excellence, Redfern, with their Workplace Supervisor



Michael Hart, Max Parker Leisure and Aquatic Centre, with his Workplace Supervisor

'I will utilise the skills that I have obtained during my Certificate III in Aquatics within various aspects of the workplace. The skills I have acquired will be used to promote proactive community involvement through water safety and active lifestyles. I will also now be able to assist in numerous administrative procedures which will help the organisation run more efficiently in regards to learn to swim programs, sporting activities and events' – Michael Hart

Nicola de Wilt

Aquatic Industry Services Co-ordinator

Community Development



Royal Life Saving's commitment to reducing drowning and water-related incidents is best seen through the creation of water safe communities. Royal Life Saving has achieved this through a proud history of promoting safe aquatic recreation and by developing health promotion programs that target special needs groups such as:

- Children under five (Keep Watch)
- Remote Indigenous Communities
- Rural and Regional Communities
- Refugees, Recent Arrivals and Culturally and Linguistically Diverse (CALD) Communities
- Older Australians (Grey Medallion)
- Others including alcohol related drowning deaths.

During 2013-14 some significant programs were conducted including:

- CALD – Western Sydney Initiative
- Grey Medallion Expansion Program
- Swim Safe Swim Sober.

Royal Life Saving actively implements a community development model that focuses on:

- Community engagement and communication
- Community participation and programming
- Training, employment and leadership development
- Sound project management and evaluation methodologies

Community projects aim to build local opportunities for local people and target a range of health, social and economic issues. During 2013-14 Royal Life Saving NSW provided:

- Youth Leadership Initiative
- First Aid Training for Youth and Community
- Grey Medallion Program
- Learn to Swim Program for disadvantage children
- Water safety workshops for culturally and linguistically diverse communities (targeting parents, youth and seniors)

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 as part of the 2013 ClubGRANTS Initiative.

- Cabramatta Bowling Club
- Canada Bay Club
- Castle Hill RSL Club
- Earlwood Bardwell Park RSL
- Guildford Leagues
- Kemps Creek Sporting & Bowling Club
- Seven Hills-Toongabbie RSL Club
- Smithfield RSL Club
- St George Masonic Club
- Wentley Leagues

HEALTH PROMOTION

By 2020, there will be over 7 million people living in Australia aged over 55 years. As the baby boomer generation reaches retirement age, many of them are taking up aquatic activities that they did not previously have time for and are therefore at a greater risk of drowning. Over the last 12 months over 40% of the total drowning toll in NSW were over the age of 55 years.

The Royal Life Saving Grey Medallion is a water safety and lifesaving skills program for the over 55's aiming to reduce the drowning rates of older Australians and encourage a healthy, independent and active lifestyle. The program endeavours to teach participants a range of personal survival techniques, provide them with skills to deal with an emergency situation and to develop confidence and competence to enjoy aquatic exercise and other water-based activities safely. Over the last 12 months, through the support of the NSW Government, Royal Life Saving NSW has provided a range of resources, training and administrative assistance to over 65 aquatic facilities to assist with program implementation, with more than 70% located in regional and remote locations.

Locations included: Batemans Bay Pool, Beresfield Pool, Cowra Pool, Cabarita Leisure Centre, Emerton Leisure Centre, Evans Head Aquatic Centre, Griffith Regional Aquatic Centre, Lane Cove Aquatic Centre, Leeton Swimming Pool, Lighting Ridge Olympic Pool, McKeon's Swim School, Muswellbrook Aquatic Centre, North Albury Swim Centre, Orange Aquatic Centre, Sapphire Aquatic Centre, Singleton Gym and Swim, Toukley Aquatic Centre, Queanbeyan Aquatic Centre, Ulladulla Leisure Centre, Willoughby Leisure Centre, Yass Swimming Pool.

Feedback from the participants and instructors showed that the Grey Medallion program is a great way to engage and re-engage older Australians in semi-formal instruction and education on water safety and drowning prevention strategies. Participants found the program to be very useful in learning how to keep themselves and others safe. They enjoyed coming along to the program, creating new friendships and learning together.

"The program covers the everyday basics of water activities and teaches seniors about essential skills needed to participate safely in aquatic activities" P.L, 75 years – Fairfield Leisure Centre

"This course is beneficial to any grandparent and all seniors should get involved in this fantastic initiative." A.W, 59 years – Warringah Aquatic Centre

"All participants gave a very positive feedback and now wish to branch out to other aquatic experiences e.g. aqua aerobics etc"

"Great program and feedback from participants has been overwhelming. All have found it a very valuable and enjoyable program"

This year, with support of the NSW Government, Royal Life Saving NSW produced two short Grey Medallion videos to promote and increase public awareness.

Grey Medallion – Why you should get involved – Past participants reflect on their experience with the Royal Life Saving Grey Medallion Program

Grey Medallion – An Industry Perspective – Aquatic facilities running the Royal Life Saving Grey Medallion Program discuss benefits to the industry

These videos can be viewed by visiting Royal Life Saving – Australia – YouTube Channel
<http://www.youtube.com/user/RoyalLifeSavingAust>

Milena Mijas

Health Promotion Co-ordinator

HEALTH PROMOTION



Participants in the Grey Medallion Program at Leichhardt Park Aquatic Centre

HEALTH PROMOTION



Participants from Holroyd Community in the First Aid Program funded by Wenty and Guildford Leagues Clubs



Participants in Grey Medallion Program at Mingara One



Participants in Grey Medallion Program at Warringah Aquatic Centre

Aquatic Risk Management

The Aquatic Risk Management portfolio has continued to work towards strengthening the industry focusing on improving management standards and practices. This forms part of an overall strategy to reduce risk and prevent drowning in aquatic facilities.

Over the past 12 months 150 Aquatic Facility Safety Assessments (AFSA) have been conducted across NSW as part of the second phase NSW Government funded Black Spot Initiative. The second phase targeted Aquatic facilities that were privately owned and operated, under contract to organisations, and publicly owned and operated which had not yet participated in a Royal Life Saving Aquatic Facility Safety Assessment.

These facilities have been encouraged to undertake the AFSA annually to show improvement and monitor the progress the Facility is making in relation to the safety items assessed, and to strive towards becoming a 5-Star Water Safety Partner.

Royal Life Saving continues to encourage all NSW schools and the community to seek out swimming pools who have been deemed compliant against the 40+ pre determined aquatic safety criteria and therefore demonstrating a strong commitment to aquatic safety standards.

Currently 47 Facilities across NSW are current 5-Star Water Safety Partners. These pools have met the 5 Star criteria and are listed on the Royal Life Saving website and display the 5 Star Water Safety Partner logo.

Nick Au

Aquatic Risk Coordinator



Leichhardt Park Aquatic Centre staff receiving 5 Star Water Safety Partnership

Aquatic Programs

Royal Life Saving's water safety education programs are designed so all NSW communities can have the skills and knowledge to safely participate in a range of aquatic activities.

Our programs build awareness of dangers in aquatic environments, teach essential water safety skills and develop lifesaving skills that may one day save a life; reflecting Royal Life Saving's mantra that 'Everyone can be a Lifesaver'.

Swim and Survive is a national program that seeks to increase swimming and water safety skills of children to prevent drowning and increase participation in safe aquatic activity. The Swim and Survive program has been taught to Australian children for 30 years in pools, schools and other aquatic locations across the country by qualified swimming and water safety instructors.

Swim and Survive ensures the essential components of personal survival and water safety are provided, in addition to developing strong and effective swimming techniques. Wonder, Courage and Active have been chosen as the Swim and Survive program titles to reflect the hopes and aspirations of children and families as they embark on a lifetime of fun and safety in the water.

Key developments during 2013/14 include:

- Swim and Survive Partner Expansion
- Swim and Survive Partner Pool PD (Sydney) Initiative

Partner Expansion

Royal Life Saving NSW continues to welcome new facilities into the Swim and Survive Partner Program. In turn, those centres are acknowledged and promoted, along with existing partners, on the Swim and Survive website www.swimandsurvive.com.au via the Swim School Locator.

All facilities in the Partner Program complete an annual registration, venue safety audit and ensure Royal Life Saving Examiners assess student skills. This process ensures quality standards at the facility itself along with quality standards of the teaching staff assessing the program requirements.

Our focus will remain on strengthening and developing relationships with our valued Partner facilities along with the countless school and club examiners that utilise the program.

Professional Development

With the help of leading Aquatic Educators, Royal Life Saving NSW has undertaken two separate series of Professional Development for Learn to Swim Instructors and Coordinators.

The Professional Development sessions were offered free of charge to all Partner Pool Examiners and carried re-accreditation hours with Austswim. In total, from the period February 2014 to September 2014, Royal Life Saving NSW will have facilitated 9 different workshops in metropolitan Sydney. Topics covered have been, Pre-school Learn to Swim, Lesson Planning, Autism, Beginner Breaststroke and Butterfly, Transition from Learn to Swim to Coach, What to Do in Difficult Situations, Motor Skill Development and Swimming, Freestyle and Butterfly Basics and the Basics of Backstroke and Breaststroke.

Feedback from the Professional Development sessions has been overwhelmingly positive, the only negative being the ability to select a time to suit everyone. "Fantastic – Well Worth It – Thanks!"

Royal Life Saving NSW looks forward to supporting to our Swim and Survive Partners, Examiners, Schools and Clubs in the coming year. As a joint force we can continue to promote teaching of water safety and survival skills, increase participation in safe aquatic activity and prevent drowning.

Kaye Wood

Aquatic Programs Coordinator

Aquatic Safety Training Academy (ASTA)

As part of NSW Government funding and the Water Safety Black Spot initiative ASTA has provided 1060 learn to swim and education programs including CPR to 106 adults from culturally and linguistically diverse communities, in regional and remote NSW. These programs were conducted from October 2013 to April 2014. Some of the organisations and schools that took part were; Tamil Women's Group, MECA (Mount Druitt Ethnic Communities Agency), HARDA (Horn of Africa Relief & Development Agency), CMRC (Community Migrant Resource Centre) and SydWest Multicultural Service. Adults were provided with 10 x 45 min free learn to swim and water safety class delivered by AUSTSWIM qualified swim teachers. In most cases the adults improved their swimming skills and had a better understanding of water safety.

In partnership with HARDA (Horn of Africa Relief & Development Agency), they acquired funding through Club NSW and we facilitated 522 free learn to swim classes for 52 African refugees in Western Sydney over the January school holidays 2014. Many of these children had very little knowledge or skills when it came to water safety and swimming. By the end of their program they had improved greatly with their water safety knowledge and swimming skills.

We provided exclusive pool space to 15 students from Merrylands High School. During these sessions we provide the girls with swimming and water safety lessons. This school has attended the ASTA for the past three years.

With funding from Seven Hills Toongabbie RSL Club grants we provided 1000 learn to swim lessons to 100 students from Girraween Public School and Darcy Road Public School. Girraween Public School are now in their second 10 week term of learn to swim lessons as a result.

As part of the NSW Government Water Safety Black Spot initiative – Swim 4 Life (Indigenous LTS) ASTA conducted 160 learn to swim lessons to 16 students from Toongabbie Public School. Toongabbie Public School continued with their swimming program with 87 students completing 10 Learn to Swim lessons in Term 1 2014.

The ASTA provides schools in Western Sydney with swimming and water safety classes throughout the year. The ASTA in partnership with Seven Hills Toongabbie RSL club purchased a bus which is used to collect school children free of charge and bring them to the ASTA for the swim program. Currently this year, excluding the free learn to swim, we have provided over 1250 students with approximately 12,500 swimming and water safety lessons.

Schools are now required to conduct competency assessments on students who go on excursions to aquatic environments. Students must perform the Aquatic Survival Challenge sequence and are either assessed as being competent or not yet competent. The ASTA has assessed 420 students in this past 12 month.

ASTA has delivered Bronze Medallion courses to 35 high school students from Rouse Hill Anglican College.

The ASTA currently has a school based trainee who is completing her Certificate II in Sport & Recreation. She currently works a total of ten hours per week. This is ASTA's second trainee from the Hills Sports High School. ASTA also has a school based work experience student from Coreen Special School in Blacktown. She attends the facility every Wednesday.

I am pleased to advise that from an overall perspective ASTA continues to be the benchmark facility with regard to water safety and associated training and education, recreational and vocational programs. During the 2013/14 year ASTA has continued to grow its programs in areas of Health Promotion, Lifesaving and Resuscitation, Learn-to-Swim and of course VET and the next 12 months is looking even better.

Nicola Upton

Aquatics Co-ordinator

Hunter Regional Office



Administration Officer Kristen Glover with Regional Manager Tanya Brunckhorst

It is with great pleasure to present my first annual report for the Hunter Region office. Since my appointment in January I have enjoyed the many challenges that this role has presented and I have been extremely impressed with the Hunter's network of trainers, examiners, facility managers, teachers and aquatic experts. Their dedication and commitment to the industry is exceptional.

Although this year has been a year of learning, reviewing the past and planning for the future, there have been a number of projects rolled out of the Hunter office. Clubs NSW provided funding in the Newcastle, Lake Macquarie and Gosford Council areas to deliver vital training in CPR to over 450 Primary school aged children. This program was very well received.

Three facilities – Toukley YMCA, Singleton YMCA & Muswellbrook Aquatic Centre conducted Grey Medallion programs to our older population. Seven Councils throughout the Hunter participated in the Statewide Mutual Water Quality Workshop which concluded this funded program.

The Keep Watch Program and Swim & Survive has been a major focus for the Hunter reconnecting with pools who have previously been involved with these programs and introducing others to the benefits of partnering Royal Life Saving. Reconnecting with the many schools in our region has also been a major focus and will continue to be.

Training courses are growing at a steady rate with the quality of the training, equipment and resources being the major focus for this year. The Hunter's partnership with Gosford City Council has continued to enable the Gosford area to be well catered for in relation to training and we look forward to progressing this partnership and moving forward.

The recent changes to First Aid provided the perfect opportunity to bring together our trainer and partner trainers to participate in an upskill session. These workshops were a great success and will certainly become a regular fixture on the calendar.

The Hunter has continued its partnership with first class facilities Balance Health Club and Mingara. These two venues have been the focus for our aquatic community courses and the complimentary use of their facilities has been very much appreciated. Special thanks to Gaylene and Adelle from Balance Health Club for all of your hard work with nothing ever being a problem.

The transition to my new role with Royal Life Saving has been made easier by the ongoing support provided by head office staff and management, fellow regional managers and of course the fantastic Hunter Region Staff. A very big thank you to the talented small group of casual trainers. Without you

we simply don't exist. The administration staff have provided enormous support and have managed to successfully coordinate a small but very busy office. Recently our office said farewell to Jackii Downie who is currently on 12 months maternity leave. Jackii's knowledge and experience with Royal Life Saving has been invaluable. Kristen Glover is currently relieving Jackii and has grasped the position very quickly with great enthusiasm. Kristen has been a fantastic asset to our region.

I am confident that we are well positioned to build on the services and programs already available and to continue to improve in all aspects of the Society. I am really looking forward to the coming year ahead and further building on the quality of our programs and services.

Tanya Brunckhorst
Hunter Regional Manager



Toukley Grey Medallion



Toukley Grey Medallion



Trainer Upskill Session

Illawarra Regional Office



Carly Ryan, Nicole Schofield, Tracey McMaster and Ian Kennerley

The 2013/14 year has been a busy one for the Illawarra office and the operational team, with many significant programs and projects being under development or delivered.

Over recent years the office has succeeded in diversifying our range of services and programs to meet the ever changing needs of our community and client groups.

Following is an example of the programs and services that have been successfully implemented in the Illawarra over the last 12 months:

Alcohol strategy: Successful implementation of the Swim Safe Swim Sober program

Drinking alcohol is intrinsic to Australian culture. 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.

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 Royal Life Saving NSW and the NSW Government have established the Swim Safe Swim Sober initiative. This Initiative consists of a range of strategies, one of which is the new Swim Safe Swim Sober Online Program.

The Swim Safe Swim Sober program is an innovative online educational experience that is designed for secondary school students. The program draws upon a broad range of alcohol issues and utilises aquatic themes to explore risk-taking behaviour, resilience, personal attitudes and beliefs, personal relationships, refusal skills, contingency planning and ethical decision making. Resource kits were distributed to every High School within the Illawarra at no cost.

Parental supervision at public swimming pools: Keep Watch @ Public Pools

Keep Watch @ Public Pools is an integrated water safety program which aims to increase awareness of the strategies available to keep children safe when in, on or around public pools and aquatic facilities. The ultimate aim of the program is to eliminate all drowning deaths and near drowning incidents that occur in aquatic leisure centres, public swimming centres and pools. In the short term it is hoping to increase awareness of strategies to keep children safe, change attitudes about what is appropriate safety at public swimming pools and raise awareness about preventative strategies. It also aims to highlight the need for an increase in parental responsibility, rather than relying on pool

lifeguards to babysit children. I am pleased to inform that all public swimming pools in the Illawarra have utilised the program.

Swimming pool water quality: Statewide Water Quality Initiative

Research has shown that swimming in chlorinated, well maintained swimming pools can assist to improve health outcomes in children, in particular ear, nose and skin infections. These outcomes are particularly important for disadvantaged groups such as our indigenous children.

As our weather patterns change and we see more frequent hot days and periods of intense rainfall, these impacts along with limited skills of field staff, will present an ongoing risk management issue for Local Councils.

The recognition of increasing community pressure and expectations for Council's to continue to provide access to safe and clean swimming pools and spas, highlights the need for demonstrable competence in management of water quality and records of site management to mitigate risk.

The Statewide Water Quality Initiative included training and professional development in:

- Implementation of management systems specific to the undertaking of monitoring and maintaining water quality at public swimming pools.
- Establishment of operational procedures in line with the Public Health Act 2010 and Public Health Regulation 2012.
- Provision of opportunities for risk analysis of existing structures and procedures.
- Assistance with industry change management relevant to the Act and Regulation. Ensuring facilitation with quality compliance.
- Hazard identification and assessment (relating to monitoring and maintaining water quality at public swimming pools).
- Processes for daily management of water quality (including frequency, sampling locations, record keeping and corrective actions).

The Illawarra Office greatly appreciates the support of the aquatic industry and environmental health staff that ensured this initiative was successfully implemented and ensured that field staff have additional skills to maintain and monitor public swimming pool water quality.

In addition, over the last 12 months the Illawarra Office has been active in the media, driving drowning prevention messages and commenting on drowning cases. Our campaigns had a significant emphasis on local coverage and ensuring local communities are regularly informed and educated on key water safety issues.

Our focus for the future is to ensure we build a strong, cohesive and sustainable local office to ensure the communities of the Illawarra are provided with high quality water safety programs that ensures enjoyable usage of all our local aquatic environments.

Finally, I would like to acknowledge the work of our dedicated staff whose passion and commitment is greatly appreciated. I would also like to thank the talented and dedicated team of professionals at head office who ensure we are provided with the latest tools and products to successfully engage our local communities.

Ian Kennerley

Illawarra Regional Manager

Northern Regional Office

In 2013/14 staff and members around the region have continued to work hard to ensure key water safety messages, training services and aquatic advocacy is accessible to those who reside in northern NSW. In our ongoing effort to achieve the Australian Water Safety Council's goal of reducing drowning by 50% by 2020, over 2,500 Swim and Survive awards, 5,000 Resuscitation awards, 2,100 Bronze awards, 350 Pool Lifeguard awards and 3,255 First Aid awards were undertaken. Royal Life Saving gives great thanks to our Examiner and Trainer network for their continued work and effort around the pool deck, in the classroom or by the river.

To support these efforts and the advocacy of water safety, the Northern Regional Office has continued to focus on training and education effectiveness, peak body advocacy and building its capacity and capability. Ongoing major programs and projects include the delivery of the Black Spot fund programs and new online education initiatives. Engagement and partnership with corporate stakeholders, land managers and industry, both nationally and internationally, continues to underpin our holistic approach to drowning prevention.

Innovation to facilitate audits of aquatic facilities and inland waterways has continued with development of risk management, signage compliance and hazard identification applications for tablet devices. A refresh of the audit tools was conducted, providing an update to this suite of products.

Examiner and Trainer education has continued to strengthen with reviews of a number of key awards and resources, including the delivery of numerous workshops and training sessions for staff and members.

Key operational projects underway include the Keep Watch @ Public Pools program and the Swim and Survive partner initiative. Both programs have been well received within the aquatics industry in regional NSW.

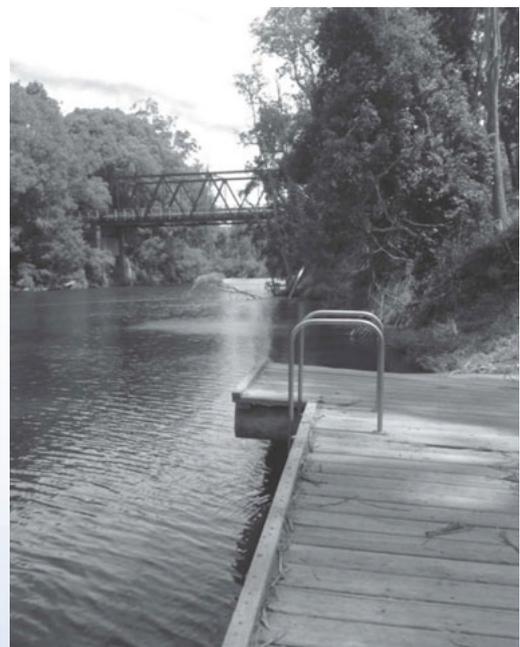
We would like to extend our gratitude to our internal and external stakeholders who have assisted with our operations this year. Together, we can continue to save lives, create safe communities and strengthen our lifesaving people.

Jason Phillips

Northern Regional Manager



Training in pool water quality for aquatic centres continued throughout the year



Assessment of inland waterways was a key project in 2013-2014



Tamworth Primary School Resuscitation and Water Safety Programs



Riverina Regional Office

The Riverina Office has again experienced a fulfilling year engaging with the community and valued stakeholders to provide the aims and objectives of the organisation in a most effective and professional manner.

Key areas of note include the following:

- Cert III Workforce Development Fund
- NSW Black Spot Inland Water Safety Assessments
- Vocational Education Training programs
- NSW Black Spot Aquatic Facility Safety Assessment
- New regional facilities



Children from Elouera Special School using the new Cootamundra Indoor facility

The successful completion of 5 candidates in Cert III Aquatics was viewed as a positive for the aquatic industry locally. One of the most pleasing aspect was that a number of the candidates came from centres outside of the larger complexes, ensuring that training, information and qualifications are filtering through the whole environment and not being just the domain of the larger centres. The program also provided the regional office with an insight into full certificate training and the additional needs and roles that are required in this domain. The successful candidates were David Tulenew (Cootamundra Swimming Pool), Tim Rice (Griffith Regional Aquatic Centre), Tony Green (Thredbo Leisure Centre), Fiona Henderson (Kapooka Swimming Pool) and Jennifer Read (Junee Aquatic Centre).

The past year saw 40 individual Inland Water Safety Assessments completed throughout various shires and councils in the Riverina Region. While there was initial problems surrounding the role out a diverse range of locations and reserves were encountered. The region has some of the most picturesque inland aquatic venues in the state and the need for local authorities to ensure that a collaborative approach to risk management of these sites is undertaken to ensure a safer aquatic environment to all users.

The regional office continued to provide numerous opportunities in the VET sector with all major areas (Lifeguard, First Aid and Austswim) showing growth in total numbers participating. The continuing need to develop and customise all VET programs is essential to keep pace with the market and demands of the industry. The increase in online training opportunities and the need to continually develop these to meet the client's needs will be at the forefront of consideration as we move further away from traditional methods of training that we have had in the past.

The regional office again provided numerous partners the opportunity to undergo a Aquatic Facility Safety Assessment through the state government funded black spot initiative. This year we have been able to complete assessments for some 30 centres with a strong focus on remote areas such as Menindee, White Cliffs, Wilcannia and Ivanhoe to name a few. It is hope that by working with local authorities on the identified improvement plans and areas of none compliance to industry and standards benchmarks we can achieve a far safer swimming and recreation environment for all.

The Riverina Region has been fortunate this year to see the opening of two new indoor pools, both complimenting existing outdoor facilities in the towns of Cootamundra and Temora. These indoor facilities will provide locals the opportunity of all year round access to an aquatic venue. The need for local communities to support these venues pass the initial wow stage is the most difficult task for these local authorities and it is hoped that by offering a range of programs previously missing may be the vital link in the sustainability chain. The Riverina Office congratulates both Councils for their active pursuit in providing all year facilities to their community.

While the hot summer months are still a way off, the beginning of our busy season is about to commence. We are fortunate to have experienced, dedicated and passionate people layered throughout the organisation, and to these people we are greatly indebted to your service to the cause.

Mick Dasey

Riverina Regional Manager

Western Regional Office

There has been some great work going on around our region making 2013/2014 another very busy year! Early on we said farewell to Kyrstie and then promptly welcomed Jenny in her place. Jenny provides valuable administrative support for our office and keeps on top of the certificates and paperwork that continue to increase as we provide more services and reach more participants across our large region. In addition to our core training programs and services, various funded projects targeted at reducing the number of deaths from drowning in NSW continued to be rolled out across the region during the year.

Aquatic Facility Safety Assessment Initiative

In addition to the twenty facilities that took advantage of the funding opportunity available under the NSW Government Black Spot initiative last year, a further thirty-nine facilities across our region undertook the Aquatic Facility Safety Assessment this financial year. I congratulate all these facilities and their respective Councils or management groups for taking a proactive approach towards the operation of their facilities. The conclusion of this initiative, therefore saw all public pools across our region, bar five, participate in the assessment process.

Grey Medallion

You may recall 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. Programs this year were undertaken in Orange, Cowra and Lightning Ridge with further resources provided to pools in Bourke, Blayney, Cobar, Coonabarabran, Forbes, West Wyalong, Oberon and Grenfell for programs to be implemented this summer.

Certificate III in Aquatics

Royal Life Saving works with the aquatic and recreation industry, and Government partners to ensure future training agendas meet the business needs of the aquatic and recreation industry. Last year Royal Life Saving was successful in securing funding support to train regional and remote employees in the Certificate III in Aquatics qualification under an initiative known as the Aquatic Leadership Program. Training provided under this initiative included First Aid, Pool Lifeguard, Aquatic Supervision (Technical Operations) and Customer Service. During the year we saw eight individuals undertake and complete the program, which was a fantastic effort!

Indigenous Youth Initiative

Drowning data indicates that Indigenous Australians are over three times more likely to drown than other Australians. Indigenous males living in rural and remote areas are 1.9 times and females 10.5 times more likely to drown than Indigenous Australians from other areas. This initiative had two key components, the first being First Aid & CPR whereby students were provided with a 'First Aid in a Box' resource in order to undertake a first aid qualification within their community or school. The second component was of a lifesaving focus whereby Royal Life Saving provided regional and remote high schools with relevant resources to facilitate a Bronze Medallion program for Indigenous students. The resources included a BronzePak (DVD resource to assist with instruction and learning content) as well as a Bronze Starter Kit (PFDs, ropes, Instructor vest, reach device and dive rings all included in a portable kit). Twenty-five regional and remote schools within our region took advantage of this opportunity and received the resources in order to run the programs within their school.

First Aid Trainer Accreditation

Towards the end of the financial year Royal Life Saving transitioned to the new First Aid competencies from the Health training package and this provided an opportunity for regional trainers to come together to upgrade their own qualifications and prepare for the delivery of the new units. Two workshops were

held, one in Orange and one in Dubbo, with over fifty trainers who deliver our CPR and First Aid training courses with school, organization or community settings taking the opportunity to attend. The regions Pool Lifeguard trainers will also have the same opportunity when their annual update occurs later in the year. I must say a big Thank You to one of our fantastic trainers and long-time Royal Life Saving advocates, Kirsty England, who developed the content and conducted the trainer workshops on our behalf.

In conclusion, the work undertaken in our region is driven to a large extent by our motivated and dedicated trainers and examiners and so for all your efforts over the last twelve months I say a big Thank You! 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 Jenny, our fantastic office staff who keep the ship afloat. 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

RLSSA - NSW trainers attending a trainer Professional Development workshop.



Trainers at the Orange Workshop



Jen and Nic dealing with all the manikins at the Workshop



John & Jennifer



Leesa and Kylie



Phil Owen

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 2013/2014 year

AUSTRALIAN HONOURS

Australian Service Order

Michael Dasey
Nicola Reed
Sandy Hones

NEW SOUTH WALES HONOURS

Life Member

Maxine Booby
George Samanc
Barbara McLennan

Long Service Star

Richard Beresford

Distinguished Service

Blake McCrindle
Allura Paterson
Kellie Reinhold

Associate Award

Timothy Grant
Denise Williams
Mavi Giacomello
Julie Stralow
Sandra Richardson
David Findlay
Peter Bridgman

Russell Crane Cup

Melanie Williams

Derek Emery Memorial Trophy

Rowan Castro

Sir Walter Leonard Memorial Trophy

Rainbow Club (ASTA)

John Stacpoole Memorial Trophy

Gray Parkes

Certificate of Appreciation

Rowan Castro
Janne Hannigan
Trish McEwen
Enfield Pool – the Staff
Lesley Furneaux-Cook
Steven Williams
Dominic Goodyer
Stefanie Goodyer
Robbie Drummett
Phillipa Grieve
Engadine Bowling Club
Engadine Leisure Centre
Dale Beattie
Deniliquin South Public School
Sacred Heart Central School – Cootamundra
Tumut Public School
Barbara Hanley



RLNSW President Jim Whiteside presenting Frances Simpson-Lee the Australian Companion Honor

Commendation Awards

In December 2013 the Patron of the Society, the Governor of New South Wales, Her Excellency Professor Dame Marie Bashir AD 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.

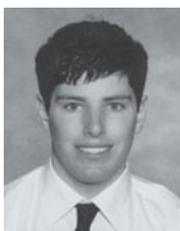
The New South Wales Branch issues Commendation Awards each year to people who rendered assistance and used their knowledge in water safety, rescue and/or resuscitation to aid an injured or ill casualty. These extraordinary Australians perform those skills, often in stressful situations, sometimes with 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 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 Dame Marie Bashir AD CVO, Mr Jim Whiteside, NSW Branch President, Commissioner Greg Mullins – Fire & Rescue NSW, Acting Deputy Commissioner Carlene York – NSW Police Force, and Chief Executive Ray Creen – NSW Ambulance Service with 2013 Certificate of Commendation Award recipients, NSW Police Award recipients, NSW Ambulance Award recipients and Fire & Rescue NSW Award recipient



Brock Smith

**Certificate of Commendation presented to:
Brock Smith**

When a customer collapsed in an aisle. Brock ran to investigate and found a 65 year old male lying on the floor in a pool of blood. The casualty had lost consciousness and his face had turned a blue colour indicating a lack of oxygen.

Brock immediately took charge of the situation instructing staff members to phone emergency services, get gloves and paper towel to clean the blood on the floor and another to clear the shop of customers and close the shop. Brock rolled the patient into the recovery position and cleared his airway. After establishing that he was not breathing Brock immediately commenced Cardiopulmonary Resuscitation (CPR).

Brock continued CPR for approximately 15 minutes until the ambulance arrived at the scene. The casualty was rushed to Tamworth Base Hospital and then flown to John Hunter Hospital in Newcastle. The casualty did not show any signs of life for 57 minutes from the time the incident occurred. However Brock's quick actions to commence CPR immediately gave him a chance of survival as Brock helped to sustain his life until the ambulance arrived. The casualty recovered sufficiently to undergo a heart bypass surgery. Since the incident Brock has been in regular contact with the casualty's family to check on progress.

Brock Smith is to be highly commended for his quick thinking and effectively managing this emergency situation at his workplace. Brock originally learned his CPR skills through the Scully Park Royal Life Saving Program and on the day, was the only person trained in CPR at his workplace. His actions were directly responsible for giving the patient a second chance of life.



Kate Shaw

**Certificate of Commendation awarded to:
Kate Shaw**

On 3 January, 2012, the Shaw family were enjoying a day at the river near their home in Macksville. 12 year old Sid was kneeboarding behind a boat when he hit a fallen branch which was leaning into the water causing his skull to dislocate from his spine. He broke his jaw, dislocated his neck and suffered a severe cut under his chin.

His 15 year old sister Kate was the observer in the boat and immediately alerted the driver (their dad) who turned the boat around. She jumped in the water and rushed to Sid, turning him slightly to clear the airway and remove some dislodged teeth. Their dad picked him up with Kate supporting his head and positioned him correctly in the boat and made sure no one moved him. As they did not know if he had a spinal injury at the time, Kate took all the precautions and treated him as though he had. She supported his neck and body until they reached shore to contact emergency services. Sid spent three months in Sydney Children's Hospital where he made a full recovery. Kate's knowledge was gained while doing her Royal Life Saving Bronze Medallion.

High Commendations are awarded to Kate Shaw. There is no doubt that Kate's knowledge of the correct first aid principles in spinal injury management and the skill to apply them were paramount to the ultimate full recovery of her brother.

Certificate of Commendation awarded to:

Nick Ophir and Ty Martin

In the early afternoon of 11 November, 2012, Nick Ophir and Ty Martin were on duty as pool lifeguards at Charlestown Public Pool in Newcastle. Hearing shouts for help, they saw a 17 year old boy being helped to the side of the pool. They quickly responded and after checking his vital signs, determined that he was not breathing and did not have a pulse.

Nick immediately commenced Expired Air Resuscitation (EAR) and External Cardiac Compressions (ECC). Ty directed pool staff to contact emergency services and retrieved a defibrillator. Ty administered a shock and the patient's pulse returned and he commenced breathing. NSW Ambulance officers attended shortly afterwards and transported him to hospital. It was discovered that the patient was suffering from a leaking aortic heart valve and required major heart surgery. He made a full recovery and returned home after four weeks.

Nick Ophir and Ty Martin are to be highly commended for their actions in quickly assessing the situation and administering CPR and a defibrillator in a calm and professional manner which undoubtedly saved this young man's life.



Cathlene Austin

Certificates of Commendation awarded to:

Dane Cooper, Matthew Frost, Daniel Beats, Brian Shaw, Michael Jenkinson and Cathleen Austin

About 9.30am on the morning of 2 February, 2011, a motorbike was travelling west on the Castlereagh Highway, Mendooran when it crossed the centre line directly into the path of an oncoming vehicle. A serious accident occurred with the rider of the motorbike sustaining serious and ultimately fatal injuries.

Dane Cooper, Matthew Frost, Daniel Beats, Brian Shaw, Michael Jenkinson and Cathleen Austin were first to arrive on the scene. At this time, the casualty was still alive, although she had sustained very serious injuries including her right leg being severed from her hip. Despite none of these people being health care professionals or emergency services personnel, together with the driver of the motor vehicle, they provided Cardiopulmonary Resuscitation (CPR) and first aid to the patient. Due to the remoteness of the location, emergency services had to travel distances of up to 120 kms to attend the scene. Ambulance officers came from Coonabarabran, Gilgandra, Dunedoo and Dubbo. Ambulance officers arrived about 40 minutes after the accident, followed later by police officers from Gulgong and an air ambulance from Orange Base Hospital. The doctor on board assessed the patient and found that the injuries were not conducive with life. He praised all persons who had administered CPR and first aid, stating, it was unheard of for such an exemplary attempt to revive a person to be done in such a remote location.

High Commendations are awarded to Dane Cooper, Matthew Frost, Daniel Beats, Brian Shaw, Michael Jenkinson and Cathleen Austin. Their actions were so extraordinary because without value on their own wellbeing and welfare, they not only conducted life saving CPR and first aid, but they were able to keep the casualty alive for 1 hour and 32 minutes without training or equipment which would have enabled the casualty to have the best possible opportunity to survive such a horrific accident.



Senior Constable David Hollier

New South Wales Police Award presented to:

Senior Constable David Hollier and Constable Melissa Jordan

On 8 February, 2012, Senior Constable David Hollier and Constable Melissa Jordan were among the first police officers to respond to a broadcast that a baby was not breathing and required immediate assistance.

On arriving at the scene Senior Constable Hollier entered the premises and observed a baby boy lying on the floor with blood around his mouth and nose.

The baby had been in this position for approximately 20 minutes with no family member attempting to revive him, possibly due to shock. After checking for vital signs and finding that the baby was not breathing, he commenced Expired Air Resuscitation (EAR). Constable Jordan retrieved a mask from the vehicle and took over EAR from Senior Constable Hollier so he could commence External Cardiac Compressions (ECC) on the baby. They continued Cardiopulmonary Resuscitation (CPR) for approximately 15 minutes until ambulance officers arrived who took over and transported the baby to Westmead Children's Hospital.

High Commendations are awarded to Senior Constable David Hollier and Constable Melissa Jordan. This incident was an extremely emotional and traumatic matter for all police involved. Both officers acted instinctively and commenced resuscitation efforts on the baby as they have been trained to do. They continued their efforts amid the frantic and emotional state of the family members who were all in close proximity and never gave up on their attempts to revive the baby.

New South Wales Police Award presented to: Probationary Constable Eric Tran

On 27 November, 2011, off duty Probationary Constable Eric Tran was setting up for a family lunch at his sister's house. After organising the food, the family went to the common area facility of the estate which has a BBQ area and an outdoor swimming pool. He noticed an adult male and a small female child wearing floaties in the shallow end of the pool. He could hear splashing and laughing and looking over, saw the male bouncing up and down in the water with the little girl sitting on the edge of the pool laughing.

After a couple of minutes, he looked over as the splashing had stopped and noticed the male under the water in the centre of the pool. Initially he thought he was playing as the child was still laughing. He walked over to the fence and sensing something was wrong, called to his sister to get the child and he immediately jumped in and grabbed the male and dragged him to the shallow end of the pool. Dragging him away from the pool he noticed his face was blue in colour and he immediately commenced Cardiopulmonary Resuscitation (CPR). After a few minutes the male began to move his eyes and make noises from his mouth. When he began to breathe on his own, Probationary Constable Tran put him in the recovery position and talked to him to keep him calm. A short time later, ambulance officers arrived and treated the male and conveyed him to hospital where he made a full recovery.

High Commendations are awarded to Probationary Constable Eric Tran. There is no doubt that his professional and selfless actions were instrumental in saving this man's life.



Senior Constable
Jason William Mills

New South Wales Police Award presented to: Senior Constable Jason William Mills and Constable Christopher George Wallis

On Saturday, 31 December, 2011, Senior Constable Jason Mills and Constable Christopher Wallis were called to respond to an incident at Mendooran in which a 63 year old female was suffering from an apparent cardiac arrest. The woman had been suffering chest pains and asked her husband to drive her to Dubbo

Hospital some 60 klms away. After two klms she collapsed in the car and her husband drove straight back to the Mendooran Police Station.

Senior Constable Mills and Constable Wallis removed the woman from the vehicle and after establishing that she was not breathing and did not have a pulse commenced Expired Air Resuscitation (EAR) and External Cardiac Compressions (ECC). Body fluids began to be expelled from the woman's mouth which contaminated both police as they did not initially have access to a mask. The woman's face began to drain of colour and fluid continued to be expelled from her mouth hampering resuscitation efforts. The police officers continued Cardiopulmonary Resuscitation (CPR) until ambulance officers arrived some 20 minutes later and conveyed the patient to Dunedoo Hospital.

High Commendations are awarded to Senior Constable Jason Mills and Constable Christopher Wallis who not only had to perform resuscitation effort for almost one hour, they also had to liaise with next of kin, ambulance officers and the hospital staff. They were both physically and mentally fatigued from what was a very traumatic situation.

Certificates of Commendation awarded to: Kate McShea and Justin Douglas

On Australia Day 2012, Kate McShea and Justin Douglas were enjoying the afternoon at Mackenzies Point, Tamarama. It is a rocky outcrop overlooking the ocean with no beach or easy access to the water.

A young man nearby who had also been enjoying the day with friends, decided to go for a swim and jumped off the rocks. After several minutes he tried to get out of the water by climbing the rocks however he was swept off the rocks by waves at every attempt. He then succumbed to fatigue and had gone under the water. Kate and Justin sighted the casualty face down in the water, not moving and immediately jumped into the water in an attempt to rescue him. He was now approximately 10 meters off the rocks in a moderate swell, unconscious and not breathing. Justin rolled him over and the casualty started shallow breathing. Between them they dragged him back to the rocks where waves battered them and washed them back into the surf on the first two attempts. On the third attempt they were able to get him out of the water and up on to the rock platform. They both suffered minor abrasions by being thrown on to the rocks. Once the patient was on the rock shelf, Kate and Justin rendered first aid. He was only just breathing but was still unconscious. They put him in the recovery position and made sure his airways were clear. They continued to monitor him until police arrived a short time later. The casualty was taken to hospital in a critical condition but managed to make a full recovery.

High commendations are awarded to Kate McShea and Justin Douglas. Their swift actions were undoubtedly instrumental in saving the casualty's life.



Warwick Monck

Certificates of Commendation awarded to: Jody Lloyd, Matthew Maddern and Warwick Monck

On 10 October, 2011, local truck driver Matthew Maddern was driving his truck on the Snowy Mountains Highway when saw a group of people at the gate of a property. They were trying to help a man who had become wedged between the gate and the hay loader attached to the front of a tractor.

Matthew is noted as the first person to arrive at the scene. He was driving a B double truck and unable to stop at the scene, drove to a nearby uncoupling bay and then returned to assist the patient, reversing the tractor to free him from the fence pole. He radioed for assistance and checked the patient for vital signs. The patient was pale blue, non responsive and not breathing. Matthew commenced Cardiopulmonary Resuscitation (CPR).

Jody Lloyd, a registered nurse, was the second person to arrive on the scene and assisted Matthew with CPR. Jody also gave clear directions to other members of the public until such time as ambulance personnel arrived and conveyed the patient to Bega Hospital.

Whilst Matthew and Jody were performing CPR, a second truck driver, Warwick Monck also stopped. He took over CPR and continued for some time until medical personnel arrived. Warwick then remained at the scene for some time afterwards taking control of the situation and giving support to the family members of the patient who had arrived at the scene.

High Commendations are awarded to Jody Lloyd, Matthew Maddern and Warwick Monck for responding and without hesitation giving assistance in what must have been a very traumatic situation in an attempt to save this man's life.

**New South Wales Police Award presented to:
Senior Constable Brooke Heyward and Constable Matthew Davis**

At approximately 1pm on Friday, 22 July, 2011, Senior Constable Brooke Heyward and Constable Matthew Davis responded to a call to attend premises in Parramatta.

On arrival, they found an hysterical male in the front yard, claiming he had killed his three year old daughter. The child had apparently been playing with a long blind cord close to her cot while she had been having a midday sleep. On searching the residence they found the child on the dining room table showing no signs of life, pale in colour with red marks around her neck. Senior Constable Heyward commenced External Cardiac Compressions (ECC) while Constable Davis commenced Expired Air Resuscitation (EAR). In between breaths, Constable Davis managed to update the radio operator and requested ambulance paramedics to attend.

High Commendations are awarded to Senior Constable Brooke Heyward and Constable Matthew Davis whose immediate actions were outstanding. Faced with significant trauma they focused and did all possible to save the life of a young child. They worked together prior to and during the attendance of paramedics.



Senior Constable
Kelvin Jubb

**New South Wales Police Award presented to:
Senior Constable Bradley Savins and Senior Constable Kelvin Jubb**

**Certificates of Commendation awarded to:
Sarah Mildehall, Darrin Lavender, Chenoa Appleby and David Appleby**

About 7.35pm on Friday 7 January, 2011, Senior Constables Bradley Savins and Kelvin Jubb responded to a call regarding a missing child described as about 10 years old and suffering from autism. They immediately left the police station and drove towards the country property where the child lived with his foster mother and her children. The child apparently had a fascination with water and despite a fence being erected around the house, he had somehow still managed to go missing.



Darrin Lavender

When the Senior Constables got close to the property, they saw a group of people standing on a dam wall which was about 40 metres in from the front gate. Sarah Mildehall, who was staying at the property had pulled the child from the dam and had begun Cardiopulmonary Resuscitation (CPR). Darrin Lavender, a friend of the family, had arrived and assisted Sarah performing Expired Air Resuscitation (EAR). Senior Constable Savins radioed that the child had been found, requested urgent ambulance assistance and ran over to the child.

Checking the child's vital signs, he saw that the child was not breathing, had no pulse and had turned blue. He immediately took over the External Cardiac Compressions (ECC) as Sarah was tiring while Darrin continued with the EAR. On at least two occasions water came out of the child's mouth and he rolled him on to his side to clear his airway. Senior Constable Jubb took over the chest compressions. They continued CPR for in excess of ten minutes until the ambulance arrived. The ambulance officers continued CPR for some time before conveying the child to Inverell Hospital. Senior Constable Jubb remained at the property and continued to comfort family members who had gathered at the scene, some of whom were understandably hysterical.

High commendations are awarded to Senior Constable Bradley Savins, Senior Constable Kelvin Jubb, Sarah Mildehall, Darrin Lavender, Chenoa Appleby and David Appleby. They are to be commended for their composure and professional attitude in a very stressful situation.



Firefighter David Balla

New South Wales Police Award presented to:

Senior Constable Anthony Bunyan

Fire & Rescue NSW Award presented to:

Firefighter David Ball

Certificates of Commendation presented to:

Michael Wyllie, Shane Wyllie, Kristie Clayton, Brooke Beale, William Ford, Robert Callaghan and Amos Mills

At about 11.30am on 22 July, 2010, a house fire occurred at Kelso near Bathurst, which was occupied by a mother, father and seven children. When the first people arrived, the parents and five of the children were outside but two small children were still inside the house. Shane and Michael Wyllie attempted to gain entry into a bedroom. Michael injured his hand while punching a hole through the wall to gain access. Amos Mills and Kristie Clayton then arrived and Amos smashed a hole in the window with a golf stick and entered the house. Michael held a garden hose on him to try to minimise the smoke and heat. Amos located one of the children and handed her out to the Wyllie brothers. She was unconscious and William Ford assisted by Kristie Clayton performed Cardiopulmonary Resuscitation (CPR) on her. Brooke Beale assisted by clearing the child's airways and attempted resuscitation.

At the same time, Robert Callaghan was attempting to find the other child. He gained access to the smoke filled room and eventually located her in that bedroom. He carried her to safety and then performed CPR until she recovered. Firefighter David Ball assisted by Kristie Clayton performed CPR on the four year old who regained consciousness and started to breathe. He then started CPR and oxygen on the seven year old assisting Robert Callaghan. Senior Constable Bunyan arrived and assisted Firefighter Ball with External Cardiac Compressions (ECC) while Ball ventilated the child.

High commendations are awarded to Senior Constable Anthony Bunyan, Firefighter David Ball, Michael Wyllie, Shane Wyllie, Kristie Clayton, Brooke Beale, William Ford, Robert Callaghan and Amos Mills. The teamwork of the personnel involved in this incident can only be described as exemplary and it is only through their combined actions that the two young children made a full recovery.



Senior Constable
Gareth Neil

New South Wales Police Award presented to:

Senior Constable Gareth Neil and Senior Constable Stephen Cromie

Certificate of Commendation awarded to:

Susan Watts

On 21 June, 2012, Susan Watts was on her way to work at Wollongong Hospital when an accident involving two vehicles happened in front of her. She immediately stopped and ran over to the vehicles ensuring all engines were switched off.

She assessed the driver of one vehicle and established that he was alert, conscious but trapped in his vehicle. She then assessed the driver and passenger of the other vehicle, observing that the female passenger was unconscious with shallow breathing. Susan immediately commenced Cardiopulmonary Resuscitation (CPR).

Senior Constable Neil was the first police officer to arrive at the scene. He observed Ms Watts performing CPR on the female passenger so checked the welfare of the other victims. The other car was at risk of catching fire, so he used a fire extinguisher to put the fire out and helped the male from that vehicle. Senior Constable Neil then took over CPR on the elderly female doing the External Cardiac Compressions (ECC) in an attempt to revive her.

Senior Constable Steven Cromie was the next to arrive and initially assisted with checking the welfare of the casualties and saw Senior Constable Neil performing CPR and quickly realised that he was tiring from his efforts but was still continuing. Senior Constable Cromie offered to assist and took over the ECC on the elderly female while ambulance officers tried different procedures to stabilise this person. He then comforted the trapped male passenger who was a relative of the female and had seen her being worked on. He maintained a rapport with the patient and then assisted in moving him on to a rescue board and out of the vehicle.

High Commendations are awarded to Susan Watts and Senior Constables Gareth Neil and Stephen Cromie for responding and without hesitation giving assistance and comfort in what must have been a very traumatic situation

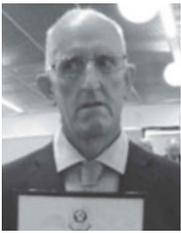


Sergeant
Christopher Tuite

**New South Police Award presented to:
Sergeant Christopher Tuite**

**Certificates of Commendation awarded to:
Sophie Dalton, Mitchell Donovan, Alan Paul and Kristine Skinner**

On the evening of 31 January, 2012, the Grafton area experienced a rare weather event in which 150 mls of rain fell within a short space of time which caused wide range localised flash flooding.



Alan Paul

At approximately 9.50pm a man had tried to drive his car over a crossing and encountered flooding. In doing so, the car left the roadway and became immersed in about 1.5 metres of fast moving floodwater. The man managed to get out of the vehicle but was washed underneath the road into a culvert where he was at risk of drowning.

Sophie Dalton, a registered nurse, Mitchell Donovan, a passenger in Ms Dalton's car, Alan Paul and Kristine Skinner, also a registered nurse, immediately stopped to render assistance. They alerted police and emergency services and began to search for the driver of the vehicle. They located him in about a metre of water with his head and face out of the water. He appeared to be unconscious and not breathing. Sergeant Christopher Tuite was the only police officer to attend the scene. Together with Ms Dalton, Mr Donovan, Mr Paul and Ms Skinner they performed Cardiopulmonary Resuscitation (CPR) on a rotating basis for in excess of 30 minutes until the arrival of the ambulance crew who conveyed the patient to hospital.

High Commendations are awarded to Sergeant Christopher Tuite, Sophie Dalton, Mitchell Donovan, Alan Paul and Kristine Skinner. They were selfless in their actions and acted out of a true sense of community spirit with an aim of saving another person's life. They were tenacious with their CPR efforts and displayed qualities of bravery, endurance and teamwork in a time of peril



Sergeant
Justin McEvoy

**New South Wales Police Award presented to:
Sergeant Justin McEvoy and Leading Senior Constable Paul Cuddy**

On 5 October, 2010, Sergeant Justin McEvoy and Leading Senior Constable Paul Cuddy responded to a report that a young intoxicated person had armed himself with two knives and was running around the backyard of a home in Sefton. He was banging on doors searching for his girlfriend who had decided to end their relationship.



Leading Senior
Constable Paul Cuddy

A neighbour identified the young man and directed police to the rear of the property. It was dark and when he saw the police, he started to run towards them. It was only when he came into the light that police saw he was armed. They called out to him to stop and get on the ground, however he quickened his pace and began to run at them. An officer fearing for his life removed his taser and fired it and the offender was struck in the chest and immediately collapsed. At that point Sergeant McEvoy and Leading Senior Constable Cuddy had come into the backyard of the premises and they quickly realised that he was losing consciousness so they commenced Cardiopulmonary Resuscitation

(CPR). During the CPR the offender vomited into the face mask and also on to the faces of Sergeant McEvoy and Leading Senior Constable Cuddy. They continued with External Chest Compressions (ECC) until the ambulance personnel arrived and continued efforts to revive the offender who was taken to Liverpool Hospital.

High Commendations are awarded to Sergeant McEvoy and Leading Senior Constable Paul Cuddy for their quick actions and dedication in rendering life saving assistance in an attempt to save a fellow human being.



Leading Senior
Constable Paul Cuddy

**Certificate of Commendation presented to:
Dillon Ruiz**

In November, 2011, a Senior Constable with the NSW Police Force was taking an early morning swim at Austinmer beach. The Senior Constable was undergoing six months of chemotherapy but regularly undertook light exercise.

Not long after entering the water he suffered an extremely rear side effect from one of the drugs he was taking known as acute cardio toxicity. As a result his heart stopped without warning and without rapid intervention was at serious risk of drowning.

Off duty lifeguard Dillon Ruiz was on the beach and noticed that he had stopped swimming and went to his aid. Dillon swam him to shore and after conducting an initial assessment of his vital signs he realised that there was no pulse or breathing, so he immediately commenced Cardiopulmonary Resuscitation (CPR). Dillon continued CPR for approximately 30 minutes until the patient began to improve and ambulance personnel arrived. He was taken to hospital where he was placed in an induced coma for 10 days to allow his body to recover from the effects of this incident.

High Commendations are awarded to Dillon Ruiz. There is no doubt that Dillon's quick intervention and persistence whilst performing CPR, saved the life of this Senior Constable.



Savi Thiru

**Certificates of Commendation awarded to:
Savi Thiru, Alyson Elias and Viktoria Sidorenko**

About 9.30am on Monday 28 January, 2013, an off duty policeman was jogging in Jim Walsh Park at Eastwood when he collapsed into unconsciousness after suffering a massive heart attack. Viktoria Sidorenko, a child care worker, was pushing a stroller through the park when she saw him lying unconscious on the ground. She approached him and quickly realised that he was unconscious and required medical assistance. She called 000 requesting ambulance assistance.



Viktoria Sidorenko

Viktoria was soon joined by Alyson Elias and Savi Thiru. Collectively they all carried out Cardiopulmonary Resuscitation (CPR). Despite being unable to raise a pulse and the man remaining unconscious, they continued CPR for almost ten minutes prior to ambulance personnel arriving. On arrival a defibrillator was used on the patient that succeeded in his resuscitation. The patient was conveyed to Royal North Shore Hospital where he was placed in an induced coma for three days when he regained consciousness. He underwent triple bypass surgery two weeks later.

High Commendations are awarded to Savi Thiru, Alyson Elias and Viktoria Sidorenko. These three rescuers were total strangers who went out of their way to assist the man. Collectively they maintained CPR for almost ten minutes despite being unable to raise a pulse. It is certain that without the continuous CPR carried out by these three people, that the patient may not have recovered or at the least suffered a significant brain injury.



Michelle Little

**Certificate of Commendation awarded to:
Michelle Little**

**New South Police Award presented to:
Senior Constable Daryl Conroy**

On Saturday, 29 April, 2006, Senior Constable Daryl Conroy was off duty watching an over 35s game of soccer at Parramatta. About 30 minutes into the match, a

player collapsed and fell to the ground, hitting his head and causing a laceration to his face.

Michelle Little, a registered nurse, was also watching the game and alerted Senior Constable Conroy to the condition of the player and to the fact he had appeared to turn blue. They both ran on to the playing field and checked the patient's vital signs. He had no pulse, was not breathing, his pupils were fixed and his face was a bluish colour. They rolled him on to his back in an attempt to clear his airways, tilted his head back and commenced Cardiopulmonary Resuscitation (CPR). Senior Constable Conroy performed the External Cardiac Compressions (ECC) whilst Michelle Little sustained the required breaths, despite the fact that the injured player had blood and mucous on his face and they did not have any mask available. They continued CPR on the injured player for some 15 minutes prior to an ambulance arriving who conveyed him to Westmead Hospital.

High Commendations are awarded to Michelle Little and Senior Constable Daryl Conroy for acting immediately and without hesitation to assist the patient. This was an extremely stressful situation and together they took control and did their utmost to preserve the life of a fellow human being.

NSW Police Award presented to:

Senior Constable Russell Crowe, Probationary Constable Taryn Kirkpatrick and Sergeant Nicholas Park

At approximately 10.25am on 12 January, 2012, Senior Constable Russell Crowe and Probationary Constable Taryn Kirkpatrick were patrolling the Princes Highway, Albion Park Rail when they saw a male lying on the footpath and stopped to render assistance.

They checked the patient's vital signs and found the patient was not breathing and did not have a pulse. They immediately commenced Cardiopulmonary Resuscitation (CPR) with Senior Constable Crowe performing External Cardiac Compressions (ECC) and Probationary Constable Kirkpatrick administering Expired Air Resuscitation (EAR). Sergeant Nicholas Park heard the call on the radio and arrived 10 minutes later and began to monitor the man's vital signs including his pulse. He then took over the chest compressions. Approximately 20 minutes after the initial CPR commenced, ambulance personnel arrived and took over from the officers.

Senior Constable Russell Crowe, Probationary Constable Taryn Kirkpatrick and Sergeant Nicholas Park are to be highly commended for their efforts in assisting this man. Their actions showed great leadership and initiative in a difficult situation.

NSW Police Award presented to:

Senior Constable Susan Devlin and Constable Jessica Kelly

Having completed a job in the Robertson township after midnight on 29 December, 2010, Senior Constable Susan Devlin and Constable Jessica Kelly noticed an ambulance on urgent duty travelling east along the highway. They made a decision to travel east along the highway to investigate the reason it was in the area. As they were not under urgent duty they lost sight of the ambulance.

Driving past a shop they observed a male lying on the footpath. They spoke to the male who stated he had chest pains and appeared to be having difficulty breathing. They called for an ambulance and the ambulance they had previously sighted returned. The male had now stopped breathing and he lost consciousness. Senior Constable Devlin and Constable Kelly pulled him away from the wall of the shop, tilted his head back and checked for vital signs. On finding no pulse or breathing they commenced Cardiopulmonary Resuscitation (CPR). The male started breathing and was rolled into the recovery position. The ambulance personnel arrived shortly after. The male was given oxygen, stabilised and taken to Bowral Hospital where he was admitted. One officer travelled in the ambulance allowing both ambulance personnel to be in a position to work on the patient in case of relapse.

High Commendations are awarded to Senior Constable Susan Devlin and Constable Jessica Kelly who showed excellent initiative to travel in the same direction as the ambulance in case the incident they were attending required a police response. This decision led them to locate the patient and by

rendering assistance and performing CPR, saved the life of this man. It is likely that due to the isolation of the area there would have been a significant delay in the ambulance locating the patient if at all, with the likelihood the patient would not have survived the incident.



Senior Constable
Marvin Mungcal

**NSW Police Award presented to:
Senior Constable Marvin Mungcal and Constable David Brodie**

About 3.00pm on Saturday 3 July, 2010, Senior Constable Marvin Mungcal and Constable David Brodie responded to a “concern for welfare” call about an unconscious male on a street in Lalor Park. Upon arrival they saw the collapsed male lying in the recovery position being tended to by a nearby resident who stated she was an assistant nurse. The male was not responding to reaction stimuli, was not breathing and had no pulse, however was warm to touch. The male also had vomit around his mouth and on his shirt.

Senior Constable Mungcal checked the male’s mouth and airway for any obstruction and together with Constable Brodie placed him on his back and commenced Cardiopulmonary Resuscitation (CPR). They continued for about 10 minutes until ambulance personnel arrived and took over. They assisted Ambulance officers while they continued for a further 20 minutes also utilising a defibrillator and injecting the male with adrenaline. The male was conveyed to Blacktown Hospital with a faint pulse.

High Commendations are awarded to Leading Senior Constable Marvin Mungcal and Constable David Brodie who showed great professionalism and worked as a team in trying conditions in an attempt to save this person’s life.

**NSW Ambulance Service Award presented to:
Jeffrey Egan, Gavin Richardson, James Moore and Natalie Moore**

On Saturday 15 December, 2012, at approximately 1.15am, a Toyota Hilux ute collided at high speed with a petrol tanker on the Princes Highway at Jaspers Brush on the south coast of NSW. The tanker was loaded with 52,000 litres of ethanol and upon impact had then veered into an embankment tipping over and leaking fuel. The Hilux ute was extensively damaged beyond recognition and the driver killed instantly. The driver of the tanker was seriously injured and trapped in the wreckage of the truck.

NSW ambulance resources and other emergency services responded to the scene with Officer Jeffrey Egan one of the first to arrive. Due to the hazardous situation, a one klm exclusion zone was enforced and portable radios and mobile phones were not allowed to be used making communication more difficult. Upon the arrival of further ambulance personnel, Officers Gavin Richardson, James Moore and Natalie Moore proceeded straight to the truck to treat the injured driver without regard for their own personal safety. They were aware of the highly volatile situation but realised the driver needed urgent medical attention.

The officers stayed with the patient providing reassurance and rendering medical treatment while ethanol continued to gush out of the tanker and local Rural Fire Service crews sprayed water over the tanker. The patient presented with an open head injury, spinal concussion, fractured rib, forearm and shoulder, with lacerations to his face, arms and legs. After remaining trapped for 45 minutes the patient was released from the wreckage and transported to Shoalhaven Hospital.

High Commendations are awarded to Jeffrey Egan, Gavin Richardson, James Moore and Natalie Moore. Their actions showed great courage and composure in this very hazardous situation. They remained calm and professional at all times while having to carry out their duties in an extremely dangerous environment with potentially disastrous consequences

NSW Ambulance Service Award presented to:

Russell McNeill

In the early hours of Saturday, 26 February, 2013, Russell McNeill and his partner responded to an emergency call to attend a ground floor unit fire in Arncliffe where there was believed to be a man trapped inside.

Officer McNeill made contact with the female resident of the unit who had managed to escape, however she believed her partner to be still inside. She had tried to re-enter the unit but had been forced back by smoke. Officer McNeill entered the burning unit while his partner retrieved a fire extinguisher. He was forced back out of the unit by flames, but once armed with the fire extinguisher re-entered the unit only to be again forced out due to flames, heat and smoke. Another fire extinguisher was handed to him by his partner who had been co-ordinating other emergency services and directing residents to grab garden hoses.

Officer McNeill entered the burning building a third time and located the conscious male patient crouched by one of the broken windows. The patient became combative and abusive as Officer McNeill pulled the patient toward the exit and even tried to block the exit way from him. Officer McNeill then pushed himself and the patient out of the doorway to safety. Fire & Rescue NSW personnel had now arrived and had begun preparations to finish extinguishing the smouldering embers.

High Commendations are awarded to Officer McNeill. As a result of his actions he successfully extinguished two fires within the unit and saved the patient who most certainly would have not survived the incident. Unfortunately Officer McNeill sustained serious smoke inhalation and had to be transported to St George Hospital for treatment.



**NSW Ambulance Service Award presented to:
David O’Connell and Adam Debenham**

On Friday 9 July, 2004, Officer David O’Connell and his partner Adam Debenham were travelling along The Bucketts Way, Hillville in a 4WD ambulance on their way to pick up a patient from hospital. An oncoming vehicle aquaplaned on to the wrong side of the road which resulted in a serious head on collision with the ambulance.

Adam Debenham The officers were trapped in the ambulance and Officer O’Connell sustained a fractured sternum, a serious injury which impeded his respiration rate and left him in excruciating pain. Officer Debenham sustained a serious head injury and was knocked unconscious. He regained consciousness after a short while and tried to find an escape route via the rear door. A driver from a following vehicle pulled over and assisted both officers from the extensively damaged ambulance via the front passenger window.

Despite their own injuries, Officers O’Connell and Debenham proceeded to the other vehicle and freed the female driver who was in a critical condition. After assessing vital signs and detecting no breathing or pulse, they commenced Cardiopulmonary Resuscitation (CPR) and treatment on her for an extended period of time. Officers O’Connell and Debenham were transported to Manning Base Hospital where Officer O’Connell was admitted into intensive care for four days. He then endured a long recovery before returning to normal duties. Officer Debenham was admitted for several days and made a full recovery, eventually returning to normal duties.

High Commendations are awarded to Officers David O’Connell and Adam Debenham who conducted themselves above and beyond normal duties. Even though they had sustained significant injuries, without consideration of their own health and safety, proceeded to provide CPR and treat the female patient of the other vehicle.



Staff of Royal Life Saving NSW Branch at the Commendations Ceremony

Registrar's Report

The 2013/14 season was another interesting and challenging year for the Club & Competition arm of the Royal Life Saving Society NSW Branch. Clubs provided important opportunities for their members through award work and training them in lifesaving skills for competition.

Prior to the official start of the season club teams had the opportunity to compete in the Australian Short Course Competition alongside teams from across the world in Australia for the Commonwealth Games. These Games were held at the Australian Institute of Sport (AIS) Canberra in September in a friendly but competitive atmosphere.

Seven clubs participated in the Club & Competition Interclub carnivals this season. Four carnivals continue to challenge the skills & fitness of competitors – Woronora's river carnival and pool carnivals at Engadine, The Hills and Enfield. This year members of the new Royal Aquatic Swimming & Lifesaving Club based at Aquatic Safety Training Academy (ASTA) were welcomed to the competition.

The clubs train their competitors in lifesaving skills to the appropriate award level (Swim & Survive levels, Bronze Medallion, etc.) or higher for competition as well as coaching for competitive events throughout the season.

At the end of the 2013-14 competition season the capitated membership for each club were as follows:

Enfield	56
Engadine	26
The Hills	65
Port Hacking	25
Royal Aquatic	16
University NSW	6
Woronora	19

On November 24, 2013 the NSW State Simulated Emergency Rescue Competition (SERC) was held at ASTA. Competition was close between The Hills and Enfield clubs. All teams & individuals performed very well. It was great to see teams in the Restricted, Open & Pairs communicate & co-operate to such a high standard. A new under 19 individual age group was trialled with the open age group. Individuals across the U/16, U/19 and open performed with confidence and skill. This year the clubs were competing for a new overall point score trophy – The Roth Shield.

In January 2014, the Australian Pool Lifesaving Championships were held at the Australian Institute of Sport in Canberra. The NSW State team as well as individuals & team members from NSW clubs surprised many with their outstanding performances in water events, Cardio Pulmonary Resuscitation (CPR) and SERC.

The 2013/14 NSW State Pool Lifesaving Championships were held at Granville on March 22-23rd where 14 records were broken. The competitors were focussed and many achieved a personal best time. Thank you to the officials who assisted and kept the carnival running smoothly under Roz Grey's leadership.

On May 25, 2014 at Burwood RSL, the NSW State Presentation was held. James Whiteside, President of the Board of Directors, David Macallister, CEO of NSW, as well as past members of Auburn Lifesaving club were welcomed as special guests. Damian Hofman and Joanne Teagle were presented with NSW Life membership for their service to NSW. Well done to all who participated and achieved during the 2013-14 season.

Once again thank you to all who supported the sport. The officials who continue to work hard are very much appreciated. Thank you to the race secretary Eion McCrindle and his assistants, Geoff and Barbara, for their work at the NSW State Championships. Thank you to Steve Williams as MC, and Melanie Williams for her assistance setting up the presentation. Thank you to Leane Macallister for the essential organising work done in the office during the season. Special thanks to Roz Grey for her hours of work for the Club and Competition Committee and the sport of pool lifesaving.

There were many highlights for NSW this season - some big, some small. We are fortunate to be involved in a sport that teaches us to save lives in a friendly competitive environment.

Scherie McDonell
State Registrar



**Port Hacking Lifeguard Club Simulated Emergency Response Competition Team -
World Lifesaving Championship winners**

2014 Australian Pool Life Saving Championships



RLNSW State Team - Overall Champions 2014 National Pool Lifesaving Championships

The Royal Life Saving Society Australia hosted the 2014 Australian Pool Life Saving Championships at the Australian Institute of Sport, Canberra, ACT from 16 – 18 January 2014 and I am pleased to report NSW fielded a strong contingent (NSW team and club teams) once again at the championships.

This year the NSW team was selected from times gained at the Commonwealth Championships and/or remote time trials with the process monitored by our State selectors; Melanie Williams and Eion McCrindle and our NSW Team Coach, Tony Stanley always nearby.

The team bonded well and worked as a cohesive group supporting one another through the good moments and the not so good. They looked great with a smart costume design, pool uniform with backpack and a simple but professional presentation uniform.

A number of training sessions were held leading up to the Championships and usually followed a club carnival. Specific training sessions were held for the under 16 competitors in an attempt to give them a little more experience. Once again Tony (NSW Coach) encouraged all competitors to train hard with their own squad and for any individual questions he was always contactable.

The team arrived in Canberra the day before competition and had one last training session 'hit out' at the AIS pool to give the competitors a feel of the venue atmosphere. In addition and after each day's competition a team meeting was held to discuss the events of the day and plan for the next day.

Once again the National Championships ran smoothly from an overall perspective and although there were some smaller issues the competition proper was conducted well with Roz Grey Championship Referee and many NSW representatives filling a host of official positions.

Congratulations must go to the NSW Team for the way they conducted themselves both in and out of the water. The NSW Team was again crowned the Overall Champions which they have now been the Champions for 10 of the past 11 years. Congratulations to them and the many individuals in the team who gained selection into the various Australian teams.

In closing this year's report (and being my last as I am retiring as NSW Team Manager) I would like to thank everyone who supported me in this role especially Roz Grey, Melanie and Steve Williams.

A special thank you goes to Sophie Richardson for hours spent researching uniforms, costumes, restaurants and for listening to me when times were tough.

I wish next year's NSW Team, Manager and Coach all the best.

Sandra Richardson

NSW Team Manager



NSW State Team



Under 16s Winning Team



Under 16 – Abby Dawson, Georgia Cairncross, Bradley Dawson, Bradley Woodward



Under 19 – Alessandra Gasparotto, Elyssia Gasparotto, Daniel Smith, Jed Boxall



Open Females – Tiarna Jones, Rachele King, Llani Hyers-Wharton, Jessica Collins



Open Males – Tim Schofield, Andrew Bowden, Andrew Fisher, Blake McCrindle

2014 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	Alessandra Gasparotto	Tiarna Jones	Tim Schofield	Tony Stanley	Sandra Richardson
Georgia Cairncross	Elyssia Gasparatto	Rachelle King	Andrew Bowden	RESERVES	
Bradley Dawson	Daniel Smith	Llani Hyers-Wharton	Andrew Fisher	Mitchell Musarra	
Bradley Woodward	Jed Boxall	Jessica Collins	Blake McCrindle	Shivaun Street	

2014 National Lifesaving Championship Results

Men's Under 14 Individual Overall Championship 1. Dominic Elliott (Qld Ind) 2. Brendon Smith (Vic Development) 3. Matthew Wang (Vic Development)	Women's Under 19 Individual Overall Championship 1. Leah Jones (QLD Ind) 2. Alexandra Nolan (QLD Ind) 3. Rosie Lennox (QLD)	Men's Over 45 Individual Overall Championship 1. Paul Lemon (Hills LSC) 2. Steve Boxall (Port Hacking LG) 3. Mark Fitzsimmons (NT Ind)
Women's Under 14 Individual Overall Championship 1. Madison Howe (Vic Development) 2. Alexandra Daugalis (SA Ind) 3. Jessica Windsor (Hills LSC)	Men's Open Individual Overall Championship 1. Tim Schofield (NSW) 2. Sam Bell (Qld) 3. Liam Ryan (WA)	Women's Over 45 Individual Overall Championship 1. Jenny Whiteley (Hills LSC) 2. Louise Vandergraf (Port Hacking LG) 3. Meryl Churchill (Hills LSC)
Men's Under 16 Individual Overall Championship 1. Bradley Woodward (NSW) 2. James Petropolous (VIC) 3. Dominic Elliott (QLD)	Women's Open Individual Overall Championship 1. Mariah Jones (QLD) 2. Pamela Hendry (QLD) 3. Lisa Ferguson (VIC)	Men's Over 60 Overall Championship 1. Rob Hendry (Port Hacking LG) 2. Tony Barry (Ithaca Caloundra)
Women's Under 16 Individual Overall Championship 1. Abbey Dawson (NSW) 2. Samantha Howe (VIC) 3. Stephanie Purser (QLD)	Men's Over 30 Individual Overall Championship 1. Troy Racklyeft (Enfield LSC) 2. James Evans (Mordialloc)	Women's Over 60 Overall Championship 1. Gordana Kalanj (SA Ind)
Men's Under 19 Individual Overall Championship 1. David Elliott (QLD) 2. Jed Boxall (NSW) 3. Matthew Davis (QLD Ind)	Women's Over 30 Individual Overall Championship 1. Lysa Houg (NT Ind)	
Interstate Women's Overall Championship 1. QLD 2. NSW 3. VIC	Interstate Overall Championship 1. NSW 2. QLD 3. VIC	Interstate Men's Overall Championship 1. NSW 2. QLD 3. VIC
Female Lifesaver of the Meet Christina Ruiz (QLD)	Male Lifesaver of the Meet Bradley Woodward (NSW)	Official of the Meet Norm Stanley – Hills LSC

Enfield Life Saving Club

The 2013/2014 season was another busy and successful season for ELSC. Our numbers remained strong with several enthusiastic new members joining this season.



Summary of Awards achieved by our members this season:

Resuscitation	1
Swim and Survive Level 4	1
Swim and Survive Level 5	6
Swim and Survive Level 6	5
Bronze Star	9
Bronze Medallion	19
Bronze Cross	4

Interclub Carnivals & NSW State Championships

Enfield held its club carnival on 23 February 2014 and was well attended by competitors from several clubs. Almost all Enfield members attended and the day was a great success. Thank you to parents and officials from all clubs who assisted on the day.

The Enfield competitors can once again be proud of their level of participation in the inter club carnivals this season, they consistently maintained a strong presence and are always striving to achieve their best.

Enfield won the following awards:

- The Ampol Cup for Restricted 4 Person SERC Team
- The Kleemo Cup for Open 4 Person SERC Team
- The Midget Championship Trophy for 8-9 and 10-11 age groups
- The Roth Shield for NSW SERC Pointscore



Australian Pool Life Saving Championships 2014

A large team from Enfield competed at the APLSC in Canberra. Well done and congratulations to all the members who competed, several members achieved personal bests and provided a great experience for all competitors. An exceptional effort by all the U/16 girls in the CPR, with three of our girls taking out the trifecta of medals. Our Open SERC team was outstanding in winning Gold. Congratulations to the following competitors:

Open SERC Team – Gold Medal

- Dominic Goodyer
- Rowan Castro
- Troy Rackyleft
- Steven Williams



Alana Castro

U/16 CPR - Gold Medal

Nicole Castro

U/16 CPR – Silver Medal

Stefanie Goodyear

U/16 - Bronze Medal



Troy Racklyeft

Over 30 – 12.5m Line Throw – Gold Medal

Over 30 – 100m Manikin Tow – Gold Medal

Over 30 – 50m Manikin Carry – Gold Medal and National Record

Over 30 – 100m Manikin Carry – Silver Medal

Over 30 Champion

Commonwealth Short Course Championships

A team of six U/16s Enfield members competed at the Commonwealth Short Course Championships in Canberra.



This was a great experience for the competitors who trained in the off season for the competition.

Thank you our team managers Julie Stralow and Janine Hannigan who did a great job keeping our teams organised during all the carnivals and at Nationals. Thank you also to our Team Captains Zach Ryan and Rowan Castro for their terrific efforts throughout the season.

Thank you to the Enfield Life Saving Club Committee: President - Denise Williams; Treasurer - Janine Hannigan and Executive Committee Members - Mavi Giacomello and Scherie McDonell for the continued commitment. Thank you to our coaches and instructors Carol Baglin, Julie Stralow, Denise Williams and Scherie McDonell for all their hard work and dedication throughout the season.

Finally, a huge thank you to all our members and their families for the support and commitment. We have had a very successful season with outstanding results for a small club as ours and everyone should take pride in their achievements

Trish McEwen

Club Secretary

The Hills Swimming and Lifesaving Club

The 2013/2014 season was another busy and successful one in terms of both competition and award work. Our numbers remained high with most of last season’s members returning 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 listed below 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.

- | | | |
|-------------------|----------------|-------------------|
| Mathew Knight | Tim Engdahl | Alison Richardson |
| Sophie Richardson | Louise Smalley | Talisha Jones |
| Damian Hofman | Steve Williams | Ben Fishburn |

The Life Saving Club Captains, Sophie Richardson and Mitch Musarra, did an outstanding job this season. Thank you for your commitment throughout the season.

Interclub Carnivals and NSW State Championships

The Hills hosted its 34th 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 Lifesavers 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 255 points. The next highest club on 168 points was Enfield. 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).

Individual State Champions were: Teana Hodggers (8-9 yrs), Jess Windsor (10-11 yrs), equal Jordan Hodggers & Sam Knight (12-13yrs), Brad Woodward (U/16), Alessandra Gasparotto & Daniel Smith (U/19), Tiarna Jones (Open) and Pam Stanley & Daniel Harding (over 45yrs).

Talisha Jones and Mathew Knight won the Auburn LSC Trophy for the Under 19 Simulated Emergency Response Competition (SERC) with Alessandra Gasparotto and Mitch Musarra second. Tiarna Jones won the Fowler Shield for the Open Womens SERC and Nathan Breen came 3rd in the Open Mens SERC. Sophie Richardson came 2nd and Rachel Cooper came 3rd in the U/16 Womens SERC.

Tiarna Jones won the CW Hyde Trophy (100m Manikin carry), the Nerida Murray Memorial Trophy (200m Super Lifesaver), the NSW State Team Trophy (200m Obstacles) and the Wilson Reid Trophy (100m Manikin Tow). Andrew Bowden won the Shoebridge Cup (100m Manikin Carry) and the Lou Stevens memorial Trophy (200m Super Lifesaver). Brad Woodward won the Areva Shield (U/16 200m Super Lifesaver).

A variety of our Open teams won every relay event. Andrew Bowden, Tom Simpson, Grant Whiteley and Tiarna Jones won the 1983 NSW Ladies State Team Trophy for the 4 x 50m obstacle relay. Second place went to Alessandra Gasparotto, Nathan Breen, Corey Fletcher and Daniel Smith. Andrew Bowden, Tom Simpson, Ben Fishburn and Tiarna Jones won the NSW 1983 Men's State Team Trophy for the 4 x 25m manikin carry relay with Alessandra Gasparotto, Nathan Breen, Mathew Knight and Daniel Smith coming second while Mitch Musarra, Grant Whiteley, Tony Stanley and Katie Breen came third. This showed our great depth in manikin carries.

Winning the Society Cup for the 4 x 50m Medley relay was Alessandra Gasparotto, Nathan Breen, Corey Fletcher and Daniel Smith with Mitch Musarra, Grant Whiteley, Tony Stanley and Katie Breen coming second.

Our Restricted 8 x 50m fin relay team of Andrew, Ben, Tiarna, Tom, Brad Woodward, Sophie Richardson, Rachel Cooper and Cameron Smalley won the Walter Scott Trophy. Our U/12 manikin relay consisting of Teana Hodggers, Eirlys Willett, Grace O'Brien and Jess Windsor won the Sue Gilmore Memorial Trophy.

Overall Pointscore Champions (for carnivals throughout the season) were: Teana Hodggers equal (8-9yrs), Jess Windsor (10-11 yrs), Sarah Osborne & Jordan Hodggers (10/11yrs), Rachel Cooper equal (U/16), Mitch Musarra, Alessandra Gasparotto (U/19), Tiarna Jones & Ben Fishburn (Open), Tony Stanley equal (30-44yrs) and Pam & Norm Stanley (45+ yrs).

Trophy events are somewhat random and there were many more relay wins, individual wins and personal best swims which helped the club win the overall Point Score Champion of the Season winning the Judge Harvey Prior Memorial Trophy for the twelfth year in a row.

Damian Hofman was awarded his Life Membership for twenty years' service in the NSW branch. Melanie Williams and Pam Stanley were awarded the Fellow – RLSSA for ten years' service at a National level. Norm Stanley was awarded the John Stacpoole Memorial trophy for outstanding service in the sport of Pool Lifesaving.

State record holders were Jess Windsor (10-11 yrs Line throw), Brad Woodward (U/16 Line Throw), Alessandra Gasparotto (U/19 200m Super Lifesaver and Line Throw), Andrew Bowden (Open 100m manikin carry with fins) and Daniel Harding (O/45 Line Throw). Congratulations to these record holders.

Thank you to all those lifesavers who competed for our club throughout the season and at the State Championships. Each and every member helped us to achieve these great results both at the State Championships as well as throughout the season. Congratulations and keep up the good work.

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. We also need our "parent" workforce so thank you for your support throughout the season.

Australian Pool Life Saving Championships 2014

Twenty-four Hills members competed at the recent Australian Pool Life Saving Championships 2014 at the AIS, Canberra in daily 40°C heat. Our medal tally was 50 gold, 34 silver and 34 bronze.

Brad Woodward, Alessandra & Elyssia Gasparotto, Daniel Smith, Tiarna Jones, Rachelle King, Jess Collins, Andrew Bowden, Tim Schofield and Mitchell Musarra (res) competed in the NSW state team while Sophie Richardson, Rachel Cooper, Corey Fletcher, Mathew Knight, Tom Simpson, Megan King, Kendal Fitzgibbons, Ben Fishburn, Erin Robertson, Jenny & Grant Whiteley, Meryl Churchill and Paul Lemmon competed in The Hills team with Jess Windsor competing in the U/14 competition. Hills members' Tony Stanley and Sandra Richardson were NSW State Team Coach and State Team Manager respectively. NSW won the overall championship by 16 points with Qld 2nd and Vic 3rd. NSW also won the Men's overall championship and overall U/19 team. The NSW U/16 and Open teams and the NSW Women's team came 2nd overall.

There were some outstanding results with placings in the overall rankings.

Jess Windsor (11 yrs) came 3rd overall in the U/14 one day competition. Brad Woodward won the U/16 male Champion winning the George F Stacey Memorial Trophy as well as the Men's Junior Australia Cup with the Dr Ian Mackie Memorial Trophy. Brad was selected on the Junior Barras team. He also won the male Athlete of the Meet with 5 individual gold medals – an excellent achievement.

Tim Schofield came 1st in the Open males winning the Trenchard Millar Trophy while Tim, Andrew Bowden, Rachelle King, Jess Collins & Tom Simpson were selected in the train-on squad for the Aussie Barras.

Paul Lemmon came 1st in the overall 45-59 yrs winning the Cyril Crollick Memorial Trophy and broke the 100m manikin carry, 100m obstacles, 12.5m Line throw championship records and the 50m manikin carry world record for 45-49yrs (to be ratified).

Jenny Whiteley won the overall 45-59 yrs winning the Frank Henry Trophy while Meryl Churchill came 2nd. Jenny also broke 5 world records in the 55-59 yrs (to be ratified).

Highlights for our club were our open male team (Ben, Grant, Tom & Paul) coming 3rd in all the three relay events with exciting finishes behind the NSW (Andrew & Tim) and Qld state teams.

Another mention must go to all the Hills officials who worked hard in the heat; Steve and Melanie Williams, Damian Hofman, Donna Fishburn, Pam and Norm Stanley who won the Official of the Meet. Also Dennis Gasparotto and Jacqui Smith who helped out at times.

It was good to see so many Hills members participating and gaining experience at such an elite competition. There were many great swims and personal bests showing the strength and depth of talent in our club. Congratulations to you all and keep up the good work.

International Competition

Hills members competed at a number of International Competitions this season.

In September at the RLSS Commonwealth Life Saving Championships were held at the AIS Canberra and the following Hills members were selected into the Australian or Australian Development Team. Elyssia Gasparotto, Andrew Bowden, Keelan Bridge, Tim Schofield and Tom Simpson.

Sophie Richardson, Talisha Jones, Ben Fishburn, Mitch Musarra, Daniel Smith, Tiarna Jones and Grant Whiteley competed at the Commonwealth and Australian Pool Life Saving Short Course Championships held prior to the main competition.

Training Squad Thailand

In April Jess Collins, Elyssia Gasparotto, Tom Simpson, Tim Schofield and Keelan Bridge attended a training camp as part of the RLSS Aussie Barra Team.

Life Saving World Championships – Rescue 2014

Congratulations to Andrew Bowden and Tim Schofield on their selection to the Australian United (Royal & Surf) Life Saving Team and to Brad Woodward on his selection onto the Australian Youth Life Saving Team to compete in France in September.

This is an extraordinary achievement for these young men, in particular Tim & Andrew with two Olympians on their team. Being selected onto an Australian Team to compete at an International Event is a wonderful result for all their hard work and commitment to the sport.

Jenny Whiteley - Induction into the International Masters Swimming Hall of Fame

Another Highlight this season was Jenny being recognised for her outstanding efforts in the pool as a Masters athlete in swimming and life saving. Jenny has been in the Top Ten for 18 years and has set 39 FINA Masters World Records, ten long course metres in breaststroke and one individual medley, and 29 short course metres in the breaststroke, freestyle, butterfly and individual medley. Jenny has also achieved a number of accolades in Pool Lifesaving including five Masters World Records and countless National Pool Lifesaving Records.

Jenny was among a group of eight prestigious athletes who were awarded the International Masters Swimming Hall of Fame honour in a special ceremony in Anaheim, California in September 2013.

Congratulations Jenny on your fantastic achievements!

And finally I would like to thank the Management and Staff at Waves Fitness & Aquatic Centre for their continued support of the Life Saving activities of the club.

Melanie Williams

Life Saving Secretary



2014 State Presentation



Hills team at the 2014 Australia Pool Life Saving Championships ACT



2014 State Presentation – Junior Winners



2014 Australian Pool Life Saving Championships ACT



2014 Pool Life Saving Championships ACT

Port Hacking Lifeguard Club

The 2013/14 competition season began with the Commonwealth Pool Life Saving Championships held in Canberra which also incorporated the Commonwealth and Australian Short Course Pool Life Saving Championships.

Port Hacking Lifeguard were represented in the Aussie Barra's team with Mitch Parkes (Team Captain) and Felysia Konakoff whilst in the Australian Development Team by Andrew Fisher (Team Captain), Alex Clarke, Jed Boxall and Llani Hyer. Both teams were successful in winning their respective Championships. Special mention should be made of Mitch Parkes and Felysia Konakoff for equalling the most number of representative caps for Australia at Commonwealth Championships. They join Chris Timms WA and David Locke NSW on representing Australia at four Commonwealth Pool Life Saving Championships.

The NSW Sports Federation Awards were held at the end of 2013 and Port Hacking Lifeguard Club's outstanding SERC team which had won the 2010 and 2012 World SERC Championships were finalists in the team category. Unfortunately they were not successful in winning the award which went to a master's basketball team.

The 2014 Australian Pool Life Saving Championships, held in Canberra were an outstanding success. Congratulations to NSW for winning the Championships and to Georgia Cairncross for gaining selection in the Australian Junior Barra's team, Ela Heiniger and Jed Boxall for selection in the Australian Silver Barra's team and Mitch Parkes, Andrew Fisher, Alex Clarke and Llani Hyer in the Aussie Barra's squad.

Port Hacking Lifeguard Club is currently in final preparations to attend the 2014 World Life Saving Championships to be held in Montpellier, France. Port Hacking has both a master's team and an open interclub team competing at the Championships and we wish them all the best. Ela Heiniger was successful in gaining selection in the Australian Youth Life Saving Team in France for the Youth National Team World Championship whilst Port Hacking Life Member Pamela Hendry gained selection in the Australian Open Team.

Gray Parkes retired from active coaching duties at Port Hacking Lifeguard Club at the end of the 2013/14 season and has handed over the reins to Australian, Commonwealth and World Champion Felysia Konakoff. Felysia who is also the current NSW representative on the National Sports Committee and has been elected on to the National Team Selection Panel.

Port Hacking Lifeguard Club would like to acknowledge the support of Sutherland Shire Council for the allocated hire of pool lane space for lifesaving training purposes. Without their ongoing support the club would not be able to function.

Finally we would like to thank Royal Lifesaving NSW for their ongoing support and commitment to the sport of pool lifesaving in NSW and a big thank you to Rozlynn Grey and the club and competition committee for their outstanding contribution during the season.

Gray Parkes

Secretary/Treasurer

Mitch Parkes – current Australian Team Captain – on the dias at the 2013 Commonwealth Pool Life Saving Championships after being awarded the gold medal for winning the male 100m Tow.



Port Hacking Lifeguard Club SERC team who created history by being the only team to ever win consecutive World SERC Championships in 2010 and 2012.

Royal Aquatic Swimming & Lifesaving Club

The Royal Aquatic Swimming and Lifesaving Club has gone through lots of changes with people coming and going from the club. We have still had members entering lifesaving competitions under the guidance of Sing Ma, and they have all enjoyed the experience. Shu Rong Yow and Kuruparen Gnanendran qualified for RLSSA NSW State Championships 2014. The children who were eligible achieved their bronze star award!

We held a Bunnings BBQ which was very successful. Most of our clubs members volunteered to be patients at the national RLSSA NSW Lifeguard Challenge 2014. In early March we were involved with the Aquatic Safety Training Academy's open day and talked to lots of people about the club. We then had a period when we didn't have access to a pool and improvised doing first aid and watched rescue videos. Thanks to Sing and Peter who coach the children, the children always enjoy the nights.

RASLC looks forward to a year of further success and growth.

Tanya Schmid

Secretary

Wellington Amateur Swimming Club

Pool Life Saving under the Royal Life Saving banner became part of the Wellington Amateur Swimming Club's Programme in November 1978. I am both pleased and proud to advise that the Wellington Life Saving programs have just completed its 36th year.

During that time, many children and adults have participated. I have been told of how a young child (7 years old) pulled a two year old to safety from a local backyard pool several years ago. This is only one such incident where our programs have taught people to survive an accident themselves if confronted with an emergency situation and/or rescue another person in need.

This season, the numbers were down both in participants and helpers. The group that were there were very enthusiastic and achieved their awards.

My thanks must go to all those people and especially Abby and Molly Griggs and Fiona Arnold.

The Awards gained this year are as follows:

Water Awareness

Charlotte Langlands
Faith Purcell

Water Sense

Bianca Douglas
Felicity Langlands
Callum Smith

Swim & Survive

Elke Atkinson
Lachlan Purcell

Bronze Cross

Thomas Bell

Award of Merit

Molly Griggs

Resuscitation

Molly Griggs
Abby Griggs
Thomas Bell

Thank you again to the Pool Staff and the Kiosk Staff and the Committee for their continuing support.

Ruth Arnold

Life Saving Co-ordinator

Woronora Life Saving And River Patrol Club

This 2013/14 season starting in October 2013, saw Woronora River & Life Saving Patrol Club with 102 members who were ten years old and under. As a result of such high numbers we split some of the larger age groups to keep the kids mustered and contained between each event. We would like to thank in particular the parents of the 2/3 and 4/5 age groups for their willingness to participate and for their patience.

We also would like to mention and thank all the volunteers who helped with setting up the equipment on the beach, marking weekly attendances and point scores as well as hauling all the equipment back to the Club House and hosing it off at the end of the day.

As last year, with more members we saw larger numbers of kids participating in Wednesday & Thursday 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. Again, the Club would like to thank Betty Dixon and Clare Carroll for their commitment to these activities.

Our 14/15 year old girls and boys along with 16/17 year old girls completed their Junior Instructor certificates as well as the Bronze Cross.

Woronora doesn't specifically train for pool lifesaving but when we compete in interclub carnivals we sure give the others clubs a run for their money. Congratulations to our eight competitors for getting in the pool and giving it their best. This year we hosted another successful interclub carnival in December with great attendances by other life saving clubs who always comment on how much they enjoy our Woronora carnival. These kids love participating in the flag and paddleboard events and the run. We wish to thank all Club officials and volunteers from other competing clubs who helped on the day.

In February 2014 we held our Club Championships day and as usual the competition was fierce but friendly. The end of season presentation was in May 2014 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 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.

Morgana Harris

Secretary



Armidale & New England District Sub Branch

The 2013/2014 season was one of continuing to do what the sub branch had done in the past. Most lifesaving activities were carried out by the schools in the area. We are fortunate that we have a dedicated band of teachers in these schools who develop and conduct these programs. As a result income from award sales has remained about the same as past years - \$10,000.

Schools have established programs which focus around end of year activities. These programs involve Year 10 students after the completion of the School Certificate. We are yet to see what the impact of scrapping the School Certificate will have on participation in life saving programs.

Sales to high school students tended to be only in the higher awards – Bronze Medallion to Distinction. While students are training for lower awards such as Bronze Star they are opting not to purchase the awards. However they are learning valuable water safety and rescue skills.



Armidale High School advanced life saving candidates practicing with oxygen and an automatic external defibrillator (AED) under the supervision and instruction of Steve Gollan

Presbyterian Ladies College - Armidale are to be congratulated on winning the Eklund Cup In the 2012 – 2013 point score. Their program this season has again been highly successful and we can again expect them to feature in this trophy.

Steven Gollan at the Armidale Monckton Aquatic Centre must be thanked for his patience and help when so many schools want to use the pool at the same time. Steve also conducts many training sessions and examinations for members of the public on behalf of the sub branch.



Armidale High School advanced life saving candidates participate in some extension activities with the use of the spinal board

Again we have the issue of the pool of examiners getting older and beginning to reach retirement age. It is a challenge for the sub branch in future to foster younger teachers into becoming examiners.

Peter Dooley
Armidale Sub Branch

Balranald and District Sub-Branch

The Balranald Royal Life Saving Society Sub Branch continues to support 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 final races. The Hydro pool allowed the Swim Safe Programs to continue on during the severe cold weather that we experienced during December and January of this year. All the children enjoyed the program in a warm and safe environment. This year the Swim Safe Program will be operating in outdoor pools and

the indoor pool. The Royal Life Saving Sub-Branch also provide Balranald Central Students with CPR courses for secondary and primary classes such as, Basic Resuscitation, Resuscitation Awareness and Resuscitation.

The Sub Branch also provides the community and the local schools with a variety of courses and programs such as First Aid and Emergency Care.

MY Hero... My husband Terry Stevens is preparing to do his First Aid and found it so helpful when I collapsed in the kitchen and hit my head. I hit a sharp corner of a cupboard and had many stitches to my skull. His reaction was to call 000.

When I regained consciousness I found myself in a recovery position and the Ambulance arriving at our front door. Terry's quick reaction and knowing what to do was a life saving effort thanks to First Aid Training. Well Done Terry!



Laurel Stevens

Sub-Branch Secretary

Northern New England Sub Branch

The season started very well but variable weather raised its head after about a month. Cool, damp weather ensued for several weeks, then a problem with the toddlers' pool arose which caused a massive fall in attendances; the general public had the idea that the local Swim Centre was closed – far from the case. Numbers at our January vacation classes fell consequently to the lowest for a number of years, but those who attended had a great time and learnt a lot. One of the mothers (who had been through the classes as a youngster) volunteered to assist with the younger group and she turned out to be a real "gem". We have nominated her for a Certificate of Appreciation.

Use of the manikins, and the Training Defibrillators proved a great success, with even Primary School children making use in basic "help".

Training of staff at schools was carried out, with use of all sizes of manikins, and also use of the defibrillators for both adults and children. This is becoming greatly appreciated by participants. Staff were also reminded on use of Epipens and similar for anaphylactic shock treatment.

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 a variety of weather types.

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

Elizabeth Withers

President

Warwick Twigg

Secretary

Orana District Sub-Branch

Another rather quiet year for this sub-branch. Our dedicated and most able examiner cum secretary cum treasurer cum just about everything has excelled yet again in keeping the RLSS flag flying in Dubbo.

The aforementioned examiner, secretary and treasurer Ernita McGrath completed the following for the society last year:-

Resuscitation Certificates	56
Bronze Medallions	6
Bronze updates	3
Oxy Resuscitation updates	2
Examiners	2

Whilst not “competition” in the real sense, after all we ALL strive for water safety, the two new examiners are staff at the local RSL Health and Fitness Center pool and they have incorporated a considerable amount of Water Safety and Survival skills into their learn to swim programs. For this we add our thanks for a job well done.

Thanks Nita for yet another year of dedicated service.

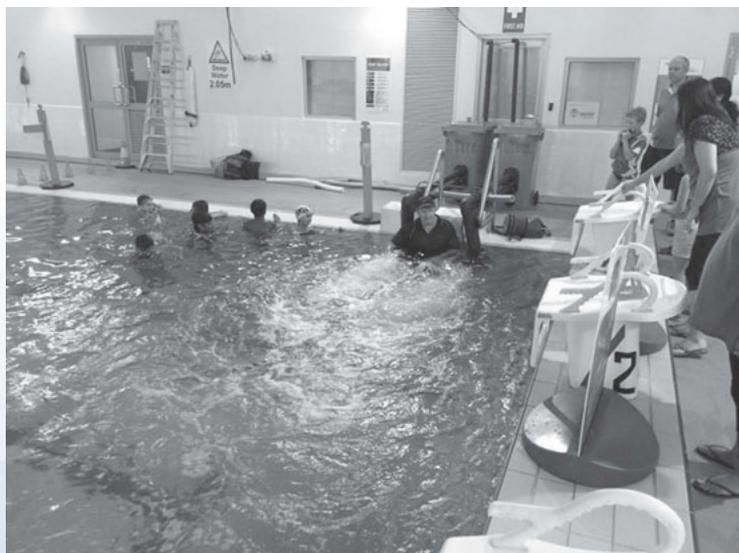
President

John Hartnoll-White



Northern Region Manager Jason Phillips conducting a Pool Lifeguard Course in Northern NSW

SUB BRANCHES



Participants and staff enjoying activities at the Aquatic Safety Training Academy Active Family Fun Day

Championship and Carnival Trophies

THE JUDGE HARVEY PRIOR MEMORIAL TROPHY

INTERCLUB POINTSCORE

THE HILLS S & LSC

THE SOCIETY CENTENARY SHIELD

OVERALL CHAMPIONSHIPS POINTS SCORE

SERC TESTS & POOL COMPETITION

THE HILLS S & LSC

ROTH SHIELD

OVERALL CLUB SERC POINTSCORE

Enfield 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

TIARNA JONES

THE HILLS S & LSC

THE SHOEBRIDGE CUP

OPEN MENS' 100m MANIKIN CARRY

ANDREW BOWDEN

THE HILLS S & LSC

THE C W HEYDE TROPHY

OPEN LADIES' 100m MANIKIN CARRY

TIARNA JONES

THE HILLS S & LSC

THE STAMINA TROPHY

OPEN MENS' MANIKIN TOW

TROY RACKYLEFT

ENFIELD LSC

THE WILSON REID TROPHY

OPEN LADIES MANIKIN TOW

TIARNA JONES

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

BLAKE McCRINDLE

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 SERC

ENFIELD B LSC

THE FOWLER SHIELD

OPEN MENS' INDIVIDUAL SERC

TROY RACKYLEFT

ENFIELD LSC

THE J. FOWLER TROPHY

OPEN LADIES INDIVIDUAL SERC

TIARNA JONES

THE HILLS S & LSC

THE CROLICK FAMILY PLATE

U/16 LADIES INDIVIDUAL SERC

STEFANIE GOODYER

ENFIELD LSC

THE ROBERT WOOD MEMORIAL TROPHY

U/16 MENS INDIVIDUAL SERC

MARK WILLIAMS

ENFIELD LSC

THE MCLENNAN SHIELD

12-13 YRS BOYS LINE THROW

JOEL PATON

ENGADINE ASC

THE MCLENNAN SHIELD

12-13 YRS GIRLS LINE THROW

MADDY HAYWOOD

ENGADINE ASC

THE KLEEMO CUP

OPEN 4 PERSON TEAM SERC

ENFIELD A LSC

PATTERSON CARLEY MEMORIAL TROPHY

U/16 PAIRS SERC

ENFIELD A LSC

THE SUE GILMOUR MEMORIAL TROPHY

U/12 YRS MANIKIN RELAY

THE HILLS S & LSC

THE MIDGET CHAMPIONSHIP TROPHY

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

ENFIELD LSC

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 LIFESAVER

ABBIE DAWSON

TENGADINE ASC

THE AREVA SHIELD

U/16 MENS SUPER LIFESAVER

BRADLEY WOODWARD

THE HILLS S & LSC

THE AUBURN LSC TROPHY

U/19 MENS INDIVIDUAL SERC

MATTHEW KNIGHT

THE HILLS S & LSC

THE AUBURN LSC TROPHY

U/19 LADIES INDIVIDUAL SERC

TALISHA JONES

THE HILLS S & LSC

Awards Point Score

THE PRESIDENTS CUP

Tertiary Organisations
University of Newcastle
2200 Points

THE AQUATIC CLUB TROPHY

Girls High Schools
Northern Beaches Secondary College
Mackellar Girls Campus
2647 Points

THE MRS. S. BIDNER CUP

Girls High Schools - 2nd Place
Riverside Girls H.S.
1379 Points

THE CITY TATTERSALLS CLUB CUP

Boys High School
Homebush Boys High School
1020 Points

THE E.A. FRY TROPHY

Co-Educational Secondary Schools
Shoalhaven H.S.
1765 Points

THE EKLUND CUP

Girls Independent Schools & Colleges
Wenona School
2809 Points

THE HERBERT WAGSTAFF TROPHY

Girls Independent Schools & Colleges -
2nd Place
Abbotsleigh School
2175 Points

THE HENDRY CUP

Boys Independent Schools & Colleges
Trinity Grammar School
3983 Points

THE ALAN McCLURE CUP

Co-Educational Independent
Schools & Colleges
Oakhill College
3296 Points

THE R.J. COSHOTT TROPHY

Girls Premier School of the State
Wenona School
2809

THE ARTHUR PARKER CUP

Boys Premier School of the State
Trinity Grammar School
3983 Points

THE CITY TATTERSALLS CLUB TROPHY

For Metropolitan Schools
Trinity Grammar School
3983 Points

THE VICTOR FROST TROPHY

Metropolitan Schools - 2nd Place
The Kings School
3841 Points

THE W. MARX TROPHY

Country Schools - 1st Place
Red Bend Catholic College
2495 Points

THE K.W. DRAPER TROPHY

Country Schools - 2nd Place
Kinross Wolaroi School
2290 Points

THE ALWYNNE WAGSTAFF TROPHY

Primary Schools - 1st Class
Greenacre P.S.
460 Points

THE M. CULLEN TROPHY

Primary Schools - 2nd Class
Jasper Rd P.S.
665 Points

THE BOWER CUP

Primary Schools - 2nd Class - 2nd Place
Sylvania Heights P.S.
505 Points

THE H.F. PAULL TROPHY

Primary Schools - 3rd Class
Glendore P.S.
395 Points

THE PERCY MARKS CUP

Primary Schools 4th Class
Bourke P.S.
405 Points

THE DOMINELLI FORD TROPHY

Primary Schools - 5th Class
Cudal P.S.
285 Points

THE BRIGHTON LE SANDS RSL CLUB TROPHY

Primary Schools - 6th Class
Neville P.S.
225 Points

THE JACK STILWELL FLYNN MEMORIAL CUP

Central Schools - 1st Class
Jindabyne Central School
340 Points

THE HELEN DRAPER TROPHY

Central Schools - 2nd Class
Walcha Central School
739 Points

THE H.C. BAMFORD TROPHY

Central Schools - 3rd Class
Coolah Central School
805 Points

THE ROWLEY VASS MEMORIAL TROPHY

Central Schools - 4th Class
Barellan Central School
633 Points

THE CLIVE AUSTIN TROPHY

Central Schools - 8 & 9 Class
Hunter School of Performing Arts
280 Points

THE F.D. LEANEY TROPHY

Schools for Specific Purposes
May Brooksbank School
650 Points

THE BILL ARTHUR CUP

Special Schools - Welfare
DJJ- Cobham
20 Points

THE R.E. BURGOYNE MEMORIAL TROPHY

RSL Youth Clubs
Rooty Hill RSL YSC
160 Points

THE AUSTRALIA SHIELD

Army, Navy & Air Force Units
Kapooka ARTC
180 Points

THE KELSO KING EXCELLENCE SHIELD

Affiliated Amateur Swimming Clubs
The Hills S & LSC
566 Points

THE MARION McCANN TROPHY

Affiliated Clubs on an Improvement Basis
The Hills S & LSC
17.24%

Awards Points Place

PRESIDENT'S CUP

for Tertiary Organisations

University of Newcastle	174	2200	1st
Charles Sturt University-Orange	133	1925	2nd
University of Wollongong	124	1670	3rd
Australian Catholic University	71	735	
Avondale College	24	320	
Charles Sturt University-Bathurst	21	245	
Charles Sturt University-Wagga	7	105	
Charles Sturt University-Albury	14	210	
Macquarie University	81	1155	
Southern Cross Cath Vocational College	37	185	
Southern Cross University-Lismore	29	320	
Tenterfield TAFE	7	105	
Total Agricultural College	58	870	
University New England-Armidale	42	630	
Western Inst TAFE-Lithgow Campus	3	45	

THE AQUATIC CLUB TROPHY

for Girls High Schools

Northern Beaches Sec. College			
Mackellar Girls Campus	499	2647	1st
Riverside Girls H.S.	393	1379	2nd
East Hills Girls H.S.	68	920	3rd
Asquith Girls H.S.	37	495	
Auburn Girls H.S.	94	470	
Beverly Hills Intensive English Centre	12	60	
Blacktown Girls H.S.	41	485	
Canterbury Girls H.S.	44	220	
Macarthur Girls H.S.	110	550	
Moorefield Girls H.S.	58	290	
North Sydney Girls H.S.	61	305	
Randwick Girls H.S.	75	885	
St. George Girls H.S.	219	590	
Sydney Girls H.S.	146	722	

THE CITY TATTERSALLS CLUB CUP

for Boys High Schools

Homebush Boys H.S.	68	1020	1st
East Hills Boys H.S.	61	915	2nd
Farrer Memorial Agricultural Boys H.S.	27	405	3rd
Asquith Boys H.S.	96	214	
Birrong Boys H.S.	52	260	
Canterbury Boys H.S.	44	220	
Georges River College Hurstville			
Boys Campus	28	140	
Granville Boys H.S.	43	215	
Northern Beaches Sec. College			
Balgowlah Boys Campus	4	20	
Tempe H.S.	34	170	

THE E.A. FRY TROPHY

for Co-Educational Secondary Schools

Shoalhaven H.S.	183	1765	1st
Castle Hill H.S.	148	1692	2nd
Caringbah H.S.	196	1557	3rd
Airds H.S.	36	512	
Albion Park H.S.	9	135	
Albury H.S.	94	470	
Armidale H.S.	87	841	
Ashcroft H.S.	12	24	
Barham H.S.	6	30	
Batemans Bay H.S.	77	385	
Baulkham Hills H.S.	405	1218	

Awards Points Place

Bega H.S.	114	570	
Belmont H.S.	22	330	
Billabong H.S.	27	135	
Blakehurst H.S.	160	780	
Bomaderry H.S.	84	535	
Bossley Park H.S.	60	900	
Bourke H.S.	9	145	
Brisbane Water Secondary College			
Umina Campus	145	606	
Brisbane Water Secondary College			
Woy Woy Campus	47	235	
Broken Hill H.S.	57	295	
Bulli H.S.	31	465	
Cabramatta H.S.	5	25	
Callaghan College Jesmond Campus	13	65	
Callaghan College Wallsend Campus	49	144	
Cambridge Park H.S.	31	305	
Camden H.S.	87	1265	
Camden Haven H.S.	37	555	
Campbelltown Performing Arts H.S.	46	690	
Canley Vale H.S.	9	45	
Canobolas Rural Technology H.S.	28	480	
Canowindra H.S.	72	657	
Carlingford H.S.	167	587	
Casula H.S.	25	375	
Cecil Hills H.S.	146	404	
Chatham H.S.	40	200	
Cherrybrook Technology H.S.	50	500	
Chifley College Bidwill Campus	5	25	
Cobar H.S.	32	360	
Coffs Harbour H.S.	19	285	
Coffs Harbour Senior College	18	270	
Colo H.S.	38	210	
Concord H.S.	67	335	
Condobolin H.S.	14	200	
Coonabarabran H.S.	50	750	
Corowa H.S.	87	435	
Corrimal H.S.	33	295	
Cowra H.S.	36	470	
Crestwood H.S.	96	1221	
Cronulla High School	1	5	
Crookwell H.S.	36	180	
Cumberland H.S.	2	10	
Dapto H.S.	4	60	
Davidson H.S.	45	601	
Deniliquin H.S.	47	265	
Dubbo Clg-Delroy Campus	50	250	
Dubbo College Senior Campus	100	840	
Dubbo College-South Campus	47	317	
Dungog H.S.	72	316	
Eagle Vale H.S.	27	405	
Eden Marine H.S.	61	305	
Elderslie H.S.	71	355	
Elizabeth Macarthur H.S.	51	765	
Engadine H.S.	16	80	
Erskine Park H.S.	45	645	
Evans H.S.	9	45	
Fairfield H.S.	44	660	
Fairvale H.S.	106	530	
Figtree H.S.	3	15	
Finley H.S.	2	20	
Forbes H.S.	72	550	
Fort Street H.S.	31	155	
Francis Greenway H.S.	79	395	
Galston H.S.	85	575	
Georges River College			
Peakhurst Campus	103	285	
Gilgandra H.S.	19	285	

	<i>Awards</i>	<i>Points</i>	<i>Place</i>		<i>Awards</i>	<i>Points</i>	<i>Place</i>
Girraween H.S.	23	115		Narrandera H.S.	39	290	
Glenmore Park H.S.	45	225		Narromine H.S.	87	715	
Glenwood H.S.	67	1005		Newcastle H.S.	22	280	
Gloucester H.S.	31	155		Northern Beaches Secondary College Cromer Campus	68	366	
Gorokan H.S.	9	135		Northern Beaches Secondary College Freshwater Senior Campus	65	905	
Gosford H.S.	1	5		Northmead H.S.	1	5	
Goulburn H.S.	6	45		Nowra H.S.	55	425	
Great Lakes College Tuncurry Senior Campus	70	350		Oak Flats H.S.	75	375	
Greystanes H.S.	91	1365		Orange H.S.	26	390	
Gulgong H.S.	7	105		Orara H.S.	2	30	
Gymea H.S.	21	305		Parkes H.S.	89	795	
Gymea Technology H.S.	21	105		Pennant Hills H.S.	35	317	
Heathcote H.S.	137	619		Penrith H.S.	9	45	
Holsworthy H.S.	164	820		Penshurst Girls H.S.	57	285	
Hunter River H.S.	2	10		Picton H.S.	111	895	
Hurlstone Agricultural H.S.	130	880		Port Hacking H.S.	24	120	
Illawarra Senior College	41	205		Quakers Hill H.S.	364	1539	
Illawarra Sports H.S.	14	165		Richmond H.S.	67	335	
Inverell H.S.	28	420		Riverstone H.S.	22	110	
J.J. Cahill Memorial H.S.	48	240		Robert Townson H.S.	21	315	
James Busby H.S.	20	100		Rutherford Technology H.S.	9	45	
James Fallon H.S.	72	360		Sarah Redfern H.S.	25	375	
James Ruse Agricultural H.S.	39	325		Scone H.S.	4	20	
Jamison H.S.	5	25		Sefton H.S.	240	661	
John Edmundson H.S.	164	1490		Singleton H.S.	16	80	
June H.S.	63	475		Springwood H.S.	46	660	
Kandos H.S.	55	620		St. Clair H.S.-St. Clair	46	690	
Katoomba H.S.	51	645		St. Ives H.S.-St. Ives	29	395	
Keira H.S.	49	555		St. Johns Park HS St Johns Park	34	510	
Kellyville H.S.	37	555		St. Marys Senior H.S. - St Marys	10	150	
Kelso H.S.	40	233		Sydney Distance Education H.S.	113	715	
Kempsey H.S.	13	195		Sydney Secondary Clg Blackwattle Bay Campus	1	5	
Kiama H.S.	62	310		Sydney Secondary College Leichhardt Campus	38	560	
Killara H.S.	430	1250		Sydney Technical H.S.	64	451	
Kincumber H.S.	30	150		Sylvania H.S.	3	15	
Kingsgrove H.S.	163	779		Taree H.S.	80	400	
Kirrawee H.S.	55	275		Temora H.S.	118	671	
Kogarah H.S.	29	435		Terrigal H.S.	102	1390	
Koorringal H.S.	70	1000		The Forest H.S.	198	1209	
Ku-ring-gai H.S.	69	337		The Henry Lawson H.S.	28	140	
Kurri Kurri H.S.	7	35		Thomas Reddall H.S.	7	105	
Lake Munmorah H.S.	15	175		Tuggerah Lakes Secondary College Berkeley Vale Campus	59	325	
Leeton H.S.	56	280		Tuggerah Lakes Secondary College The Entrance Campus	63	945	
Leumeah H.S.	55	395		Tumut H.S.	57	285	
Lithgow H.S.	3	15		Ulladulla H.S.	89	1302	
Lurnea H.S.	24	350		Vincentia H.S.	19	190	
Macksville H.S.	27	405		Warialda H.S.	14	220	
Maitland Grossmann H.S.	48	391		Warilla H.S.	66	510	
Maitland H.S.	98	630		Warrarong H.S.	68	340	
Marsden H.S.	19	285		Wauchope H.S.	2	30	
Matraville Sports H.S.	7	45		Wee Waa H.S.	22	150	
Menai H.S.	17	102		Wellington H.S.	26	390	
Merewether H.S.	2	10		West Wyalong H.S.	22	110	
Merrylands H.S.	29	295		Westfields Sports H.S.	58	870	
Miller Technology H.S.	30	400		Willyama H.S.	64	320	
Model Farms H.S.	51	765		Wingham H.S.	4	20	
Moorebank H.S.	1	5		Wollongong H.S.of the Performing Arts	32	400	
Moree Secondary Clg Albert St Campus	26	390		Woolooware H.S.	122	1401	
Mosman H.S.	125	1135		Woonona H.S.	28	205	
Moss Vale H.S.	24	135		Wyndham Clg	40	600	
Mount Austin H.S.	7	95		Yanco Agricultural H.S.	71	710	
Mount View H.S.	83	457		Yass H.S.	106	930	
Mudgee H.S.	153	1115					
Mullumbimby H.S.	64	320					
Murray H.S.	82	410					
Muswellbrook H.S.	241	1330					
Narrabeen Sports H.S.	3	30					

Awards Points Place

THE EKLUND CUP

for Girls Independent Schools & Colleges

	Awards	Points	Place
Wenona School	446	2809	1st
Abbotsleigh School	147	2175	2nd
Tara Anglican School	348	2158	3rd
All Saints Catholic Girls Clg-Liverpool	15	102	
Bethany College	122	1020	
Bethlehem College	165	1185	
Brigidine College - St Ives	15	225	
Brigidine College - Randwick (St.Pauls)	5	25	
Caroline Chisholm Clg-Glenmore Pk	16	240	
Catherine McAuley-Westmead	136	1090	
Cerdon College	550	1338	
Danebank Anglican School For Girls	172	1258	
Domremy Clg	121	1235	
Kambala School	149	1425	
Kildare Catholic Clg	124	1695	
Kincoppal-Rose Bay School	67	646	
Loreto-Kirribilli	153	765	
Loreto-Normanhurst	194	1398	
Marist Sisters College-Woolwich	60	900	
Mary Mackillop Clg-Wakeley	120	1030	
Meriden School	218	1058	
MLC School	75	1055	
Monte Sant Angelo Mercy Clg Ltd-North Sydney	365	1838	
Mount St. Benedict Clg-Pennant Hills	124	810	
Mount St. Joseph-Milperra	14	132	
Nagle College	100	500	
New England Girls School	47	705	
Our Lady of Mercy Clg Burraneer-Cronulla	165	825	
Our Lady of Mercy Clg-Parramatta	146	1676	
Our Lady of The Sacred Heart Clg-Kensington51		765	
Presbyterian Ladies College-Croydon	471	1379	
Ravenswood School for Girls	150	1330	
Roseville College	408	1233	
SCEGGS-Darlinghurst	15	205	
St Catherines School	94	1270	
St. Euphemia College	19	285	
St. Josephs Catholic Clg - East Gosford	3	45	
St. Marys Star of the Sea Clg Ltd - Wollongong119		1260	
St. Patricks Clg - Campbelltown	135	579	
St. Scholasticas College Ltd - Glebe	21	315	
Tangara School for Girls	31	465	

THE HENDRY CUP

for Boys Independent Schools & Colleges

	Awards	Points	Place
Trinity Grammar School	534	3983	1st
The Kings School	576	3841	2nd
St. Patricks Clg - Strathfield	343	2437	3rd
Christian Brothers H.S.-Lewisham	2	10	
Cranbrook School	112	560	
De La Salle Clg-Ashfield	16	240	
De La Salle Clg-Caringbah	143	1165	
Holy Cross Clg-Ryde	47	235	
La Salle Catholic Clg-Bankstown	61	305	
Marcellin College	62	310	
Marist Clg-Eastwood	115	1135	
Marist Clg-Kogarah	72	360	
Marist Clg-North Shore	56	280	
Marist Clg-Penshurst	54	270	
Newington College	98	976	
Parramatta Marist H.S.	54	720	
Patrician Brothers Clg - Blacktown	437	1859	
Patrician Brothers Clg - Fairfield	76	380	
St Aloysius College	112	790	

Awards Points Place

St. Edwards Christian Brothers Clg-Gosford	61	905
St. Gregorys ClgCampbelltown	15	225
St Ignatius Clg- Lane Cove	215	1935
St. Josephs College-Hunters Hill	131	775
St. Marys Cathedral Clg - Sydney	40	590
St. Pauls Catholic Clg- Greystanes	124	1860
St. Pius X Clg- Chatswood	97	485
St. Stanislaus College	1	10
The Scots Clg-Bellevue Hill	43	540
Trinity Grammar Prep School	6	80
Waverley College	144	720

THE ALAN McCLURE CUP

for Co-Educational Independent School & Colleges

	Awards	Points	Place
Oakhill College	446	3296	1st
Red Bend Catholic College	251	2495	2nd
Kinross Wolaroi School	246	2290	3rd
All Saints Catholic P.S.	55	275	
All Saints Catholic Senior College Casula	45	225	
All Saints Clg - Bathurst	191	1440	
All Saints Clg - St. Josephs Campus			
Lochinvar	104	673	
All Saints Clg - St. Marys Campus-Maitland	11	80	
All Saints P.S.-Tumbarumba	7	35	
Australian Islamic School	74	1110	
Avondale High School	19	195	
Barker College	139	1230	
Bede Polding College	206	1570	
Belmont Christian College	19	260	
Berowra Christian Community School	1	5	
Bishop Druitt College	40	600	
Blue Mountains Grammar School	9	90	
Casimir Catholic College	23	345	
Catherine McAuley P.S.-Orange	34	170	
Chevalier College	63	945	
Christ The King P.S.-Bass Hill	21	105	
Christadelphian Heritage Clg-Sydney	58	475	
Clancy Catholic Clg-West Hoxton	130	1150	
Condell Park Christian School	19	100	
De La Salle Clg-Cronulla	100	530	
Delany Clg	47	245	
Dubbo Christian School	51	745	
Freeman Catholic Clg	3	15	
Gilroy College	107	535	
Good Samaritan Catholic College			
Hinchinbrook	45	675	
Good Shepherd P.S. Hoxton Park	76	192	
Good Shepherd P.S. Plumpton	47	235	
Henschke P.S.	49	245	
Holy Innocents P.S.-Croydon	14	70	
Holy Saviour School-Greenacre	10	50	
Holy Spirit College-Bellambi/Corrimal	14	210	
Holy Spirit College-Lakemba	86	430	
Holy Spirit P.S.-Lavington	19	95	
Holy Spirit P.S.-North Ryde	43	215	
Holy Trinity P.S.-Wagga	23	345	
Hunter Valley Grammar School	157	1034	
Illawarra Christian School-Cordeaux	13	110	
Immaculate Heart of Mary P.S.-Sefton	32	160	
James Sheahan Catholic H.S.	331	1534	
John Paul College-Coffs Harbour	62	930	
John Therry Catholic H.S.-Rosemeadow	36	230	
Kempsey Adventist School	14	210	
Key College-Chapel Campus	9	135	
La Salle Academy-Lithgow	79	791	
Linuwel School	1	5	

	Awards	Points	Place		Awards	Points	Place
Lutheran P.S. Wagga Wagga Inc.	34	170		St. Christophers P.S.-Panania	35	175	
M.E.T.School	48	104		St. Clares H.S.-Taree	93	595	
Macarthur Anglican School	88	1320		St. Columbas H.S.-Springwood	2	10	
MacKillop Catholic College-Warnervale	62	855		St. Columbas P.S. -Berrigan	7	75	
Macquarie Anglican Grammar School	1	15		St. Declans P.S.-Penshurst	29	145	
Macquarie College-Wallsend	96	480		St. Dominics College	19	285	
Magdalene Catholic H.S.	89	1195		St. Felix P.S.-Bankstown	37	185	
Marian Catholic Clg-Griffith	87	625		St. Fiacres P.S.-Leichhardt	14	70	
Marian Catholic College-Kenthurst	280	1195		St. Francis De Sales P.S.-Woolooware	14	70	
Mary Help of Christians P.S.-Sawtell	4	60		St. Francis De Sales Regional Clg-Leeton	142	2040	
Mater Dei Catholic Clg - Wagga	33	315		St. Francis of Assisi Regional P.S.- Paddington	16	80	
Mater Dei Catholic P.S.-Wagga	36	180		St. Francis Xavier P.S.-Urana	3	45	
Moriah College	36	410		St. Francis Xaviers Clg-Hamilton	86	430	
Mount Carmel H.S.-Varroville	58	870		St. Francis Xaviers P.S.-Lake Cargelligo	10	50	
Newman Snr Tech College	99	1485		St. George Christian School-Hurstville	19	285	
Northern Beaches Christian School	86	1290		St. Gertrudes P.S.-Smithfield	134	330	
Norwest Christian Clg	30	51		St. James P.S. - Forest Lodge	14	70	
Nowra Anglican Clg	71	1065		St. Joan of Arc P.S. - Haberfield	27	135	
O'Connor Catholic College-Armidale	189	815		St. John Bosco College-Engadine	177	2155	
Our Lady of Fatima P.S.-Caringbah	55	275		St. John The Evangelist H.S.-Nowra	86	860	
Our Lady of Lourdes- Baulkham Hills	24	120		St. John Vianneys P.S.-Greenacre	27	135	
Our Lady of Lourdes P.S.-Earlwood	22	110		St. Johns College-Dubbo East	269	1602	
Our Lady of Mount Carmel P.S. Mt Pritchard	61	305		St. Johns Junior School-Armidale (NEGS)	49	86	
Our Lady of Nativity P.S.	16	80		St. Johns P.S. - Trangie	9	45	
Our Lady of the Rosary P.S.-Kensington	28	140		St. Johns P.S.-Dubbo	27	135	
Our Lady of the Roseary P.S - Kellyville	38	190		St. Johns P.S.-Riverstone	17	85	
Our Lady Queen of Peace School - Greystanes	90	290		St. Johns School-Baradine	14	210	
Our Lady Star of the Sea P.S.-Miranda	66	330		St. Joseph The Worker P.S. - Auburn South	21	105	
Pacific Hills Christian School	184	634		St. Josephs H.S. - Aberdeen	18	180	
Penrith Anglican College	40	400		St. Josephs Hastings Regional School- Pt Macquarie	67	1005	
Redeemer Baptist School	417	1601		St. Josephs P.S - Grenfell	6	30	
Riverina Anglican College	57	295		St. Josephs P.S. - Alstonville	18	90	
Rosebank College	100	500		St. Josephs P.S. - Belmore	37	185	
Rouse Hill Anglican College	27	258		St. Josephs P.S. - Boorowa	14	200	
Sacred Heart Central School - Cootamundra	43	645		St. Josephs P.S. - Enfield	29	145	
Sacred Heart P.S.-Cabramatta	37	185		St. Josephs P.S. - Finley	16	140	
Sacred Heart P.S.-Coolah	6	90		St. Josephs P.S. - Jerilderie	7	65	
Sacred Heart P.S.-Mosman	21	105		St. Josephs P.S. - Junee	12	60	
Sacred Heart P.S.-Tocumwal	5	25		St. Josephs P.S. - Leeton	22	110	
Sacred Heart P.S.-Wagga/Koorinal	26	150		St. Josephs P.S. - Lockhart	13	175	
San Clemente H.S.	58	290		St. Josephs P.S. - Moorebank	29	145	
Santa Sabina Clg-Strathfield	237	1660		St. Josephs P.S. - Narrandera	14	70	
Scone Grammar School	212	1773		St. Josephs P.S. - Oatley	15	75	
Shellharbour Anglican College	63	315		St. Josephs P.S. - Riverwood	21	105	
Shoalhaven Anglican School	44	630		St. Josephs P.S. - Wagga	12	60	
Southern Highlands Christian School	43	645		St. Josephs P.S.- Portland	1	5	
St James P.S.-Banora Point	13	195		St. Kevins P.S. - Eastwood	23	115	
St Joseph's Clg-Tweed Heads	6	90		St. Leos College - Wahroonga	41	615	
St Josephs P.S.-Taree	33	165		St. Lukes P.S. - Revesby	33	165	
St Patricks P.S.-Blacktown	18	90		St. Margaret Marys P.S.Merrylands	35	175	
St. Agnes Catholic H.S.-Rooty Hill	119	595		St. Marks College	28	420	
St. Agnes P.S. - Matraville	15	75		St. Marouns College - Dulwich Hill	49	735	
St. Aloysius P.S.-Cronulla	3	15		St. Mary - St. Joseph P.S. - Maroubra	18	90	
St. Angelas P.S.	32	160		St. Marys P.S. - Corowa	28	310	
St. Annes P.S.-Albury	29	435		St. Marys P.S. - North Sydney	20	100	
St. Annes School-Temora	61	895		St. Marys P.S. - Orange	30	150	
St. Anthonys P.S.-Marsfield	19	95		St. Marys P.S. - Yoogali	19	95	
St. Augustines School - Narromine	16	240		St. Marys P.S. - Young	11	55	
St. Bernards P.S.-Batehaven	29	435		St. Marys P.S.-Armidale	27	135	
St. Brendans P.S.-Bankstown	29	145		St. Matthews C.S. - Mudgee	36	248	
St. Brendans P.S.-Ganmain	5	25		St. Michaels P.S. - Dunedoo	21	225	
St. Catherine Laboure P.S.-Gynea	29	145		St. Michaels P.S. - Lane Cove	35	175	
St. Catherine of Siena P.S.-Prestons	51	255		St. Michaels P.S. - Meadowbank	23	115	
St. Catherines Catholic Clg - Singleton	6	60		St. Michaels P.S. - Stanmore	16	80	
St. Charles P.S.-Ryde	35	175		St. Michaels PS - Mittagong	17	85	

	Awards	Points	Place
St. Nicholas of Myra P.S. - Penrith	35	175	
St. Patricks Clg - Sutherland	130	740	
St. Patricks Marist Clg - Dundas	54	740	
St. Patricks P.S. - Griffith	38	190	
St. Patricks P.S. - Holbrook	9	45	
St. Patricks P.S. - Kogarah	27	135	
St. Patricks P.S. - Summer Hill	14	70	
St. Patricks P.S. - Sutherland	25	125	
St. Patricks P.S. - Trundle	7	35	
St. Patricks P.S.-Lithgow	18	90	
St. Pauls College - Walla Walla	107	1445	
St. Pauls College - West Kempsey	75	1125	
St. Pauls Grammar School - Cranebrook	68	1020	
St. Pauls H.S. - Port Macquarie	52	780	
St. Peter Chanel P.S. - Regents Park	89	229	
St. Peters Catholic Clg - Tuggerah Lakes	20	196	
St. Peters P.S. - Coleambally	7	35	
St. Phillip's Christian Clg-Salamander Bay	58	325	
St. Phillip's Christian Clg-Cessnock	11	110	
St. Philomenas School - Moree	9	135	
St. Pius X H.S. - Adamstown	67	335	
St. Raphaels C.S. - Cowra	9	45	
St. Thereses P.S. - Denistone	13	65	
St. Thereses P.S. - Lakemba	21	105	
St. Thereses P.S. - Mascot	1	5	
St. Thereses P.S. - Sadlier	26	130	
St. Thomas Aquinas P.S. - Springwood	27	135	
St. Thomas Mores P.S. - Brighton-Le-Sands	17	85	
St. Vincents P.S.-Ashfield	2	10	
St.Canices P.S.-K	18	90	
Sutherland Shire Christian School	29	435	
The Hills Grammar School	189	590	
The Illawarra Grammar School	205	1087	
The Riverina Anglican College	25	138	
The Scots School - Bathurst	30	290	
The Scots School-Albury	3	40	
Toongabbie Christian School	30	450	
Trinity Anglican Clg - Albury	12	160	
Trinity Catholic Clg-Auburn	120	640	
Trinity Catholic Clg-Lismore	30	450	
Tyndale Christian School	5	46	
Victory Lutheran College	80	530	
Wagga Wagga Christian College	38	500	
William Clarke College	4	30	
Xavier Catholic Clg-Ballina	33	495	

THE ALWYNNE WAGSTAFFE TROPHY

for Primary Schools 1st Class

Greenacre P.S.	92	460	1st
Hurstville P.S.	80	400	2nd
Matthew Pearce P.S.	79	395	3rd
Artarmon P.S.	49	245	
Auburn P.S.	58	290	
Auburn West P.S.	64	320	
Blacktown South P.S.	56	280	
Cabramatta P.S.	3	15	
Caddies Creek P.S.	53	265	
Canley Vale P.S.	139	239	
Castle Hill P.S.	47	235	
Dalmeny P.S.	9	45	
Dapto P.S.	41	205	
Dubbo South P.S.	60	300	
Fairfield Heights P.S.	36	180	
Forster P.S.	32	160	
Georges Hall P.S.	42	210	
Hampden Park P.S.	53	265	

	Awards	Points	Place
Harbord P.S.	62	310	
Harrington Park P.S.	43	215	
Hassall Grove P.S.	52	260	
Jerrabomberra P.S.	50	250	
Lindfield East P.S.	42	210	
Narellan Vale P.S.	33	165	
Newport P.S.	39	195	
Orange P.S.	52	260	
St. Andrews P.S.-St. Andrews	66	330	
Strathfield South P.S.	47	235	
Westmead P.S.	59	295	

THE M CULLEN TROPHY

for Primary School-2nd Class

Jasper Road P.S.	133	665	1st
Sylvania Heights P.S.	59	505	2nd
Quakers Hill P.S.	98	490	3rd
Albury P.S.	47	235	
Batemans Bay P.S.	42	210	
Baulkham Hills North P.S.	1	5	
Beverly Hills P.S.	35	175	
Bidwill P.S.	58	290	
Birrong P.S.	45	225	
Burwood P.S.	44	220	
Busby West P.S.	39	195	
Cabramatta West P.S.	15	75	
Calare P.S.	46	230	
Camden South P.S.	48	240	
Campbelltown North P.S.	29	145	
Campsie P.S.	49	245	
Canley Heights P.S.	13	65	
Caringbah North P.S.	28	140	
Carlingford West P.S.	60	300	
Carlton South P.S.	36	180	
Cherrybrook P.S.	40	200	
Chester Hill P.S.	32	160	
Clemton Park P.S.	36	180	
Colyton P.S.	44	220	
Crestwood P.S.	45	225	
Croydon P.S.	34	170	
Cudgegong Valley P.S.	4	20	
Currans Hill P.S.	37	185	
Earlwood P.S.	41	205	
Eastwood P.S.	52	260	
Edgeworth P.S.	40	200	
Fairfield P.S.	24	120	
Flinders P.S.	42	210	
Glendenning P.S.	31	155	
Gosford P.S.	29	145	
Granville P.S.	48	240	
Guildford West P.S.	47	235	
Hambledon P.S.	39	195	
Hammondville P.S.	66	330	
Hayes Park P.S.	37	185	
Hazelbrook P.S.	27	135	
Hilltop Road P.S.	47	227	
Holsworthy P.S.	37	185	
Homebush P.S.	34	170	
Hornsby North P.S.	56	280	
Ingleburn PS	40	200	
John Purchase P.S.	38	190	
Kellyville P.S.	2	30	
King Park P.S.	38	190	
King Street P.S.	23	115	
Kings Langley P.S.	37	185	
Lansvale P.S.	44	220	

	Awards	Points	Place
Leumeah P.S.	42	210	
Lindfield P.S.	45	225	
Liverpool West P.S.	61	305	
Lurnea P.S.	281	281	
Macquarie Fields P.S.	30	150	
Manly West P.S.	23	115	
Marayong P.S.	62	310	
Marsden Road P.S.	60	300	
Maryland P.S.	37	185	
Minchinbury P.S.	30	150	
Moss Vale P.S.	46	230	
Mount Annan P.S.	39	195	
Mount Druitt P.S.	37	185	
Mount Terry P.S.	47	235	
Mudgee P.S.	2	10	
New Lambton P.S.	29	145	
Niagara Park P.S.	47	395	
North Rocks P.S.	42	210	
Nowra P.S.	60	300	
Oak Flats P.S.	6	30	
Oxley Park P.S.	35	175	
Parklea P.S.	15	75	
Parramatta West P.S.	41	205	
Peakhurst P.S.	38	190	
Pennant Hills P.S.	32	160	
Plumpton P.S.	27	135	
Prestons P.S.	27	135	
Punchbowl P.S.	89	445	
Ramsgate P.S.	26	130	
Randwick P.S.	54	270	
Regentville P.S.	24	120	
Robert Townson P.S.	31	155	
Rosehill P.S.	39	195	
Rosemeadow P.S.	55	275	
Sackville Street P.S.	33	165	
Samuel Gilbert P.S.	49	245	
Samuel Terry P.S.	23	115	
Sans Souci P.S.	45	225	
Shalvey P.S.	39	195	
Shelley P.S.	35	175	
Sherwood Ridge P.S.	43	215	
South Coogee P.S.	36	180	
Strathfield North P.S.	84	420	
Tanilba Bay P.S.	31	155	
Thomas Acres P.S.	30	150	
Toongabbie P.S.	1	5	
Turrumurra P.S.	33	165	
Ulladulla P.S.	51	255	
Vardys Road P.S.	23	115	
Wahroonga P.S.	4	20	
Waitara P.S.	32	160	
Warrawee P.S.	40	200	
Wattle Grove P.S.	40	200	
Westlawn PS	33	165	
Wheeler Heights P.S.	39	195	
Wiley Park P.S.	47	235	
Winston Hills P.S.	33	165	
Woollahra PS	36	176	
Woy Woy P.S.	33	165	
Yagoona P.S.	59	295	

THE H.F PAULL TROPHY
for Primary School-3rd Class

	Awards	Points	Place
Glendore P.S.	79	395	1st
Dubbo West P.S.	55	365	2nd
Armidale City P.S.	157	315	3rd
Alma P.S.	34	170	
Ashbury P.S.	25	125	
Ashmont P.S.	29	145	
Ashtonfield P.S.	41	205	
Austral P.S.	24	120	
Balgownie P.S.	19	95	
Bankstown North P.S.	14	70	
Barnsley P.S.	15	75	
Bellevue Hill P.S.	50	250	
Belmore North P.S.	29	145	
Beresford Road P.S.	23	115	
Berkeley P.S.	18	90	
Berowra P.S.	22	110	
Bexley North P.S.	33	165	
Blaxland East P.S.	29	145	
Bossley Park P.S.	29	145	
Branxton P.S.	20	100	
Brisbania P.S.	1	5	
Broken Hill North P.S.	18	90	
Brooke Avenue P.S.	1	5	
Burke Ward P.S.	3	15	
Cambridge Gardens P.S.	26	130	
Castle Cove P.S.	34	170	
Chatham P.S.	18	90	
Chullora P.S.	33	165	
Claremont Meadows P.S.	27	135	
Claymore P.S.	41	205	
Concord West P.S.	31	155	
Coonabarabran P.S.	4	20	
Corowa P.S.	18	90	
Dundas P.S.	21	105	
Dural P.S.	26	130	
Eastwood Heights P.S.	47	235	
Eglinton P.S.	38	190	
Ellison P.S.	25	125	
Epping North P.S.	1	5	
Ermington P.S.	33	165	
Excelsior P.S.	22	110	
Fairy Meadow P.S.	42	210	
Faulconbridge P.S.	33	165	
Forbes P.S.	32	160	
Gladesville P.S.	28	140	
Glen Innes P.S.	35	185	
Glenhaven P.S.	27	135	
Gordon West PS	40	200	
Gosford East P.S.	35	175	
Grahamstown P.S.	35	175	
Grays Point P.S.	27	135	
Guildford P.S.	12	60	
GyMEA North P.S.	25	125	
Hamilton South P.S.	16	80	
Hillvue P.S.	44	220	
Ironbark Ridge P.S.	31	155	
John Warby P.S.	38	190	
Kegworth P.S.	26	130	
Kensington P.S.	28	140	
Kingswood P.S.	24	120	
Kogarah P.S.	26	130	
Koonawarra P.S.	19	95	
Lake Albert P.S.	34	170	
Lakelands P.S.	21	105	
Lakemba P.S.	36	180	

	Awards	Points	Place
Lane Cove West P.S.	36	180	
Lavington East P.S.	21	105	
Lavington P.S.	30	150	
Leeton P.S.	25	125	
Lisarow P.S.	10	50	
Lugarno P.S.	29	145	
Madang Ave PS	30	150	
Maitland P.S.	29	145	
McCallums Hill P.S.	1	5	
Medowie P.S.	23	115	
Merrylands P.S.	42	210	
Metford P.S.	27	135	
Miller P.S.	21	105	
Mittagong P.S.	34	170	
Moama P.S.	20	100	
Morgan Street P.S.	28	140	
Mount Austin P.S.	31	155	
Mount Pritchard P.S.	32	160	
Mount St.Thomas P.S.	20	100	
Muswellbrook South P.S.	36	180	
Narromine P.S.	1	5	
New Lambton South P.S.	26	130	
Newington PS	33	165	
Normanhurst P.S.	18	90	
North East P.S. of Distance Education	28	140	
Nowra East P.S.	59	295	
Oatley P.S.	32	160	
Oyster Bay P.S.	20	100	
Padstow Park P.S.	3	15	
Panania North P.S.	19	95	
Panania P.S.	28	140	
Peakhurst West P.S.	24	120	
Penrith P.S.	37	185	
Penrith South P.S.	6	30	
Penshurst P.S.	33	165	
Picnic Point P.S.	55	275	
Picton P.S.	27	135	
Putney P.S.	61	305	
Riverstone P.S.	41	205	
Roselea P.S.	32	160	
Ruse P.S.	29	145	
Ryde P.S.	32	160	
Sanctuary Point P.S.	44	220	
Seaforth P.S.	22	110	
Seven Hills West P.S.	2	10	
South Wagga P.S.	26	130	
St. Ives P.S.	35	140	
St. Marys North P.S. - St. Marys	30	150	
Sturt P.S.	19	95	
Surveyors Creek P.S.	31	155	
Tenambit P.S.	36	180	
Tharawal P.S.	24	120	
Tregear P.S.	33	165	
Truscott Street P.S.	2	10	
Tumut P.S.	32	160	
Turvey Park P.S.	29	145	
Villawood North P.S.	29	145	
Wakehurst P.S.	22	110	
Waniora P.S.	22	110	
Warners Bay PS	33	165	
Warragamba P.S.	26	130	
Werrington County P.S.	26	130	
Wideview P.S.	29	145	
William Dean P.S.	20	100	
Wingham Brush P.S.	25	125	
Woolgoolga PS	28	140	
Yowie Bay P.S.	33	165	

THE PERCY MARKS CUP

for Primary School-4th Class

	Awards	Points	Place
Bourke P.S.	29	435	1st
Buninyong P.S.	81	405	2nd
Bowen P.S.	24	360	3rd
Culburra P.S.	1	5	
Albury North P.S.	104	259	
Alfords Point P.S.	34	170	
Ambarvale P.S.	24	120	
Appin P.S.	16	80	
Ashcroft P.S.	26	130	
Asquith P.S.	25	125	
Balmain P.S.	15	75	
Bankstown West P.S.	18	90	
Bathurst South P.S.	14	70	
Bayldon PS	12	60	
Bellambi P.S.	16	80	
Bellingen P.S.	37	185	
Berinba P.S.	12	60	
Berkeley West P.S.	45	225	
Berry P.S.	21	105	
Blackalls Park P.S.	17	85	
Blayney P.S.	21	105	
Bomaderry P.S.	35	175	
Bonnyrigg P.S.	32	160	
Braddock P.S.	28	140	
Broken Hill P.S.	1	5	
Bulli P.S.	14	70	
Burnside P.S.	12	60	
Busby P.S.	29	145	
Camden P.S.	22	110	
Campbellfield P.S.	22	110	
Carramar P.S.	1	5	
Cartwright P.S.	13	65	
Charlestown P.S.	12	60	
Chertsey P.S.	24	120	
Chipping Norton P.S.	20	100	
Clarence Town P.S.	16	80	
Cobbitty P.S.	12	60	
Comleroy Road P.S.	11	55	
Concord P.S.	21	105	
Cootamundra P.S.	26	130	
Cronulla South P.S.	26	130	
Crown Street P.S.	16	80	
Cundletown P.S.	24	120	
Curran P.S.	33	165	
Darlinghurst P.S.	16	80	
Deniliquin North P.S.	48	72	
Deniliquin South P.S.	45	225	
Dobroyd Point P.S.	19	95	
Dungog P.S.	2	20	
Eastlakes P.S.	18	90	
Edward PS	5	25	
Elderslie P.S.	28	140	
Enfield P.S.	26	130	
Erskinvile P.S.	19	95	
Figtree Heights P.S.	13	65	
Forbes North P.S.	4	20	
Forest Hill P.S.	19	95	
Forest Lodge P.S.	25	125	
Franklin P.S.	26	130	
Glenfield P.S.	28	140	
Gloucester P.S.	19	95	
Gregory P.S.	2	10	
Greta P.S.	25	125	
Heathcote East PS.	11	55	
Heathcote P.S.	19	95	

Awards Points Place

THE BRIGHTON –LE-SANDS RSL CLUB TROPHY

for Primary School-6th Class

	Awards	Points	Place
Neville P.S.	15	225	1st
Sofala P.S	42	210	2nd
Rockley P.S	8	120	3rd
Ballimore P.S.	5	25	
Beckom P.S.	14	34	
Binya P.S	4	20	
Bylong Upper P.S.	5	25	
Cabramurra P.S.	13	65	
Cootamundra H.S.	43	93	
Corinella P.S.	6	30	
Corrimal P.S	17	85	
Enngonia School	3	30	
Éuabolong West P.S.	2	5	
Eumungerie P.S	4	20	
Glen Alice P.S.	3	15	
Goolma P.S.	1	5	
Greenethorpe P.S.	1	5	
Hill End P.S.	1	5	
Ilford P.S.	6	30	
Jugiong P.S.	23	115	
Lue P.S.	4	20	
Martindale P.S.	1	5	
Milbrodale P.S.	8	40	
Mumbil PS	3	15	
Naradhan P.S	5	25	
Stuart Town P.S.	4	20	
Trunkey Creek P.S.	18	90	
Wanaaring P.S.	3	15	
Wollar P.S.	5	25	

THE JACK STILWELL FLYNN MEMORIAL CUP

for Central Schools-1st Class

Jindabyne C.S.	34	340	1st
Dubbo School Of Distance Education	23	115	2nd

THE HELEN DRAPER TROPHY

for Central Schools-2nd Class

Walcha C.S.	69	739	1st
Lightning Ridge C.S.	60	300	2nd
Braidwood C.S.	19	285	3rd
Norfolk Island C.S.	14	150	

THE H.C. BAMFORD TROPHY

for Central Schools-3rd Class

Coolah C.S.	60	805	1st
Brewarrina C.S.	56	800	2nd
Boorowa C.S.	37	555	3rd
Coleambally C.S.	3	20	
Barraba C.S.	5	75	
Bonalbo C.S.	25	125	
Dunedoo C.S.	31	185	
Hillston C.S.	12	110	
Lake Cargelligo C.S.	38	190	

THE ROWLEY VASS MEMORIAL TROPHY

for Central Schools-4th Class

Barellan C.S.	68	633	1st
Urana C.S.	40	500	2nd
Tullamore C.S.	31	240	3rd
Ardlethan CS	18	90	

Awards Points Place

Ariah Park C.S.	33	165
Binnaway C.S.	1	15
Collarenebri C.S.	21	205
Gulargambone C.S.	8	120
Mendooran C.S.	2	10
Oaklands C.S.	14	70
Tooleybuc C.S.	17	100
Trundle C.S.	14	98
Ungarie	13	65
Tullibigeal C.S.	19	190
Yeoval C.S.	14	70

THE CLIVE AUSTIN TROPHY

for Central Schools-8th & 9th Class

Hunter School of Performing Arts	56	280	1st
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THE F.D LEANEY TROPHY

for Schools for Specific Purposes

Mary Brooksbank School	62	650	1st
Cairnsfoot School	56	280	2nd
Kurrambee School	50	250	3rd
Anson Street School	40	200	
Arranounbai School	1	5	
Aspect Hunter School	8	36	
Aspect Wetherill Pk School	48	240	
Aspect Macarthur School	16	80	
Aspect Riverina School	26	130	
Aspect South Coast School	47	235	
Aspect South East Sydney School	10	50	
Bates Drive School	26	130	
Broderick Gillawarna School	35	175	
Budawang School	9	45	
Carenne School	2	10	
Cook School	11	55	
Coreen School	35	159	
Cromehurst School	24	120	
Fisher Road School	24	120	
Five Islands School	1	5	
Fowler Road School	18	90	
Glenvale School	42	210	
Halinda School	38	190	
Holman Place School	9	45	
Holroyd School	3	15	
Hopetown School	4	20	
Hunter River Community School	11	55	
Kandeer School	21	89	
Kotara School	19	155	
Lakeside School	21	105	
Lawrence Hargrave School	24	120	
Mian School	16	80	
Minerva School	23	115	
Newcastle Junior School	32	160	
Niland School	1	5	
Palm Avenue School	3	15	
Passfield Park School	22	110	
Penrith Valley Learning Centre	14	70	
Redbank School	21	105	
Rivendell School	23	115	
Sir Eric Woodward Memorial School	1	5	
Tallowood School	43	215	
The Ponds School	27	135	
Wewak Street School	23	115	
William Rose School	36	180	

THE BILL ARTHUR CUP

for Special Schools- Welfare

DJJ-Cobham 20 20 1st

THE R.E BURGOYNE MEMORIAL TROPHY

for RSL Youth Clubs

Rooty Hill RSL YSC 16 160 1st

THE AUSTRALIA SHIELD

for Army, Navy & Air Force Units

Kapooka ARTC 18 180 1st
Australian Air Force Cadets 12 165 2nd
T.S. Culgoa - Army, Navy Cadets 7 105 3rd
 213 ACU Cronulla Sutherland 1 15

THE KELSO KING EXCELLENCE SHIELD

for Affiliated Amateur Swimming Clubs

The Hills S & LSC 68 566 1st
Enfield LSC 65 445 2nd
EWellington A.S.C. 84 412 3rd
 Woronora LS&RPC 85 382
 Engadine ASC 35 232
 Port Hacking Lifeguard Club 18 180
 University of NSW-LSC 4 35
 Royal Aquatic S & LSC 5 30

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BROKEN HILL

Rick Cooper

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BROKEN HILL NSW 2880

ORANA DISTRICT

Ernita McGrath

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DUBBO NSW 2830

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Morgana Harris

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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 2013/2014 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
Hills Shire Council
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St George Sutherland Community College

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Canada Bay Club
Castle Hill RSL Club
Earlwood Bardwell Park RSL
Guildford Leagues
Kemps Creek Sporting & Bowling Club
Seven Hills-Toongabbie RSL Club
Smithfield RSL Club
St George Masonic Club
Wenty Leagues

NSW SCHOOLS

Albury HS
All Saints College - St. Josephs Campus - Lochinvar
Ariah Park CS
Aspect Hunter School
Aspect Wetherill Park School
Batemans Bay H.S
Baulkham Hills H.S
Bede Polding College
Belmore North P.S
Berry P.S
Billabong H.S
Blakehurst H.S
Bomaderry H.S
Cabramatta H.S
Campbellfield P.S
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Castle Cove P.S
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Cherrybrook Technology H.S
Chester Hill P.S
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Christ the King P.S - Bass Hill
Coola C.S
Coonabarabran H.S
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Cudgegong Valley P.S
Dubbo School of Distance Education
Dubbo College-Delroy Campus
Dunedoo C.S
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Epping North P.S
Fairfield P.S
Faulconbridge P.S
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Glenmore Park H.S
Glenvale School
Goulburn H.S
Gulgargambone C.S
Holy Cross College-Ryde
Hume P.S
Hurlstone Agricultural HS
Illawarra Senior College
Illawarra Sports H.S
Kandeer School
Kandos P.S
Kegworth P.S
Largs P.S
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Lutheran P.S - Wagga Wagga
Marist College North Shore
Mary Brooksbank School
Matraville Sports H.S
Medowie P.S
Moriah College
Narellan P.S
North Rocks P.S
Oak Flats P.S
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Redeemer Baptist School
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Rosehill P.S
Samuel Gilbert P.S
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St. Josephs Hastings Regional School - Port Macquarie
St. Josephs PS - Finley
St. Josephs the Worker P.S - Auburn South
St. Marys P.S North Sydney
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St. Pauls H.S Port Macquarie
St. Therese's P.S Mascot
Table Top P.S
The Meadows P.S
The Riverina Anglican College
Tocal Agricultural College
Tooleybuc C.S
Tumut P.S
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Turvey Park P.S
Ulladulla H.S
Ulladulla P.S
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University of Newcastle
University of Wollongong
Walla Walla P.S
Warragamba P.S
Warrawong H.S
West Wollongong P.S
Willyama H.S
Wingham Brush P.S
Woollahra P.S



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- Office of Sport, Sport and Recreation
- Ministry for Police and Emergency Services
- The Honourable Stuart Ayres MP, NSW Minister for Sport and Recreation, NSW Minister for Police and Emergency Services, NSW Minister assisting the Premier on Western Sydney



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
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