



# KEEP WATCH HEART BEAT CLUB GRANTS APPLICATION FORM 2021/22

Partner:



Government of Western Australia  
Department of Health



ROYAL LIFE SAVING  
WESTERN AUSTRALIA



# Keep Watch toddler drowning prevention program

## Heart Beat Club grants 2021/22

The Royal Life Saving Society WA (RLSSWA) believes that everyone should know the lifesaving skills of resuscitation and first aid. Drowning is the leading cause of preventable death in children under the age of five in Australia and while adult supervision is the best prevention strategy, in the event of a drowning, CPR performed at the scene could genuinely be the difference between life and death. Unfortunately, many parents do not regularly learn first aid and CPR, meaning they may not have the skills to save their child in an emergency.

RLSSWA's Heart Beat Club community education course is specifically designed for parents and carers of children under the age of five. The three hour session covers child and infant CPR and first aid for common childhood injuries. The standard course cost is \$25 per person.

The Heart Beat Club grants are an initiative of RLSSWA's Keep Watch toddler drowning prevention program and aim to increase access to CPR training among high need parent groups. The Heart Beat Club grants are provided by RLSSWA and funded by the Western Australian Department of Health.

Please note that Royal Life Saving has implemented a number of safety and hygiene protocols for training courses to protect those taking part. Please contact us if you require any specific information about how this will be managed.

### Eligibility requirements

Applications for a grant to host a free Heart Beat Club session in 2021/22 are invited from Western Australian community organisations which support high-risk families and/or parents who may have barriers to accessing first aid training. This includes parents from the following groups:

- Aboriginal
- Culturally and linguistically diverse
- Low socio-economic status
- Adolescent parents

Please remember that your free course must be specifically aimed at one or more of the above target groups and **not just general community members**.

The majority of participants in the course must have at least one child or grandchild under the age of five.

Both metropolitan and regional organisations are invited to apply. Unfortunately, delivery of sessions in regional areas is subject to trainer availability in the region.

If your organisation works with a different target group who you believe would benefit from a free course, please contact RLSSWA to discuss eligibility.

### Delivery requirements

A minimum of 10 participants is required for the Heart Beat Club course to run. If you do not have at least 10 participants confirmed prior to your course, it will not be able to go ahead. The maximum number of participants in a course is 20; however please contact RLSSWA to discuss options if you wish to provide the training for a larger group of people.

The course will be delivered at the venue of your choice. The available funding is for the course costs only and additional costs such as venue hire or crèche facilities will not be covered by RLSSWA.

Your organisation is responsible for promoting the course to parents and taking registrations. Please ensure that your course is scheduled at a time that will allow as many members of your community as possible to participate.



## Course availability

Due to the growth in popularity of the Heart Beat Club grants, the grants are currently limited to one per organisation/ location. If your organisation has a number of venues or services with distinctly different clientele or catchment areas you may submit one application for each.

Organisations wishing to offer more than one Heart Beat Club during the 2021/22 financial year are welcome to cover participant course costs internally, charge participants to attend or seek funding from alternative sources to cover the session/s. Please contact RLSSWA to discuss options.

## How to apply

Please complete the application form on the following page and return via email.

Applications are now open for the 2021/22 financial year. Applications can be received at any time during the year, however we advise you to submit an application as soon as possible, even if you are planning to offer the course in Term 1 or 2 2022. This will assist with planning and ensure that as many organisations as possible can benefit from a free course.

Once your application has been received and approved, a staff member from RLSSWA will work with you to arrange a convenient date and time for course delivery. Courses must be delivered before 30 June 2022.

## Questions and further information

If you have any questions please contact:

**Rachel Murray – Keep Watch Coordinator**

Email: [keepwatch@royallifesavingwa.com.au](mailto:keepwatch@royallifesavingwa.com.au)

Phone: (08) 9383 8224

Postal Address: PO Box 28, Floreat Forum WA 6014

For more information about the Heart Beat Club course please visit:

<https://royallifesavingwa.com.au/training/heart-beat-club/c-25/p-906>

For more information about the activities of the Keep Watch toddler drowning prevention program including free parent water safety presentations and resources please visit:

<https://royallifesavingwa.com.au/programs/keep-watch>



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## Heart Beat Club Grants Application Form 2021/22

Please download this form and complete the details below to apply for a free Heart Beat Club course in 2021/22. Once downloaded, you should be able to type directly into this form and save as a pdf. Please email completed applications to [keepwatch@royallifesavingwa.com.au](mailto:keepwatch@royallifesavingwa.com.au)

Organisation	
Contact person name	
Contact person position	
Contact email address	
Phone number	
Specific program name (if applicable)	
Planned venue for course	
Preferred time for course (3 hour timeslot))	
Preferred days/dates for course (please provide 2-3 options)	
Briefly describe the family/ parent community group the course will be delivered to (e.g. Aboriginal, CALD, low SES, adolescent parents)	
Briefly describe the expected benefits of receiving a free Heart Beat Club community first aid course for your organisation's target group(s)	
Please list any special requirements (e.g. female trainer only)	
I acknowledge there must be at least 10 confirmed participants for the Heart Beat Club course to go ahead (please tick box)	

\*Please note that the Heart Beat Club is a community education initiative only. Attendees will be provided with a certificate of attendance, but this is not a qualification course.

