

Introduction

Welcome to the first Lifesaving Foundation newsletter for 2016. You will see from the content that we were and are very busy. If you have not liked our Facebook page please do so as it is a good source of news. Our congratulations go to the Royal Life Saving Society on its 125th birthday and to our lifesaving colleagues within the RLSS Commonwealth around the world. The recent Bunrana tragedy reminds us that there is much work for all of us to do if we are to reduce the number of drownings worldwide.

John Connolly

Honorary CEO



Drowning Prevention and Rescue Conference 2016



The Foundation will host its 7th International Drowning Prevention and Rescue Conference in Killashee Hotel, Naas, Co. Kildare, Ireland from Monday 29th August to Thursday 1st September 2016. This first class conference venue is only 30 minutes from Dublin Airport. The four day programme contains some new features and retains some favourites from previous conferences. New features include drowning survivors telling their personal survival stories, an Irish Navy Officer telling of his experiences captaining a refugee rescue ship in the Mediterranean last summer, world leading survival physiologist Professor Mike Tipton and survival psychologist Dr. John Leach jointly discussing human responses to sudden immersion in deep cold water, and a number of student scholarship presentations in memory of Surgeon Admiral Frank Golden. The conference opens with an I Am Not Drowning Project Seminar devoted to considering the concept of self-rescue in common drowning situations. The 20 minute presentation followed by 10 minutes discussion format is being retained as is the professional filming and editing of conference presentations. There are full-resident and non-resident options available. The conference brochure, fees, and other details can be accessed at <http://www.lifesavingfoundation.ie/conference/>.

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I Am *Not* Drowning Project

Human survival in times of danger often starts inside of the mind – with a personal determination that *I am not going to drown today*. THE I AM NOT DROWNING PROJECT will research the concept of self-rescue by drowning casualties in a number of Common Drowning Situations. World leading survival psychologist Dr. John Leach said that disaster may strike so suddenly that it catches people completely unawares and that the period of impact commonly lasts from a few seconds to many minutes during which there can be an immediate overwhelming of the senses as sensory information – sight, sound, touch, smell and taste - floods the brain. He states that so much information strikes the victim that he / she is unable to process and comprehend it and consequently becomes bewildered and numb. In survival situations the pressure is on to function rapidly and the survivor can succumb to tension and urgency. The casualty feels the compulsion to do something and this may cause him to leap into action without proper or logical planning. Dr. Leach uses the term 'a decision dilemma' and says that in this condition "peoples survival actions are often ineffective because they are unsure of how to act – of which option to choose from those he or she thinks are open to them". (Dr. John Leach, 1994, Survival Psychology, Macmillan, London) The Foundation has assembled a team of world drowning medical and drowning rescue experts drawn from its membership to research this project. Our 2016 conference will open with a seminar which will consider the concept of self-rescue and discuss various draft project documents.



Lifesaving Foundation Membership

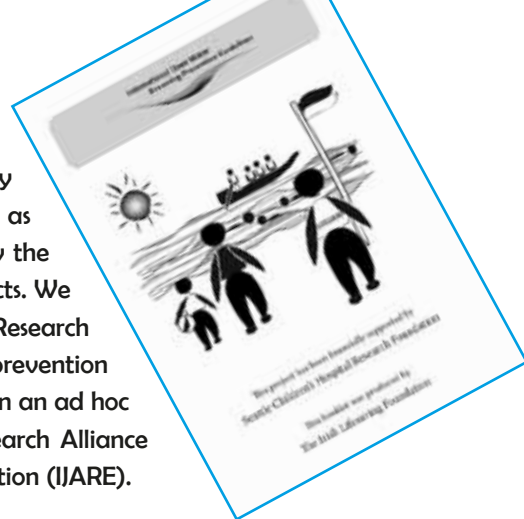
Membership of the Foundation is open to all adults interested in drowning prevention. The membership fee is €100. A lesser association titled A Friend of the Lifesaving Foundation is available for €20.

Use this link: <http://lifesavingfoundation.ie/index.php/contact-us/membership/>

Drowning Prevention Research Committee

Over the years Foundation members have published and presented on many research topics and participated in a number of drowning prevention projects such as The International Open Water Drowning Prevention Task Force. Projects initiated by the Foundation itself are our Why Swimmers Drown and Foreign Holiday Drowning projects. We are currently working on the I Am Not Drowning Project. Membership of the new Research Committee will be drawn from Foundation members directly involved in drowning prevention research. Its task will be to put a structure on all future projects which currently arise on an ad hoc basis. The Foundation will work with a new body The International Drowning Research Alliance (<http://idra.world/>) and with The International Journal of Aquatic Research and Education (IJARE).

<http://scholarworks.bgsu.edu/do/search/?q=IJARE&start=0&context=4384382>



Ireland Medal Ceremony



Thirteen (13) Ireland Medals have been awarded since the honour was introduced in 2003. The 2014 Ireland Medal was awarded to Dr. Kevin Moran PhD., New Zealand in recognition of his exceptional contribution to the saving of lives from drowning. Kevin has long displayed outstanding leadership and dedication to water safety and lifesaving in Wales, New Zealand, and internationally. Kevin has been a member of International Life Saving Federation's Research and Information Committee; he co-chaired the International Task Force on Open Water Drowning Prevention; he was a founding member of both the New Zealand Drowning Prevention Council and WaterSafe Auckland which he chaired for a number of years. He has been a frontline surf lifeguard for 50 years, first patrolling on Caswell



Bay and Llangennith in Wales and then on one of New Zealand's rugged west coast beaches at Muriwai, near Auckland. He is the first Ireland Medal recipient from New Zealand. Due to serious illness Kevin was unable to travel to Ireland in 2015 and will receive his medal on 29th August in Killashee Hotel at a function starting at 7.30pm. The medal will be presented by Chris Reynolds, Director of the Irish Coast Guard. All Foundation members are invited to the medal ceremony.

New version Ireland Medal

A new version of the Ireland medal will be presented for the first time in 2016 as the stock of original medals has been exhausted. The new medals have been sponsored by descendants of the deceased Hogan Brothers who between them saved over 50 persons from the River Barrow as it flows through New Ross, County Wexford in the first half of the 20th century. Dr. Kevin Moran will be the first recipient of the new style medal.

Photo: Formal handing over of a stock of new Ireland Medals to Foundation Chairperson Brendan Donohoe in New Ross Boat Club by members of the Hogan Family.



John D. Walsh (Hogan family), Cllr. Michael Sheehan (Chair of New Ross County Councillors), Brendan Donohoe (Chair of Lifesaving Foundation), Jim Hogan

RLSS 125

In 2016 the Royal Life Saving Society is celebrating the 125th anniversary of its founding in 1891. The Lifesaving Foundation evolved out of an RLSS IRELAND Millennium Overseas Aid Project and in recognition of the charity's origin two Foundation Directors John Connolly and Dr. Patrick Buck attended the 125 Conference in London presenting papers on Why Persons Who Can Swim Drown and Irish Navy Cold Water Immersion Trials. A number of individual Foundation members attending in personal capacities also presented papers at the conference.



Interested in supporting Drowning Prevention Research?

For €100 you can join, or affiliate to, The Lifesaving Foundation and play an active or passive role in promoting and supporting world class drowning prevention research.

Joining the Lifesaving Foundation is easy:

1. Open our website Home Page:
www.lifesavingfoundation.ie
2. Click on the "Join the Foundation" button.
3. You can make a Secure Credit Card Payment; Pay via PayPal; Make a Credit Transfer.
4. A payment receipt is automatically provided.
5. "WELCOME TO THE FOUNDATION."

Friends of the Foundation

The Foundation also offers a €20 non-member "Friends of the Foundation" donation option here.



Foundation Website

The Foundation is upgrading and updating its website. A new Home Page has been added along with a Shopping Cart facilitating on-line credit card payments of Membership Fees, Conference Fees, and other payments. This is being done in an on-going rolling manner. Current changes being worked on include an updating of the Members Only Section introducing a new research paper search facility by key words and the replacement of the I Am Not Drowning Project button with a link button to a new Drowning Prevention Research website. The new research website will contain details of all Lifesaving Foundation sponsored Drowning Prevention Research Projects.

Facebook

We would like to draw your attention to our Facebook page which is constantly updated with drowning prevention and rescue news. Facebook link: <https://www.facebook.com/lifesavingfoundation>



Buncrana Drowning Tragedy

On Sunday 20th March 2016 five individuals drowned in a vehicle that slid down a slipway covered in algae. Cars and other road vehicles entering deep water is a common event. The Foundation has open access on its website to a filmed 2013 Drowning Prevention and Rescue Conference presentation by American lifesaving expert Gerald Dworkin on what to do in such an emergency. The film is available at this link

http://www.lifesavingfoundation.ie/conference/files/7314/4717/5221/21_Gerald_Dworkin_Submerging_Cars.mp4



Lifesaving Foundation Members 2016 Meeting

The fact that the Foundation has an international membership makes attendance at the charity's Annual General Meeting difficult for many members. To facilitate discussion on the charity's projects the Board of Directors has organised a meeting of members for 29th August during our 2016 conference in Killashee Hotel at 4.30pm.

Revised Constitution

A new revised Lifesaving Foundation Constitution came into effect in 2016. The original constitution has been modified with approval from The Charities Regulatory Authority and The Companies Registration Office to facilitate fuller participation of international members in the running of the charity. The annual membership starting date was changed to 1st January as was the financial year starting date.

New Logo for Members

The Foundation has introduced a new version of our logo which may be used by members on note paper or on websites. Members may use our logo as long as they remain in current membership. If you wish to use the logo the Foundation office will provide you with a quality JPEG image copy.



The International Journal of Aquatic Research and Education

We would like to draw your attention to a major change in the journal IJARE. The *International Journal of Aquatic Research and Education (IJARE)* is now an online-only open access journal on a new platform. No fees are charged to authors or readers.

<http://scholarworks.bgsu.edu/ijare/>

IJARE is the premier international scholarly journal dedicated to dissemination of peer-reviewed, evidence-based research and educational reports on a broad range of non-competitive aquatics, swimming, lifesaving, water safety and drowning prevention, aquatic exercise and therapy.

To submit a manuscript, first set up your user account. Click on My Account at <http://scholarworks.bgsu.edu/ijare/>

IJARE also invites non-profit aquatic organizations, agencies, and groups with appropriate missions to become affiliates. Contact Steve Langendorfer, Editor, IJARE, at langendorfersj@gmail.com for information.

The Science of Beach Lifeguarding

Edited by Mike Tipton and Adam Wooler and written by leading researchers and academics from around the world, *The Science of Beach Lifeguarding* focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards. It pulls together all the different areas involved in beach lifeguarding and evaluates their evidence base. The book's key themes cover the context of beach lifeguarding, the physical environment in which lifeguards work, medical aspects, practical lifeguarding techniques, physiological standards for lifeguards, safety education, and future developments in beach lifeguarding. It presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard. It supplies an in-depth examination of the risks and hazards associated with the beach environment, including rip currents and cold water immersion.



Recent Cold Water Immersion Conference

Congratulations to Lifesaving Foundation Director Dr. Patrick Buck PhD on the recent Cold Water Immersion Conference in the National Maritime College Ireland. At the conference Patrick presented the results of cold water survival trials conducted with the Irish Navy. The presentation contained filmed immersions of navy personnel and their physiological and psychological responses. The conference was also addressed by survival psychologist Dr. John Leach PhD from the University of Portsmouth's Extreme Environments Laboratory.



Founder of Sri Lanka Women's Swimming Project awarded British Empire Medal

Congratulations to founder of the Sri Lanka Women's Swimming Project Christina Fonfe on her receipt of the British Empire Medal (BEM) in recognition of her project teaching over 4500 women and girls to float and swim since 2005. She says that 80% of those who died in the 2004 tsunami were women and children who were mostly unable to swim. In a country where culture inhibits females learning to swim Christina said that the courage of her women and their determination that all of their children should be swimmers inspires her to keep going. Her strategy is simple – females are taught to float and swim and then shown how to teach others to float and swim.

