

Drowning Prevention & Rescue 2014 Conference



Monday,
29th September
to Thursday,
2nd October, 2014



Bracken Court Hotel,
Balbriggan,
Co. Dublin,
Ireland



CONFERENCE BROCHURE





The Lifesaving Foundation's 6th International Drowning Prevention and Rescue Conference & Ireland Medal Ceremony

Mon. 29th September to Thurs. 2nd October 2014

Bracken Court Hotel, Balbriggan, Co. Dublin, Ireland



Maria Bolger

This is an open invitation to visit Ireland and to join with a group of world leading drowning research lifesavers discussing how we can collectively reduce the number of drowning deaths worldwide. Drowning has rightly been described as a hidden world pandemic. Our conference venue, Bracken Court Hotel, in addition to being comfortable and friendly, is located in a small Irish seaside town with a sandy beach and small fishing harbour. Balbriggan is very close to Dublin Airport with a regular bus service to and from the terminals and a rail link to Dublin City Centre.

Key features of the conference are a Swimming Seminar on Monday afternoon followed by swimming for survival related presentations on both Tuesday afternoon and Wednesday morning. The Thursday programme is devoted exclusively to the newly published Drowning handbook which will be the standard reference book on all aspects of drowning for the next 10 years. Wednesday night will contain happy and sad events as Professor Stephen Langendorfer is awarded the 2013 Ireland Medal for his outstanding contribution to drowning prevention and we say a final goodbye to a lifesaving giant, the 2005 medal recipient Surgeon Admiral Frank Golden.

John Connolly, Honorary CEO, The Lifesaving Foundation - john@lifesavingfoundation.ie

MEMBERSHIP INVITATION

Become a member of The Lifesaving Foundation and help with our work of *saving lives from drowning.*

We also invite non members to become a "Friend" of the Foundation.

Visit our website and download an application form: www.lifesavingfoundation.ie

Worldwide flights to and from Dublin Airport



Flying into Dublin

Dublin is easily accessible from the UK, Continental Europe and the east and west coast of the USA. More than 36 scheduled airlines fly into Dublin Airport, which is located 12 km from the city centre. Dublin Airport serves 7 domestic, 29 UK, 36 Continental European and 9 international destinations.



Co. Dublin



There is a regular, direct bus link from Dublin Airport to Balbriggan and a rail link from Dublin city centre to Balbriggan.

SWIMMING SEMINAR: Monday, 29th September – 2.30 p.m. - 6.00 p.m.

Theme : Essential Content in the Teaching and Learning of Water Competencies

Chair: Professor (E) Robert Stallman, PhD. (Norway)

This is an open seminar (all are welcome) led by Prof. (E) Robert Stallman PhD (Norway), in association with Professor Stephen Langendorfer PhD (USA), Dr. Kevin Moran PhD (New Zealand), and Professor Richard Franklin PhD (Australia), combining the following :

The “Can You Swim Project” is a collaborative project investigating the relationship between real and perceived water competence in the context of drowning prevention.

The Working Party on Defining Swimming will report to the World Drowning Prevention Conference in 2015.

The “Why Swimmers Drown Project” is a Lifesaving Foundation project investigating why swimmers are unable to save themselves from drowning.

The International Federation of Swimming Teachers’ Associations (IFSTA) represents the world’s largest swimming teaching bodies in the common goal of reducing deaths by drowning, by improving standards in teaching.

Introduction:

Chair: Professor (E) Robert Stallman PhD

There is a clear need to identify the essential motor skills and affective and cognitive competencies in a drowning prevention context. These are that which MUST be included in any aquatic educational programme. As described in 2006 in the first edition of the Handbook on Drowning, skill needs to be considered an essential part of water competence but with an understanding that skill alone is often not sufficient to prevent a drowning.



Introductory Presentations:

1. *The IFSTA new Swimming Teacher Training Programme for Underdeveloped Countries*

Roger Millward (United Kingdom)

2. *The relationship between the concepts, aquatic skill and water competence*

Professor (E) Robert Stallman PhD (Norway)

3. *The role of the “Can You Swim” project in the selection of essential competencies*

Dr. Kevin Moran PhD (New Zealand)

4. *The influence of person, task and environment on the definition of competence*

Professor Stephen Langendorfer PhD (United States)

5. *The need for measure-ability and testability in support of essential elements*

Associate Professor Richard Franklin PhD (Australia)

Questions of clarification on the above presentations

Interactive discussion:

Why is tradition and expert opinion no longer enough?

Why do swimmers drown?

What is meant by all around skill development and why is it necessary?

How is competency influenced by person, task and environment?

How is the difference between real and perceived competency important in selection of competencies?

What are the responsibilities of aquatic educators and why?

Other questions



Roger Millward
(United Kingdom)



Dr. Kevin Moran PhD
(New Zealand)



Professor Stephen Langendorfer
PhD
(United States)



Associate Professor
Richard Franklin PhD
(Australia)

GENERAL PRESENTATIONS



Kim Tyson M.S. & Susan Tyson M.S. (USA)

Kim W. Tyson, B. S., M.S. Sports Science and Aquatic Administration

Susan Tyson, B.A., M.S. Physical and Health Education

National Drowning Prevention Alliance: Increasing Public Water Safety Through Partnerships in Education, Outreach and Awareness Programmes

The National Drowning Prevention Alliance is a non-profit organization in the USA focused on the prevention of drowning and aquatic injury for all ages and in all bodies of water. The NDPA works to complete this mission through educational programming, research and data collection, family support, and legislative advocacy. Since NDPA's inception it has fostered a number of national campaigns to address the issue of drowning, aquatic related injuries and how to prevent them through education. This presentation provides collected information available for advocates for drowning prevention.

Kim Tyson is a Past President and Board Member of the National Drowning Prevention Alliance. He recently retired from The University of Texas-Austin after 31 years of service as the Department of Kinesiology and Health Education Aquatic Coordinator. Kim has been an active volunteer and advocate for the promotion of drowning prevention, aquatic education and lifeguarding programs in the United States for over 35 years. Kim presents water safety education to national and international audiences.

Susan Tyson is an elementary school teacher at Brookhollow Elementary School in Pflugerville, Texas, USA. She has taught and developed learn to swim and aquatic exercise programmes for all ages and abilities for over thirty years. As an elementary school educator she has coordinated water safety education and instruction programmes in elementary education. Susan has also taught aquatic education courses at the University of Texas-Austin and served as an exercise specialist at Hammons Heart Institute in Springfield, Missouri.

Dr. Justin Sempsrott MD (USA)

Executive Director, Lifeguards Without Borders

Bridging the gap in lifesaving education and standards in Low & Middle Income Countries

More than 95% of the worlds drowning deaths occur in low and middle income countries. Current international gold standards for lifeguards and lifesavers

may not be applicable or attainable in resource deficit areas due to equipment and other standards. In addition, the ubiquitous nature of water in LMIC's presents additional challenges that must be addressed when developing strategies to maximize the impact of drowning prevention, rescue, and treatment programmes.

Justin has been an Ocean Lifeguard since 1996 and currently works as an EMS Medical Director and Emergency Medicine Physician. In 2006, he founded the United States based non-profit organisation Lifeguards Without Borders.



Dr. David Szpilman MD (Brazil)

Sociedade Brasileira de Salvamento Aquático, Corpo de Bombeiro Militar do Estado do Rio de Janeiro Hospital Municipal Miguel Couto, Brazil *Drowning Prevention Seeders – a web project*

The "Drowning Prevention Seeders" project will use internet interactive and game technology to deliver prevention messages and reinforce current awareness in a fun, interactive way that targets people of all ages we have been unable to engage up to now. Because of the wide availability of Internet access in Brazil, it can be used to deliver and multiply the messages at low cost.

Graduated in medicine in 1982, worked from 1990 to 2010, as a doctor with lifeguards at the Drowning Resuscitation Centre (Fire Department of Rio de Janeiro). This Centre is a pre-hospital emergency facility at



the Rio de Janeiro Beaches, specially developed in the 60' to deal with aquatic emergencies. The reference hospital for trauma is his other job (Former Head at the Adult Intensive Care Unit for 12 years - Municipal Miguel Couto Hospital), which allow him to follow up all the occurrences since pre to hospital care. Founder and Former President of Brazilian Life Saving Society – SOBRASA, and actually Medical Director, he is member of Brazilian National Resuscitation Council and Medical Commission of the International Life-Saving Federation(ILS), and author of 4 books, 68 book chapters and 156 papers on National/ International Medical Literature, with more than 440 drowning Lectures on National/ International Conferences.

Mr. Colin Macdonald MA, OBE (Lesotho)

The Royal Lesotho Lifesaving Association.

Lifesaving and Drowning Research in Lesotho.

This presentation outlines the progress made by The Royal Lesotho Lifesaving

Association in 2014. It also recounts some amateur research conducted into the effect of clothing on swimming ability.

Colin Macdonald was a teacher for 54 years, of which the last 50 were spent in Africa, first in Nigeria, then Ghana, and since 1981 in Lesotho. He was a school Principal for 40 years, and built swimming pools at two different schools. Since 2008 he has been President of the Royal Lesotho Lifesaving Association.



Mr. John Long (United Kingdom)

The Royal Life Saving Society, The University of Warwick

The Results of the PARAMEDIC 1 Trial of the LUCAS Device

The LUCAS™ Chest Compression System is a tool that standardises chest compressions in accordance with the latest scientific guidelines. It provides the same quality for all patients independent of transport conditions, rescuer fatigue, or variability in the experience level of the caregiver.

John Long is a retired Senior Police Officer and Immediate Past Commonwealth Secretary of the Royal Life Saving Society. He is an RLSS Commonwealth Vice



President, RLSS UK Life Governor, ILS Knight, and Patron of the Rashtriya Life Saving Society of India. He has been involved in lifesaving for 56 years. He is patient / lay consultant on the PARAMEDIC 1 Trial and is co-investigator on the new PARAMEDIC 2 Trial.

Mr Jonathon Webber, RN., BHSc., DipMgt., CertAmb. (New Zealand)

Surf Life Saving New Zealand
The University of Auckland
Auckland City Hospital

A New Drowning Chain of Survival

The term "chain of survival" has provided a useful metaphor for the elements of the emergency cardiac care system for sudden cardiac arrest, however interventions and patient management in drowning involves principles and actions that are specific to these situations. This presentation describes the development of a new *Drowning Chain of Survival* from concept to publication. The intent of the model is to guide lay and professional rescuers in the important life-saving steps that may significantly improve chances of prevention, survival and recovery from drowning incidents.

Jonathon Webber is an Advanced Qualified Lifeguard with over 25 years' experience at Piha Beach on Auckland's West Coast. An Honorary Senior Clinical Tutor in the Department of Anaesthesiology at The University of Auckland

and Resuscitation Officer at Auckland City Hospital, Jonathon's voluntary roles include: Senior Advisor to Pakistan Aquatic Life Saving, Board Member for WaterSafe Auckland, and member of the Piha SLSC Callout Squad. He currently represents SLSNZ on the New Zealand Resuscitation Council and is a member of the ILS Rescue Operations and Medical committees. He has authored and co-authored several journal articles, textbook chapters and national surf life saving policies. He has presented and published work on drowning detection and response, lifeguard perception and performance of CPR, leisure-related injuries at NZ beaches, and airway management, first aid training and resuscitation in the aquatic environment.



Mr. Jim Spiers (USA)

Founder & CEO SwimJim Inc; SwimJim Texas; President, Safer 3 Water Safety Foundation,

The Safer 3. Where's the risk?

There are three risk areas that occur in every drowning event: The Person; The Water; and The Response. The Safer 3 message offers a formula for prevention that addresses the challenge of so many drowning variables. We will look at how education, awareness and public outreach in each risk area can prevent drowning. By asking, "where is my risk?" in regards to water, person and response, the development of a prevention strategy becomes personalized and customized to each situation that may arise.

Jim is a life-long professional in all aspects of swimming and water safety instruction. In collaboration with two-time Olympic gold medalist Catherine Fox, he created the first learn-to-swim program



combining early childhood development and the latest Olympic-level stroke and body positioning technique. Jim has educated and trained teachers and students for over 33 years and founded SwimJim in 1998. In 2004, Jim became a founding board member of the Safer 3 Water Safety Foundation a non-profit focused on drowning prevention education and assumed the presidency 2012. The U.S. Swim School Association presented Jim with the 2013 Humanitarian Award for his efforts of bringing the Safer 3 program to Brazil, Mexico, Sweden, and throughout Latin America. He is a member of NDPA, USSSA, WABC, and the International Swimming Hall of Fame.

Janet Wilson (United Kingdom)

Hon. Vice President RLSS UK. Hon Vice President RLSS Commonwealth.

Water Safety Management.

RLSS UK has introduced a programme of education aimed at organisers of events in, on or around water. It is now accepted that it is not sufficient any more simply to say

open water is dangerous and keep people out, but better to educate people to use it safely. This session explores the use of this programme and the benefits seen so far.

Janet is a retired biomedical scientist of 34 years who now spends her time teaching First Aid and lifeguarding, including mentoring new trainer assessors. She still actively takes part in



Long Distance open water swimming events, and is a Past President of the British Long Distance Swimming Association.

Dr. Justin Sempstrott MD (USA)

Executive Director, Lifeguards Without Borders

Lifeguards Without Borders – Implications for Safeguarding Mass Gatherings

Lifeguard agencies are often called upon to provide medical and lifeguard coverage during mass gatherings on holidays and during large scale events. These events often overwhelm the local system and require planning and management as disasters.

Biography and photograph above

Mr. Kim Tyson M.S. (USA)

Past-President of The National Drowning Prevention Alliance

Seal of Safer Pool Practices – Best Practice Guidelines for Aquatic Facilities

The NDPA Seal of Safer Pool Practices programme provides best practice safety guidelines for aquatic facilities, following recommendations based on the Safer 3 Water Safety Foundation's model for reducing drowning incidents. The goal of the programme is to aid in creating a safer experience for patrons at public pools including; hotels, motels, apartments, condominiums, homeowner associations, water parks, colleges and universities, and multi-family property owned pools. The programme is intended to help reduce the risks and liabilities associated with water-related incidents, as well as reducing resulting costs to public aquatic facilities. This presentation will give an in-depth look at the programme and how facilities and individuals can benefit from taking part.

Biography and photograph above

Mr. John Connolly B. Ed., MA (Ireland)

Honorary CEO, The Lifesaving Foundation
Why do swimmers drown? Discuss

The majority of those who die by drowning are believed to be swimmers and drown close to safety. This presentation considers different aspects of the key question "Why are swimmers unable to swim a short distance to safety when their lives depend upon them doing so successfully?" It is suggested that drowning is situational and experience in one body of water may not transfer to others but can give swimmers a false sense of safety.

John Connolly is a retired Primary School Head

Teacher with over 40 years lifesaving experience and is Honorary Chief Executive Officer of the Lifesaving Foundation. He has had a long voluntary career within RLSS UK as both lifeguard trainer/assessor and branch officer. He has been awarded Honorary Life Membership of both Royal Life Saving Society UK and of the Royal Life Saving Commonwealth Society.



Mrs Andrea Andrews BSc (Hons) MSc, FIOS, ASA L2, MSI. (United Kingdom)

Co-owner of A2Z Swim

A need for change in aquatics? The thoughts of an ordinary swimming teacher.

There is a widespread culture of well-meant 'pushing' of pupils in formal swimming lessons. This presentation looks at the hidden impacts of this approach on our aquatic engagement. Learning to swim is fundamentally different to other human activities; our emotions rule. Positive change may be easier and cheaper to implement than it is widely believed to be. If we do not ask the most difficult questions we will never find the most valuable answers.

Andrea Andrews was an engineering geologist for 9 years and has been an ASA Level 2 swimming teacher for 11 years with specialist training in conquering aquatic fear as an MSI instructor. She works as a swimming teacher for GLL, runs a business partnership with Mrs Zoe Cheale called A2Z Swim and her articles are regularly published in the Swimming Times. She has just reached some striking conclusions about what could be happening in aquatics.



M/s Juanita Bueschleb (Canada)

Past President, Lifesaving Society, Ontario, Canada. Recreation Supervisor, City of Brampton, Canada

Lifesaving Society Canada's Swim to Survive Plus – Extending our reach

Almost 600,000 Ontario children have now participated in The Lifesaving Society's Swim to Survive Program ensuring that water safety education and water skill development is embedded in our communities. In 2013 The Lifesaving Society launched Swim to Survive Plus, working to enhance water safety skills and abilities and reinforce learning that has been achieved through the Swim to Survive program. With over 11,000 students participating in the program since the launch we are working hard to reach beyond and continue to strive to eliminate drowning in Canada.

Juanita Bueschleb is a Past President of the Lifesaving Society (RLSS), Ontario, Canada. She is Recreation Supervisor with the City of Brampton, Canada.



The Lifesaving Foundation Drowning Prevention & Rescue 2014 Conference

GENERAL PROGRAMME NOTES

1. The Monday Swimming Seminar will start at 2.30pm and end at 6.00pm unless a later conclusion time is agreed by those present.
2. Conference presentations will begin at 8.30am Tuesday, Wednesday and Thursday. Participants are asked to be present and seated by this time to facilitate a prompt start. We will aim to end at 6.00pm on Monday and Thursday and 1.00pm on Wednesday. If necessary the 6.00pm finish time will be extended to complete the programme.
3. The Ireland Medal ceremony will begin at 7.30pm Wednesday night and will end at 10.30pm. There will be a short tea / coffee break mid-ceremony. You are asked to take your seats at 7.20pm to facilitate our starting at the appointed time. The dress code is smart casual or uniform.
4. Self-service tea / coffee / biscuits will be available throughout each day. Break times will be shortened, if necessary, to aid our keeping to the published timetable.
5. The majority of presentations are of 20 minute duration followed by 10 minutes discussion. We have inserted 5 to 10 minute breaks between presentations for editing purposes and a changeover between presenters. During these breaks participants may serve themselves tea / coffee or leave the conference room.
6. Once a presentation begins, for filming purposes, participants are asked to remain seated and not to interrupt presenters or ask questions. When a presentation ends you should applaud and the filming will stop. You will then be invited to ask questions or comment on the presentation content. Discussion is an important part of the conference but will not be filmed for organisational reasons.
7. The dress code during the conference is informal with the exception of the Ireland Medal ceremony when the dress code is smart casual.

Tuesday

8.20am	John Connolly Opening Address	2.00pm	Janet Wilson Water safety management
8.30am	John Connolly Why do swimmers drown?- Discuss	2.35pm	Dr. Justin Sempsrott MD Lifeguards Without Borders - Implications for safeguarding mass gatherings
9.15am	Dr. Justin Sempsrott MD Bridging the gap in lifesaving education and standards in Low and Middle Income Countries	3.15pm	Kim Tyson Seal of Safer Pool Practices - Best practice guidelines for aquatic facilities
9.55am	Dr. David Szpilman MD Drowning Prevention Seeders - a web project	3.45pm	Short Break
10.30am	Colin Macdonald Lifesaving and Drowning Research in Lesotho	4.00pm	Kim Tyson Increasing public safety awareness in drowning prevention through Education, Outreach and Community Action
11.00am	SHORT BREAK		
11.15am	John Long Results of the PARAMEDIC 1 Trial of the LUCAS device	4.45pm	Andrea Andrews A need for change in aquatics? The thoughts of an ordinary swimming teacher.
11.50am	Jonathon Webber Development of a new Drowning Chain of Survival	5.20pm	Juanita Bueschleb Lifesaving Society Canada's Swim to Survive Plus - Extending Our Reach
12.25pm	Jim Spiers Safer 3 - Where's the risk?	6.00pm	END
1.00pm	Light Lunch	8.00pm	Dinner

Wednesday

8.30am	Prof. (E) Robert Stallman PhD Balanced Progress: Optimal Protection in a Survival Context	11.45am	Prof. Stephen Langendorfer PhD Considering drowning and swimming from a water competence perspective
9.05am	Dr. Kevin Moran PhD The Can You Swim Project: Developments and directions in international research.	12.25pm	Christina Fonfe Ten years of teaching females in Sri Lanka to float and swim
9.45am	Roger Millward Swimming Teacher Training in Developed and Under-developed Countries	1.00pm	Lunch Break
10.30am	A. Prof. Richard Franklin PhD Benchmarking children's swimming and water safety skills and knowledge: What are we measuring and what helps?	1.45pm	Tour to Malahide Castle and Gardens includes tea / coffee break
11.10am	Dr. Ana Catarina Queiroga PhD Mismatches between real and perceived swimming abilities of children	7.30pm	Ireland Medal Ceremony
		10.30pm	End

Wednesday Afternoon: Tour of Malahide Castle & Gardens

(see inside back cover)

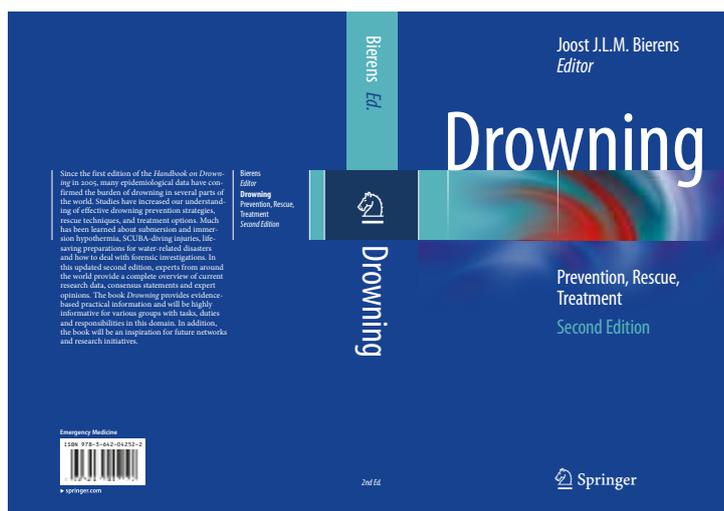


Thursday

Drowning Handbook

8.20am	John Connolly Introduction	Dr. David Szpilman MD Drowning - classifications, positioning victims, and spinal injuries
8.30am	Dr. Joost Bierens MD. PhD. Editor Drowning - An Overview	Prof. Richard Franklin PhD. A framework for prevention
	Prof. Richard Franklin PhD. The Epidemiology of Drowning	Dr. Joost Bierens MD. PhD. Pathophysiology of drowning
	Prof. (E) Robert Stallman PhD. The Prevention of Drowning	Jonathon Webber Airway management skills & Equipment for aquatic First Responders
	Dr. Kevin Moran PhD. Rescue	3.45pm 15 minute Break
10.30am	15 minute Break	4.00pm
10.40am	Dr. Justin Sempstrott MD Pre-hospital Treatment	Dr. Kevin Moran PhD. Towards a definition of Aquatic Rescue
	Dr. Joost Bierens MD. PhD. Hospital Treatment	John Connolly Recreation and Tourism
	Wing Cdr. Michael Fonfe (Rtd) Water Related Disasters	Prof. Richard Franklin PhD. Bystander Rescue
	Prof. Michael Tipton PhD. The physiology of cooling in cold water	Prof. (E) Robert Stallman PhD. Direct body contact swimming rescues
1.00pm	45 minute LUNCH BREAK	Dr. Ana Catarina Queiroga PhD. Extremes in medical facilities at beaches
1.30pm	Dr. Ana Catarina Queiroga PhD. Higher academic education in lifesaving	Expression of Thanks
	John Connolly Suicidal Drownings	6.00pm CLOSE
		8.00pm Dinner

Dr. Joost Bierens MD PhD MCDM (The Netherlands)
Editor



7.30pm	Welcome	Chair: Brendan Donohoe Chairperson, The Lifesaving Foundation
	Introductions	John Connolly Hon. CEO. The Lifesaving Foundation
	Welcome to our Partners	
	Short Presentations	
	Mrs. Patricia Wilcox	South Africa Lifeguard Training Project
	Mr. Colin Macdonald OBE	Royal Lesotho Lifesaving Association
	Dr. Robert Stallman PhD	Tanzania Lifesaving Society (TALISS)
	Mrs. Christina Fonfe	Sri Lanka Women's Swimming Project
<hr/>		
8.30pm	Rear Admiral Frank Golden Memorial Ceremony	Chair: John Connolly Hon. CEO. The Lifesaving Foundation
	Message from the International Maritime Rescue Federation	IMRF Chairperson Michael Vlasto, OBE.
	The contribution of Admiral Frank Golden to saving lives from drowning	Professor Michael Tipton A long-time friend and colleague of Frank Golden
	Complexity - a driver for innovation in lifesaving, a national, regional, and global opportunity?	Rear Admiral Mark Mellett, DSM Deputy Chief of Staff, Ireland's Defence Forces
	Presentation of a Memorial Parchment	Rear Admiral Mark Mellett, DSM
	Launch of the new Ireland Medal web site	Mr. John Connolly
<hr/>		
Coffee Break		
<hr/>		
9.30pm	2013 Ireland Medal Presentation Ceremony	Chair: Professor Robert Stallman The Lifesaving Foundation
	Professor Stephen J. Langendorfer PhD Biography	
	2014 Ireland Medal Citation	Mr. Brendan Donohoe
	Presentation of the 2013 Ireland Medal	Rear Admiral Mark Mellett DSM
	Presentation of Parchment	
	A Personal and Family Lifesaving Story	Professor Stephen Langendorfer
<hr/>		
10.30pm	Close	Mr. John Connolly

PHOTOS

Swimming & Self Rescue Presentations

Robert Keig Stallman, PhD

Affiliations: Norwegian Lifesaving Society, Tanzanian Lifesaving Society, Norwegian School of Sport Science (Associate Professor Emeritus)

Lifetime involvement in many aquatic activities. Have coached and taught in six different countries.

Especially interested in learn to swim as a drowning prevention intervention, lifesaving education of the general public, lifeguard

training, movement analysis of lifesaving techniques, public water safety awareness, etc.

Balanced Progress: Optimal protection in a Drowning Prevention Context

In any drowning episode, there is usually a specific weak or missing skill which triggers the episode. The survival chain is only as strong as the weakest link. Optimal protection is achieved when progress is balanced at any given point in time during the learning process. A common example of imbalance is found in those who are reasonably comfortable and skilful on the front but very weak on the back, or vice versa. Elsewhere the principles of such balanced progress are described as "1) equally proficient on the back and front, 2) equally proficient at the surface and under water, 3) possession of an all around, balanced skill profile - at any given time in the learning process.

Dr. Kevin Moran PhD (New Zealand)

WaterSafe Auckland, Surf Life Saving New Zealand,

Principal Lecturer in Health and Physical Education, Faculty of Education, The University of Auckland.

The Can You Swim Project: Developments and Directions in International Research

This presentation focuses on what The Can U Swim? series of international collaborative research studies tell us about the relationship between real and perceived swimming competencies, the situational nature of survival skills, and the use of common measurement protocols in applied settings (such as survival in open water, rough water, in clothing).

Kevin is a Principal Lecturer in Physical Education at the Faculty of Education, University of Auckland.

Kevin has had a lifelong commitment to drowning prevention as a researcher and an educator. He has been a frontline surf lifeguard



for 50 years, still currently patrolling one of New Zealand's rugged west coast beaches at Muriwai, near Auckland where he has been awarded Life Membership. Current positions include: member of the International Advisory Committee for the WHO 2014 Drowning Report; member of the International Lifesaving Federation (ILS) Research and Information Committee; Co-chair of the International Task Force on Open Water Drowning Prevention; foundation member of the New Zealand Drowning Prevention Council, and Foundation Chairman of Watersafe Auckland Inc (WAI) from 1994-2012. He is the author of two books related to water safety and drowning prevention, has published 40+ papers in international journals, and presented 60+ papers at more than 20 international conferences in the last decade.

Mr. Roger Millward (United Kingdom)

Chief Executive - Swimming Teachers' Association (STA)

Chief Executive - International Federation of Swimming Teachers' Associations (IFSTA)

Swimming Teacher Training in Developed and Under-developed Countries

Roger Millward is the Chief Executive of Swimming Teachers' Association, a UK registered charity and a UK approved Awarding Body. After qualifying as a Chartered Accountant in 1965 Roger became first Financial Director and later Managing Director of a publicly listed group of companies. In 1973 he purchased a run-down wholesale business, which was grown to a £50 million pound turnover business and sold on in 1986. He became CEO of STA in 1995 and made significant changes to the ethos and structure of the organisation. Roger has led STA to become 'International Experts in Safety Training Solutions', training over 30,000 candidates to UK National Standards each year. STA programmes are now delivered in 22 countries worldwide. As the founding member of the IFSTA, of which Roger is also CEO, which has over 1,500,000 members' worldwide, STA also now works with all of the key swimming nations.



STA has commissioned two surveys, one which covers parental responsibility on overseas holidays and the second covers the perception of adults of their swimming ability. This, combined with the UK drowning statistics, provides some interesting points on the skills that should be taught and IFSTA will explain how they have adopted these in underdeveloped countries.

Associate Professor Richard Franklin PhD FPHAA FARLF (Australia)

James Cook University, Royal Life Saving Society - Australia

Benchmarking Children's Swimming and Water Safety Skills & Knowledge:

What are we measuring and what helps?

All parents who place their children in swimming lesson what to know how their child is going, governments who fund swimming and water safety want to know how many can now swim. This presentation explores the issue of the challenges of measuring swimming and water safety skills, and what makes a difference to helping children improve their skills.

Richard Franklin PhD, is an Associate Professor at James Cook University in Injury Prevention and Safety Promotion and Senior Research Fellow at Royal Life Saving Society - Australia. He has worked in the area of injury prevention

and safety promotion for over 18 years, specialising in drowning prevention, rural and remote safety, agricultural safety, and occupational health and safety. His research interests in the area are wide ranging and have included epidemiological, translational, program evaluation, product evaluation and pure research using a range of quantitative and qualitative techniques. He is an author on 44 peer reviewed articles and 73 technical reports. He was the first National Manager for Research and Health Promotion with the Royal Life Saving Society - Australia and through his role with Royal Life Saving has appeared numerous times on television and radio talking about the dangers of drowning.



Dr. Ana Catarina Queiroga PhD (Portugal)

University of Porto, ASNASA Portugal, Royal Life Saving Australia

Mismatches between real and perceived swimming abilities of children

Little is known about the relationships between real and perceived water safety skills among children and adolescents aged 5-16 years old. In high-income countries, drowning risk is typically low among school aged children and increases during late adolescence and early adulthood. The present study;

- compares variations in skill level with increasing age
- determines over what age range aquatic skills were developed and how children's perceptions of their skills varied with age.

Results demonstrate the range in aquatic skills across the age range included in the study and elucidate the issue of whether children's perceptions of their own skill level became more accurate with increasing age.

Catarina is a Microbiologist with a PhD in Biology and has since 2006 been engaged in several lifesaving projects as well as teaching. She has a special interest in drowning research and prevention issues and in promoting water safety in developing countries as well as within non-native and high-risk communities in developed countries. Recently, she has concentrated her scientific collaboration in several drowning prevention research projects, actively collaborating with University of Porto (Portugal), University of Vigo (Spain), Federation University (Australia), University of Auckland (New Zealand) and Royal Life Saving Society - Australia.



Although other authors have suggested the term as the minimum performance required to reduce drowning risk. I propose that water competence is associated with five key qualities: 1) dynamic; 2) individual; 3) contextual; 4) probabilistic; and 5) developmental. Water competence is best understood using Newell's (1986) constraints model and not as a static "ability" possession as a way to explore how persons, aquatic environments, and task demands interact while searching for the existence of lawful, yet heuristic, principles by which to guide our clinical and professional behaviors in swimming and aquatics.



unique swim current generator, effectively making the pool endless and allowing safe simulation of raging torrents, rip currents and dangerous whirlpools. The Project also teaches in a 25m pool with a deep-end and in the sea. Christina is a proponent of natural buoyancy, balance and streamlining to produce graceful, effortless swimmers. She is grateful for the near decade of support from the Lifesaving Foundation. The Project is sponsored in Sri Lanka through the Sri Lanka Aquatic Sport Union and the Ministry of Sport.

Mrs. Christina Fonfe (United Kingdom & Sri Lanka)

Project Founder, The Sri Lanka Women's Swimming Project

Ten Year of Teaching Female to Swim in Sri Lanka: A Unique Experience

This presentation describes the unique experience of teaching over 3,500 women to swim and qualifying over 15 swimming teachers, none of whom had ever been in water before meeting up with the Project. Initially, Christina ran the Project from hotel pools which had survived the tsunami, then from privately rented pool properties during the low season, and now from the Project's own headquarters, with its own 12 meter portable fabric pool and a

Wife, mother and grandmother; founder and director of the Sri Lanka Women's Swimming Project from 2005. She left own prestigious swim school in UK to 'do something' after seeing the 2004



Tsunami on TV. Initially gave free swimming lessons to children in refugee camps until she discovered that very few adults in Sri Lanka can swim and that 80% of those who drowned in the tsunami were women and children. Christina's program follows the principle of 'Float-and-Breathe First, then Swim'. Very early into the program, she extended it to include teenage girls from the age of 13 upwards on the grounds that they are tomorrow's mothers. Those with the most aptitude are also trained for free as swimming teachers to fully internationally recognized certificate standards to assist the Project and teach as far away as Australia and the Middle East.

Professor Stephen Langendorfer PhD (USA)

Bowling Green State University, American Red Cross, Editor of IJARE

Water Competence: Insights into Swimming and Preventing Drowning

Langendorfer and Bruya (1995) originally proposed "water competence" as an alternative to the term, "watermanship."

Wednesday Afternoon: Tour of Malahide Castle and Gardens

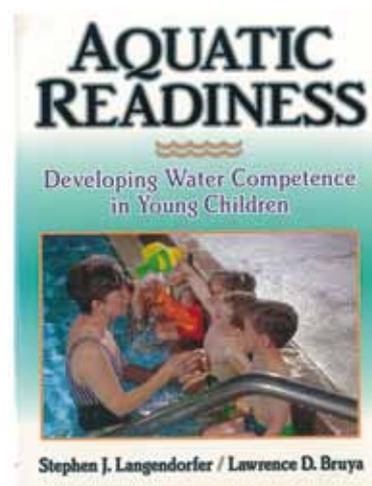
**Wednesday Night: 7.30 p.m. at The Bracken Court Hotel
The Ireland Medal Ceremony**



The 2013 Ireland Medal will be presented to Professor Stephen J. Langendorfer (USA) in recognition of his long exceptional contribution to swimming and saving lives from drowning. Among his many achievements are the co-authoring of the book "Aquatic Readiness: Developing Water Competence in Young Children" and his role as founding editor of the "International Journal of Aquatic Research and Education". He is a volunteer member of the American Red Cross' Scientific Advisory Council (Aquatics). He is interim



Director of the School of Human Movement, Sport, and Leisure Studies, and Professor of Exercise Science at Bowling Green State University, Ohio, USA. Professor Langendorfer's great grandfather Patrick McNally was born in Co. Mayo, Ireland, in 1843. The Ireland Medal will be presented by Rear Admiral Mark Mellett DSM, Deputy Chief of Staff, Ireland's Defence Forces.



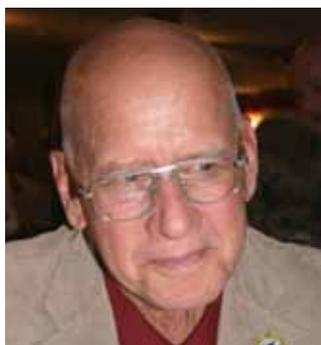
Short Presentations by Representatives of Lifesaving Foundation Partner Projects



Mrs. Pat Wilcox (South Africa)
The Lifeguard Training Project



Mr. Colin Macdonald BA, OBE
(Lesotho)
The Royal Lesotho Lifesaving
Association



Professor (E) Robert Stallman
PhD (Norway & Tanzania)
The Tanzania Life Saving
Society (TALISS)



Mrs. Christina Fonfe (United
Kingdom & Sri Lanka)
The Sri Lanka Women's
Swimming Project

The Surgeon Admiral Frank Golden Memorial Ceremony

The 2004 Ireland Medal was awarded to Corkman Frank Golden in recognition of his outstanding work with the Royal Navy, the University of Portsmouth and the RNLI in the areas of hypothermia, sea survival and sea rescue. Frank died on 5th January, 2014.



Frank Golden as a test subject



Surgeon Admiral Frank Golden RN
1936-2014



He revolutionised recovery by
Air Sea Rescue

Short video message from Michael Vlasto OBE FRIN FNI, Chairman, International Maritime Rescue Federation

The Contribution of Admiral Frank Golden to Saving Lives from Drowning

Professor Michael Tipton, PhD. (United Kingdom) will speak about his 32 year collaboration with Surgeon Admiral Frank Golden MD, PhD and their research into cold water immersion.

Professor Michael Tipton joined the University of Portsmouth in 1998. At the same time he was Consultant Head of Environmental Medicine at the Institute of Naval Medicine (1996 to 2004). He has spent 32 years researching in the areas of thermoregulation, environmental and occupational physiology and survival in the sea; he has over 450 publications in these areas. Professor Tipton has been a consultant to the RAF and UK Sport and sits on the RNLI's Medical & Survival Committee. In 2004 he was made an Honorary Life Member of the International Association for Safety & Survival Training. He sits on the English Institute of Sports' Technical Advisory Group and chairs the Energy Institute's Health Technical Committee; He is a Trustee of Surf Life Saving GB and is a Fellow of the Royal Society of Medicine.



Complexity - a driver for innovation in lifesaving, a national, regional and global opportunity?



A Short Address by Rear Admiral Mark Mellett, DSM, Deputy Chief of Staff, Ireland's Defence Forces
Admiral Mark Mellett joined the Navy in 1976 and rose through the ranks to command the LE ORLA in 1992, LE CIARA in 1997 and the Irish Naval Flagship LE EITHNE in 2005. He was appointed Commodore and Flag Officer of the Irish Navy in 2010 and Deputy Chief of Staff and Rear Admiral in 2013.

Besides citations for service in Afghanistan (2004) and Lebanon (1989), as Captain of LE Órla he was awarded the Distinguished Service Medal (DSM) in recognition of the role of his ship in the detention of the drug smuggling yacht "Brime". Admiral Mellett has a PhD in Oceans' Governance. He is very interested in physical fitness and is a qualified Naval Diver.

A Personal and Family Lifesaving Story

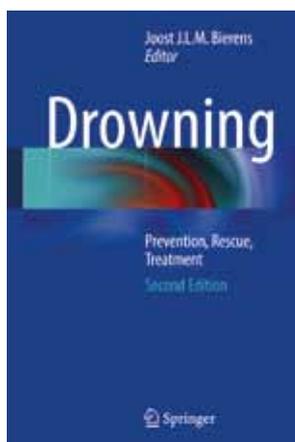
Ireland Medal Presentation by Professor Stephen Langendorfer PhD.



Professor Stephen J. Langendorfer, PhD., is Director of the School of Human Movement, Sport, and Leisure Studies and Professor, Exercise Science (formerly Kinesiology), at Bowling Green State University, Ohio, USA. He is the author of numerous scholarly publications in motor development, developmental aquatics and measurement and evaluation, including co-authoring 'Aquatic Readiness: Developing Water Competence in Young Children' (1995). Since 1987 he has served as a volunteer consultant to the American Red Cross [Infant and Preschool Aquatic Program (1988), Swimming and Diving (1992) and Water Safety Instructor (1992)] for which he was awarded the Golden Whale Award from the Commodore Longfellow Society and Lifesaving Hall of Fame. Currently he serves as a member of the Red Cross's Scientific Advisory Council (aquatic sub-council) that reviews and provides evidenced-based science in support of Red Cross programs. He was selected as the founding editor for the International Journal in Aquatic Research and Education (IJARE).

THURSDAY 2nd OCTOBER

DROWNING: Prevention, Rescue, Treatment (Second Edition), 2014



In "Drowning", world experts provide a complete overview of current research data, consensus statements, and expert opinions.

Dr. Joost Bierens MD PhD MCDM (The Netherlands)

Maatschappij tot Redding van Drenkelingen (Society to Rescue People from Drowning).

Drowning – An Overview of the revised handbook

Dr. Joost Bierens, MD PhD MCDM was trained

as anesthesiologist in Leiden (NL) and emergency physician in Leuven (Belgium).

After he completed these trainings, he worked as anesthesiologist and

Intensive Care physician (Venlo, NL) and head of the department of Intensive Care and Hyperbaric Medicine (Antwerp, B). From 2002 - 2010 he was the first professor in Emergency Medicine in the Netherlands at the VU university medical centre in Amsterdam. In this position he completed several studies in the field of prehospital medical care, disaster medicine, resuscitation, drowning, accidental hypothermia and education. He has published some 50 articles and about the same number of book chapters on these topics and was the (co) editor of 14 books.



Associate Professor Richard Franklin PhD (Australia)

James Cook University, Royal Life Saving Australia

The Epidemiology of Drowning

Professor (E) Robert Stallman PhD (Norway)

Norwegian School of Sports Science
The Prevention of Drowning

Dr. Kevin Moran PhD (New Zealand)

WaterSafe Auckland, Surf Life Saving New Zealand.

The University of Auckland.

Rescue

Dr. Justin Sempstrot MD (USA)

Clinical Instructor in Emergency Medicine, Wake Forest University

Lifeguards Without Borders

Pre-hospital Treatment

Dr. Joost Bierens MD. PhD (The Netherlands)

Maatschappij tot Redding van Drenkelingen (Society to Rescue People from Drowning).

Hospital Treatment

Wing Commander Michael Fonfe (Rtd), MBE (United Kingdom & Sri Lanka)

Trustee Sri Lanka Women's Swimming Project

Water Related Disasters

British. Born in Africa 1945, married to Christina King in 1967, four children and seven grandchildren, graduate of Royal Air Force College Cranwell.

Royal Air Force Regiment 36 years: infantryman, anti-aircraft gunner and nuclear and chemical warfare specialist. Retired in 2000 to build an African thatched hut in his English Country Garden. Latecomer into swimming in 2006. Co-enthusiast with Christina of drowning prevention through teaching women to swim, enabling them to pass that skill on to their children, along with a host of extra benefits which include spoken English, high esteem, micro-economic independence, improved social status and happiness.



Professor Michael Tipton PhD. (United Kingdom)

Professor of Human & Applied Physiology, University of Portsmouth, UK.

The Physiology of Cooling in Water

Dr. Ana Catarina Queiroga PhD

ASNASA Portugal, Social Economy Professional School (Portugal).

Higher Academic Education in Lifesaving

Mr. John Connolly B. Ed., MA (Ireland)

Honorary CEO, The Lifesaving Foundation
Suicidal Drownings

Dr David Szpilman MD

Sociedade Brasileira de Salvamento Aquático, Corpo de Bombeiro Militar do Estado do Rio de Janeiro

Hospital Municipal Miguel Couto, Brazil

Drowning - classifications, positioning victims, and spinal injuries

Associate Professor Richard Franklin PhD FPHAA FARLF (Australia)

James Cook University, Royal Life Saving Society - Australia

A framework for prevention

Dr. Joost Bierens MD. PhD (The Netherlands)

KNBRD Reddingsbrigades Nederland,

Editor of Drowning, Prevention, Rescue, Treatment.

Pathophysiology of drowning

Mr. Jonathon Webber (New Zealand)

Surf Life Saving New Zealand, The University of Auckland and Auckland City Hospital.

Airway management skills & Equipment for aquatic First Responders

Dr. Kevin Moran PhD (New Zealand)

WaterSafe Auckland, Surf Life Saving New Zealand.

The University of Auckland.

Towards a definition of Aquatic Rescue

Mr. John Connolly B. Ed., MA (Ireland)

Honorary CEO, The Lifesaving Foundation
Recreation and Tourism

Associate Professor Richard Franklin PhD FPHAA FARLF (Australia)

James Cook University, Royal Life Saving Society - Australia

Bystander Rescue

Professor (E) Robert Stallman PhD (Norway)

Norwegian School of Sports Science

Direct body contact swimming rescues

Dr. Ana Catarina Queiroga PhD

ASNASA Portugal, Social Economy Professional School (Portugal).

Extremes in medical facilities at beaches



Drowning Prevention & Rescue
Conference - Dublin 2014
29th September - 2nd October 2014

Sale of Goods in aid of the Lifesaving Foundation's Partner Projects

A sale of donated lifesaving and other goods will take place during the conference in aid of Foundation partner projects in Liberia, Sri Lanka, Kenya, South Africa, Tanzania, and Lesotho. All receipts will be forwarded to our partners in the developing world.



Website

STOP PRESS!

A new Ireland Medal website has been created and can be accessed at www.lifesavingfoundation.ie/irelandmedal/ after 1st October.

Wednesday Afternoon:

Tour of Malahide Castle and Gardens



Malahide Castle was the home of the Talbots who were one of Ireland's most prominent families. They were involved in some of the key moments and events in the country's history and have left this castle and grounds as their legacy. The ornamental gardens adjoining the castle cover an area of about 22 acres and were largely created by Lord Milo Talbot. He was an enthusiastic plant collector who brought specimens from around the world to create the gardens here; he also re-landscaped the grounds here to dramatic effect. In all there are in excess of 5000 difference species and varieties of plants present. The gardens are best described as a small Botanic garden. In addition to the abundance of flora an exhibition presents fascinating stories about the gardens and the wonderful world of southern hemisphere plants.

2014 Conference DVD Order Form

The Foundation will have presentations filmed professionally and compile them into a 2014 Conference DVD. Individuals or organisations unable to attend the conference can pre-order a copy of the DVD at a fixed cost of €50 plus €5 postage (or the equivalent in other currencies). Orders should be e-mailed to info@lifesavingfoundation.ie or the form below copied and posted to The Lifesaving Foundation, 11 Iveragh Close, Lismore Lawn, Waterford City, Ireland. A pro-forma invoice seeking pre-payment for the DVD will be e-mailed or posted out.

Copies of the Foundation's 2013 Conference DVD can be ordered at a cost of €20 each as part of the 2014 order with no extra postage payable. The 2013 DVD will be supplied immediately and the 2014 DVD when available.

Name: _____

Postal Address: _____

E-mail: _____

Name on invoice if different to that above:

Proposed payment currency: _____

Number of DVD copies: _____

Payment can be made by cheque, via PayPal, or by credit card (over the phone at an agreed time)



The Lifesaving Foundation wishes to recognise support received from the following



Comhairle Contae Fhine Gall
Fingal County Council



Park Chambers
Chartered Accountants &
Registered Auditors
www.parkchambers.com


Adelphi
Financial Brokers


Escuela Segoviana de Socorrismo
Segovia Lifesaving School


LIFESAVING SOCIETY®
The Lifeguarding Experts


BRACKEN COUR
HOTEL

THE
Lifesaving
FOUNDATION
SAVING LIVES FROM DROWNING

Companies Registration Office Number: CRO 368309
Irish Revenue Commissioners Charity Number: CHY 15102
Directors: Mr John Connolly (Secretary); Mr Brendan Donohoe; Mr Robert Cadman
Registered Office: 11 Iveragh Close, Lismore Lawn, Waterford City, Ireland.
Auditor: Mr Barry Kennedy, Park Chambers, 96 Lower Yellow Road, Waterford City, Ireland.
Solicitor: Mr. Gerard O'Herlihy, Nolan Farrell & Goff, Newtown, Waterford City.
Bankers: Bank of Ireland, Lisduggan, Waterford City :: Sort Code: 90-62-16 :: Account: 18573923