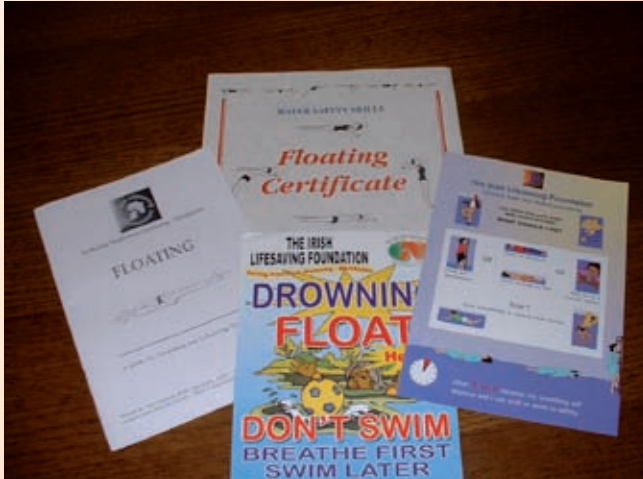


# THE IRISH LIFESAVING FOUNDATION

# NEWSLETTER

Issue 2  
December, 2006

## FLOAT – DON'T SWIM PROJECT



Some swimmers who fall into water and drown do so because they attempt to swim to safety immediately following the fall at a time when they cannot breathe properly. The Float – Don't Swim promotion explains why it may be better to float first following the fall and allow your breathing to normalise before starting to swim. The project has a free A5 leaflet with the basic message, a free 4 page leaflet explaining Cold Shock and why it may be better to float first, a booklet for swimming and lifesaving teachers and an A4 floating certificate. We are asking swimming pools and leisure centres for €2 per pupil for the booklet and certificate. The message has been prepared in association with Rear Admiral Frank Golden RNRtd, a world expert on survival in cold water.

## NEW POLO SHIRTS



We recently produced some polo shirts for use at the RLSS Commonwealth Conference. These are high quality big fitting shirts in sky blue or white with an embroidered logo and cost €22 each. If you would like to buy a polo shirt please send your size and a cheque for €25 (€22 + €3 p&p) to our office address.

## FOUNDATION PROJECTS



The following is a list of our current activities:

- Funding lifeguard training in Soweto, South Africa.
- Funding of schools based water safety education in Lesotho.
- Development of the Float-Don't Swim project in Ireland.
- Collection of swimwear for distribution to swimmers in developing countries.
- Supporting lifesaving research in Ireland e.g. Suicide by Drowning.

Projects to begin in 2007:

- Lifeguard training in India.
- Water safety leaflets for use in developing countries.
- Lifesaving research in association with An Garda Síochána.

## THE ROYAL LIFE SAVING SOCIETY COMMONWEALTH CONFERENCE

The RLSS Commonwealth Conference took place in Bath, UK last September. The conference was attended by lifesavers from over 26 countries. John Connolly and Brendan Donohoe attended the event at their own expense on behalf of the Foundation. During the conference meetings were held with representatives from South Africa and Lesotho where we are currently supporting lifesaving projects and with representatives from India where we will do so in 2007. John Connolly was presented with honorary life membership of the Commonwealth Society by HRH Prince Michael of Kent during the conference opening ceremony. He also presented a paper on lifesaving to the conference proper.

### COMPANY NOTICE

Arising from our changed relationship with the RLSS, Republic of Ireland Branch it has been decided to offer the original subscribers (those who guaranteed to pay €2.00 should we become insolvent) an opportunity to withdraw their names and have a new list of subscribers inserted into our Memorandum of Association, drawn from the current Foundation members. This will be enacted by way of a motion at our next AGM.

*John Connolly, Company Secretary.*

# LIFEGUARD TRAINING PROJECT

In 2005, during a visit of Foundation representatives to South Africa, we visited Soweto where we saw swimming and lifesaving training being given to unemployed youths by volunteer trainers. We were told that the swimmers would be able to gain employment if they held a lifeguard qualification but they were not in a position to pay the training and award fees. A donation was immediately given to cover such fees for a small pilot group and four young swimmers began a lifeguard training programme. Three of the four successfully completed the training and were employed in nearby leisure centres. Other small donations were used to train further candidates and to date a good percentage of them have qualified as lifeguards. We are continuing to financially support the Soweto project and aim to train 10 lifeguards there annually. This may seem a small number but to increase the number trained in any location would reduce the employment opportunities of the young swimmers. Recognising the potential of the project donations received following the death of Fiona Connolly in June were used to set up a formal ongoing training project with South African Lifesaving whereby donations received will fund the training of small groups of lifeguards in a number of locations. Our aim is to train fifty lifeguards annually in five poor urban areas around South Africa.

We are now expanding the Lifeguard Training Project into India where as many as 100,000 persons drown annually. Our aim is to train 30 lifeguards during the first year in a pilot scheme and then to increase the number of participants. Training lifeguards means more than just providing a young man or woman with a job qualification. As the lifeguards are trained in first aid and CPR they also act as first aiders to the members of their communities – sometimes being the only medically trained person available in slum areas. In India lifesavers on passing their examinations swear an oath to help anyone in need of lifesaving or first aid free of charge.



## SUICIDE BY DROWNING



A paper titled Suicide by Drowning (a study of Ireland's experience and a discussion on the possible implications for lifesavers) was prepared for the RLSS Commonwealth Conference in September. The paper was very well received and copies are available on our website or by post from our office (send an A4 stamped addressed envelope).

## PADDLING POOLS

We have received a gift of two large paddling pools from HOMEBASE and to save us the cost of printing raffle tickets I am offering them to members at half-price. Both pools come with covers and pumps.

The largest pool is an oval shaped 18 ft (5 metres) quick pop-up pool; rust free coated metal frame; high quality pool material; drain plug; includes pool liner, frame, filter pump, ladder, ground cloth and maintenance kit; water capacity 14,080 litres; size diameter 550cm ; depth 120cm.

The Homebase price for this pool is €600. We are offering it to you for €250 if you collect it yourself from our office in Waterford City or €300 if we have to deliver it to you. It is as big as a large fridge ( 5 ft X 2 ft X 3 ft )



The smaller pool is 10 ft by 2.5 ft, 4 ft in depth, with drain and filter pump, etc. This Homebase price for this pool is €300 We are offering it for €150 if you collect it yourself or €200 if we have to deliver it to you. This is the size of a suitcase.