

THE IRISH LIFESAVING FOUNDATION

NEWSLETTER

Issue 3
October, 2007

The Lifeguard Training Project Programmes

Rashtriva Life Saving Society training in India



Training camp in South Africa



Lifesaving training in Sri Lanka

Former Police Superintendent Piyadasa Silva has agreed to act as the Irish Lifesaving Foundation's representative in Sri Lanka. He is busy organising lifesaving classes with the money donated for that purpose. We look forward to a long, productive relationship with the Lifesaving Association of Sri Lanka.



INTRODUCTION

The Foundation is 4 years old and we are taking the opportunity to look back at our achievements and forward with confidence in our ability to make a real difference in saving lives from drowning. Our major focus must now be on fundraising and I ask you to do anything you can to help in this.

John Connolly
Honorary Chief Executive Officer

Overcrowding on boats can lead to large numbers of fatalities when things go wrong.

Transportation in the developing world can be a matter of life or death. Water crossings are often fraught with danger because of the small number of craft available for the demands of the very large populations and is a major cause of drowning deaths.



1,000 children drown every day!



1,000,000 people drown every year!

HELP US - SAVE LIVES

THE IRISH LIFESAVING FOUNDATION

11 Iveragh Close, Lismore Lawn, Waterford City, Ireland.

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The Irish Lifesaving Foundation – The First Four Years



of directors therefore decided to financially support the swimming and water safety training provided specifically to women and older girls by the UK charity Aid Sri Lanka.

The Life Saving Association of Sri Lanka

Sri Lanka adopted our Float – Don't Swim programme as part of its tsunami awareness programme. The Foundation made a donation to fund the translation of materials into local languages and to fund water safety classes. A number of swimming and water safety classes have already been formed.

Administrative Grants

Lesotho

Initially lifesaving in Lesotho was organised through the charity The Lesotho Durham Link. With the aid of funding from the Foundation a new national lifesaving organisation was set up under the patronage of their sovereign HM King Letsie III and so The Royal Life Saving Association of Lesotho was born. We continue to provide the new association with grants towards their administration costs and the local officers can use the money as they see fit.

Sri Lanka

In addition to funding the tsunami training programme the Foundation has also provided the national body with an administrative grant. As with all such grants they can use the money as they see fit. We were surprised to learn (from them) that we are the first organisation to give them the freedom to spend aid money **as they see fit** – most aid comes in the form of foreign trainers or equipment.

Completed Research Projects

1. **The C Zones (2003)** : A research paper proposing a theoretical framework for the analysis of real or simulated rescues and drowning incidents.

2. **Float – Don't Swim (2006)** : A three part project prepared in association with Rear Admiral Frank Golden RNRtd. explaining Cold Shock and how it effects swimming ability. All are freely available on our website www.lifesavingfoundation.ie

- Part 1: An A5 flyer for public distribution
- Part 2: An A5 four page leaflet for use in schools explaining the physiology of immersion in cold water
- Part 3: A booklet for lifesaving and swimming teachers on how to teach swimmers to float, accompanied by an A4 floating certificate.

3. **Suicide by Drowning in Ireland (2007)** : A paper, prepared for the World Water Safety Conference, which analyses suicide deaths in Ireland and suggests changes in how lifesavers are trained.

4. **Swimming Rescues by Irish Police Officers (2007)**: A paper, prepared for the World Water Safety Conference, in which 82 rescues by 134 serving police officers between 2000 and 2006 are analysed.

5. **Maximise Rescuers' Safety and Effectiveness through Pre-rescue Communication (2007)** : A paper and poster, prepared for the World Water Safety Conference, in which a structured and logical set of questions are suggested as one possible

way of maximising the information gleaned from bystanders.

Other Projects

1. **Commonwealth Council**: The Foundation values its relationship with the RLSS Commonwealth Council. Swimwear, lifesaving equipment and resuscitation equipment has been supplied to the council for ongoing distribution to lifesaving groups in a large number of developing countries.

2. **The Ireland Medal**: The medal is a joint project with RLSS Ireland and aims to recognise outstanding contributions made to lifesaving by Irish citizens or persons of Irish descent. Three medals have been awarded to date to An Garda Síochána, Rear Admiral Frank Golden and Professor John Pearn. For financial and administrative reasons it was decided to make the presentations every 2 years.

Unfinished Projects

The following projects have been started but not completed to date. The Foundation has a commitment to all of them and will make appropriate funding available when required.

1. **Drowning Deaths in Lesotho**: The Foundation has funded the preparation of a drowning report for Lesotho, in southern African. The research is being undertaken by The Royal Lesotho Lifesaving Association and should be completed and published in 2007.

2. **Lesotho Water Safety Leaflet**: Some preliminary work has been done on the leaflet. We are awaiting the completion of the drowning survey before completing the leaflet early in 2008.

3. **Lesotho Water Safety Award**: This award will accompany the water safety leaflet.

4. **Water Safety Leaflets for general use by lifesaving groups in Africa**: Some preliminary work has begun on a set of leaflets that will be freely available on the internet. To be completed in 2008.

5. **Water Safety Leaflets for general use by lifesaving groups in Asia**: Some preliminary work has begun on a set of leaflets that will be freely available on the internet. To be completed in 2008.

6. **Water Safety Leaflets for Irish holidaymakers abroad**: Some preliminary work has been done sourcing suitable water safety advice for holidaymakers visiting various parts of the world. To be completed in 2008.

Post the 2007 World Water Safety Conference :

1. During the conference contact was re-established with lifesavers in Kenya and since our activities began there we have added it to our list of countries and will help lifesaving groups there in 2008.
2. A number of future research projects were agreed with some of the world's leading academic lifesaving researchers. This is recognition of the value of the research carried out by our members to date.

A recent political slogan sums up our work to date

“Much Done – A Lot More To Do”

JOIN THE FOUNDATION

Annual membership of the foundation costs €25 and is open to any person interested in saving lives from drowning. Send the fee, with name/address to 11 Iveragh Close, Lismore Lawn, Waterford City, Ireland. Visit our website for further information. www.lifesavingfoundation.ie

The Irish Lifesaving Foundation was founded in 2003 and is a registered Irish charity. It has strong links with The Royal Life Saving Society as it grew out of an RLSS Ireland millennium development project in Kenya. The following is a list of projects supported financially by the Foundation since 2003.

Lifeguard Training Projects

1. Soweto

The Foundation has funded lifeguard training in Soweto, South Africa, since 2004. This project works successfully through Mrs. Pat Wilcox and has been the model for the Lifeguard Training Fund projects.

2. Lifeguard Training Fund

The Lifeguard Training Fund finances the training of young unemployed swimmers in developing countries as pool or beach lifeguards, thereby giving them a job qualification. Monies donated to this fund have been given to Lifesaving South Africa and the Rashtriya Life Saving Society (India) to set up pilot projects. The projects will train 100 lifeguards in 2007 and double this number in 2008.

Gambia

This year lifeguard trainers from Whitmore Bay Surf Life Saving Club in Wales travelled to The Gambia in Africa to train local swimmers as lifeguards. The Foundation was able to provide some funding to the club and will continue to do so in future years through the Lifeguard Training Fund.

Water Safety Training Projects

Lesotho

The Foundation has been successfully funding schools based water safety training in Lesotho since its foundation in 2003.

Uganda

The Foundation funded water safety advertisements on local radio in Uganda warning people of the danger of travelling in overloaded boats. We also donated swimwear and lifeguard clothing.

Aid Sri Lanka

Recently we discovered that four times more women than men drowned in Sri Lanka during the 2004 tsunami because (for cultural reasons) very few women are taught to swim. The Foundation board

Thank You !

The following extracts are from letters sent to the Foundation by young South African swimmers who recently qualified as lifeguards in Soweto under the guidance of Mrs Pat Wilcox.

Monica writes 'Firstly I would really like to thank most warmly all those who have supported this venture.



Swimming is a very hard sport, indeed it wasn't an easy journey all those roads I've come across were very hard. It took me a whole 10 months to complete my award. I trust, therefore, that this letter will be a great pleasure to all of us, cause it won't be fair of me not to write thanking you and expressing my feelings.

Things have really turned out best for me, my kids and my family, because of your generosity.'



Ruth wrote 'I fell in love with water, so I decided to do lifesaving. I am passionate about swimming. It came into mind that South Africa has a high rate of drowning and I love challenges. I said I can do this. It doesn't matter how long it will take me to get there. I will provide this service to those who are in need.

I would love to thank the sponsors for covering up the cost.'

Sibusiso wrote 'I've been swimming since the age of 07 yrs and I've seen how people behave in swimming pools. I have realized that I was fortunate to know how to swim. I have the love and the passion for the job. I'm still young, active and have many lives to save. I will

be earning a salary and doing what I love, saving peoples lives and swimming.

I would like to thank my instructor who made me believe in myself, Mrs Pat Wilcox, my fellow team mates, especially Tshepiso. My dream was to deliver back to the community and thank you for fulfilling my dream. I promise you to become one of the best lifeguards in the entire world.'



Thulisile wrote 'I am a 20 year old girl from Johannesburg and I feel privileged to have been given the opportunity to thank you. I went to Orlando Swimming Pool where I met Mr. Brown. He told me they were offering free swimming lessons. After being with the Soweto ladies for a while I could not afford to travel to Soweto so I decided to join Ellis Park Swimming Pool. I was the only girl in the group. Some boys would discourage me but with courage and determination, within 3 months I could swim in the deep 25 metre pool.

Obtaining my Lifeguard Award was not a stroll in the park; it tested my emotional and mental strength. On 16th April 2007 I finally beat the 08:00 mark (swim 500metres inside of 8 minutes - lifeguard swimming test) and it was unbelievable – it was a dream come true.

Working towards my Lifeguard Award has made me realise that nothing is impossible if you set your mind to it. Once again, thank you very much for believing in us and helping us to realise our dreams. Not forgetting to thank Mrs. Pat Wilcox and all the Lifesaving Executives.'

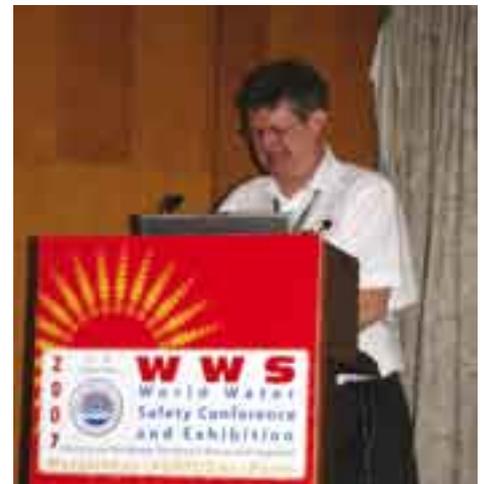
All of the above swimmers were funded by the Lifeguard Training Project.

World Water Safety Conference

Members of the Foundation played a full role at the 3rd World Water Safety Conference in Oporto, Portugal. John Connolly and Brendan Donohoe presented research papers on Suicide by Drowning, Swimming Rescues by Irish Police Officers and Pre-rescue Communication. Copies of the papers are available on our website www.lifesavingfoundation.ie



Congratulating the Irish Lifesaving Foundation's honorary CEO, John Connolly, on his receipt of the 2007 Australian Surgeon General John White Gold Medal at the 3rd World Water Safety Conference for his contribution to lifesaving in Ireland and worldwide were (L to R) Brendan Donohoe (Foundation Director), Major General John Pearn Rtd (Royal Life Saving Australia), Kjersti Madsen (Norwegian Red Cross), John Connolly, Professor Robert Stallman from USA (Norwegian Red Cross).



Foundation Director Brendan Donohoe presenting his paper titled 'Maximise Rescuer's Safety and Effectiveness through Pre-rescue Communication' at the conference.

1000 Children Drown Every Day!

Children all over the world are exposed to the dangers of unprotected water sources. Their inexperience and lack of understanding of the dangers lead them into situations which may cause them to drown. No matter where in the world a child lives the main danger of drowning comes from being unsupervised in, on or near water. NEVER LEAVE A CHILD UNSUPERVISED NEAR WATER!

Developed World Dangers



Developing World Dangers

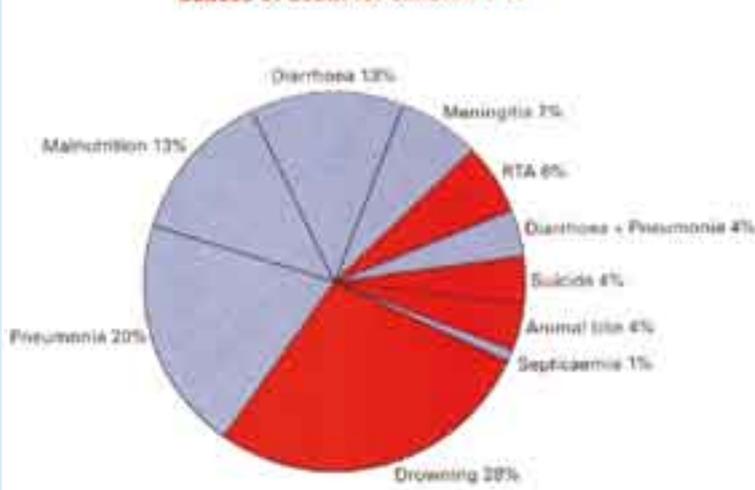


The following information on Bangladesh was collected by UNICEF and The Alliance for Safe Children and although the Foundation has no current projects there we do have in countries with similar problems.

The toll of fatal and non-fatal injury

Type of injury	Estimated number of child deaths per year	Estimated number of child deaths per day
Drowning	16,892	46
Transport injury	3,412	9
Animal bite	2,558	7
Suicide	2,218	6
Falls	1,706	5
Suffocation	1,194	3
Electrocution	853	2
Violence	512	1
Burns	341	1
Others	512	1
All injuries	30,200	83

Causes of death for children 1-17



Causes of injury - mortality

Most infant deaths occur in the first month of life, and these neonatal deaths are usually related to low birth weight, birth complications and infectious diseases. Injury is not a leading cause of infant deaths, but a significant one with suffocation in the first four months, drowning in the last two months and falls throughout infancy. However, after age one, when children begin to walk, the picture is dramatically different as seen on the chart to the right.

Type-specific injury mortality rates in children aged 1-17



Flooding

Lifesaving training can make a big difference during major floods. It may surprise you to learn that flood drowning deaths are not counted as drowning deaths but as disaster deaths thereby artificially reducing the overall world drowning total.



This is flooding in Ireland



This is flooding in the developing world

HELP US TO SAVE MORE LIVES FROM DROWNING!