

Reducing Deaths from Drowning - Worldwide

The Irish Lifesaving Foundation Ltd.



Annual Report 2005

3rd Annual General Meeting

13th May 2005 at 2.30pm in

**Waterford Crystal Sports
& Leisure Centre**

**Ballinaneeshagh
Cork Road
Waterford City
Ireland**



The Irish Lifesaving Foundation Ltd

Company Information

Companies Registration Office Number CRO 368309
Irish Revenue Commissioners Charity Number CHY 15102

Directors Mr John Connolly (Secretary)
Mr Vincent Flynn (Treasurer)
Mr Brendan Donohoe
Mr Edward Duffy
Mr Robert Cadman

Registered Office 11 Iveragh Close
Lismore Lawn
Waterford City
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Auditor Mr Barry Kennedy
Park Chambers
96 Lower Yellow Road
Waterford City
Ireland

Bankers Bank of Ireland
Lisduggan
Waterford City
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Object

The main object for which the Company is established is to protect human life by the promotion of technical education in lifesaving, water safety and lifeguarding to the general public in Ireland or elsewhere. To promote self rescue, rescue, resuscitation and first aid skills.

Subsidiary Objects

To stimulate public opinion in favour of the general adoption of swimming, lifesaving, water safety, resuscitation and first aid as a branch of instruction in schools, colleges, clubs, etc.

To encourage safe entries into waters known and unknown, floating and such other swimming and lifesaving skills as would be of assistance to a person endeavouring to save life.

To arrange and promote public lectures, demonstrations and competitions and to form classes of instruction so as to bring about a widespread and thorough knowledge of the principles which underlie the arts of swimming, lifesaving, resuscitation and first aid.

To provide for the assessment of any awards the Foundation might decide upon.

To promote the development of lifeguard training and expertise.

To promote and endow grants and awards including scholarships and lectureships, for the purpose of promoting research into education and training.

To publish any newspapers, periodicals, journals, reports, circulars and leaflets the publication of which is conducive to the furtherance of the objects of the Foundation.

To take such steps by way of personal or written appeals, public meetings or fund raising activities of any kind whatsoever as may from time to time be deemed expedient for the purpose of acquiring funds for the Foundation.

To disseminate information by way of the holding of lectures, seminars and courses of lectures, and by way of the provision of facilities to persons engaged in the dissemination of information.

THE IRELAND MEDAL

The 2005 Ireland Medal was awarded to Australian Professor John Pearn MD, PhD for his outstanding contribution to lifesaving and child care. John's ancestors came from Sligo and left Ireland either during or shortly after the Great Famine, eventually settling in Australia. The medal was presented by Irish General Pat O Sullivan in recognition of John having been Surgeon General of the Australian Defence Forces. The presentation ceremony was attended by the Australian Ambassador to Ireland, Dr. John Herron MD and accompanied by the Australian UK High Commissioner Richard Alston with invited guests.



Left Photo :
Surgeon Admiral Frank Golden RnRtd MD PhD, the 2004 Ireland Medal recipient , John Connolly Irish Lifesaving Foundation Honorary CEO and Professor John Pearn MD PhD, the 2005 medal recipient.

Underneath :
Jack Britton, Robert Cadman, John Pearn, Eddie Duffy and John Connolly with Mayor of Sligo Rosaleen O Grady during a civic reception in Sligo in honour of Professor Pearn and his work.



The 2005 Ireland Medal Citation

John Pearn is Professor of Paediatrics and Child Health and Deputy Head in the School of Medicine at the University of Queensland, based in the Royal Children's Hospital, Brisbane. A former Surgeon General of the Australian Defence Force, he commanded the Health Service Branches of the Royal Australian Navy, Air Force and the Army from 1997 to 2000. During his military career he saw operational service in Papua New Guinea, in the Vietnam War and in post-genocide Rwanda. Most recently he served as a paediatrician and tropical medicine physician in post-tsunami Sumatra. He served as National Director of Training for St. John Ambulance Australia from 1989 to 1999 during which time he was Editor – in – Chief of the training manual *Australian First Aid*.

His lifesaving activities go back to the early 1970s. In 1974 he instituted the Brisbane Drowning Study in a groundbreaking attempt to address the serious problem of toddler drownings in Australia. In addition to studying this problem he actively worked for the introduction of safety legislation for home swimming pools. He has published over 100 articles and book chapters on drowning related topics in international medical and resuscitation literature. He was appointed a Technical Lecturer and Examiner with Royal Lifesaving Australia in 1976. More recently he served on the World Task Force on the Prevention of Drowning for the Amsterdam Drowning Congress and is a member of International Life Savings Medical Commission and is chairman of its Ethics Commission.

THE IRELAND SEMINAR

The first Ireland Seminar took place in Stillorgan Park Hotel, Dublin, in conjunction with the Ireland Medal presentation. The speakers were world lifesaving experts Surgeon Admiral Frank Golden RNRtd. MD, PhD and Professor Major General John Pearn MD. PhD. This was a free public seminar open to any interested person. It received wide publicity in local and the medical press. Although the attendance was smaller than hoped for it was an excellent beginning.



Admiral Golden spoke on Cold Injury

Professor Pearn spoke on Aftercare

THE IRELAND DINNER

The Ireland Dinner was organised in association with the Ireland Medal presentation and was attended by 32 guests including Australian Ambassador Dr. John Herron and his wife Jan, Australian UK High Commissioner Richard Alston, General Pat O Sullivan, Admiral Frank Golden, Professor John Pearn and representatives from the Garda Water Unit and The St. John Ambulance Brigade. By general agreement it was a most pleasant event that could be repeated.



The 2005 Ireland Medal Presentation Group

L/R Irish Lifesaving Foundation Hon. CEO John Connolly, Australian UK High Commissioner Richard Alston, Professor John Pearn, Mrs. O Sullivan, General Pat O Sullivan, Mrs. Jan Herron, Admiral Frank Golden, Australian Ambassador Dr. John Herron MD

SOWETO

During the year two donations were made in support of lifesaving classes in Soweto, South Africa. Our small initial donation was used to assist four young swimmers, three of whom have qualified as pool lifeguards and gained employment in neighboring Johannesburg pools. Following the success of this we established a formal relationship with Lifesaving South Africa with a view to expanding the programme and training more unemployed youths in Soweto. As a sign of our good faith we made a donation of 2000 rand to Lifesaving SA. This project is being supported by Waterford Lifeguard Club.



A group of young swimmers in Soweto



Paul Burke and Ian Jacob in Soweto

LESOTHO

Supporting water safety education in Lesotho, Africa, is our longest ongoing project; we have been funding schools based water safety classes since 2002. Three of our members visited Lesotho to update and upskill the local trainers and to visit some of the participating schools. The visit generated lots of good publicity for the local lifesavers including two television news reports. The most important result of our visit was the formal establishing of a national lifesaving body, The Royal Lesotho Lifesaving Association with HM King Letsie 111 as patron.



RLLA executive members with King Letsie111



two young boy swimmers at a Lesotho reservoir



Stephen Mabula at a river crossing



pupils in St James Primary School

ONGOING DEVELOPMENTS

The following projects were begun during the period covered by this report but had not come to fruition by 28th February 2006.

FLOAT - DON'T SWIM

This project arose out of discussions with Admiral Frank Golden during and after The Ireland Seminar and falls into the self rescue category. Our aim is to develop a safety awareness leaflet for general public use and a more comprehensive instruction booklet for swimming and lifesaving teachers. The following is a synopsis of the project messages ;

If you fall into water and cannot stand up or climb out immediately - float on your back.

- Most people, who drown accidentally, fall into cold water.
- When cold water touches our skin, it makes us gasp and breathe very quickly – this is called **COLD SHOCK**.
- Breathing at this rate makes it very difficult to swim; even good swimmers have been known to drown while trying to swim 10 metres in these circumstances.
- It is better to float for 3 to 5 minutes, with your head out of the water if possible, before deciding what to do next.

To avoid cold shock all swimmers, especially children, are advised to enter cold water slowly and to remain within standing depth for a few minutes until they get used to the cold before attempting to swim.

The success of the project depends on providing accurate scientific information in an easily understood way. Two final year art students, Aoife Treacy and Suzanne Byrne, worked on the project with Frank Golden, myself and Vincent Flynn. The launch date is mid-May.

WEBSITE

Brendan Donohoe is working on our website with a view to making it possible for lifesavers worldwide to download various documents free of charge. During the year we have been working on producing a series of information leaflets suitable for use in Africa and Asia that could be regionalized easily and downloaded from our website. A number of leaflets are in various draft stages. The work on them was paused to enable us to complete the Float – Don't Swim project and upgrade our website. It is intended to have draft versions of the leaflets ready by the RLSS Commonwealth Conference in September 2006 where they can be viewed and modified by delegates attending the event.

WATERFORD COMMUNITY AWARD

I am delighted to inform you that the Foundation was selected as the May recipient of the Waterford Community Award. The award is sponsored by Allied Irish Banks (we received a cheque for € 250) and The Waterford News and Star newspaper. The award received much publicity locally and will be repeated in June when the charity of the year will be selected.



Waterford Community Award presentation by Mayor Cllr Hilary Quinlan in the Mayor's Office



Donation of the receipts of a sponsored swim in Clonea Strand Leisure Centre , Co. Waterford