



The Irish Lifesaving Foundation



Registered Charity No. CHY 15102

Rural Lesotho

The Irish Lifesaving Foundation Ltd.

Saving lives from drowning - Worldwide

ANNUAL REPORT 2006

The Irish Lifesaving Foundation Limited

Registered Office: 11 Iveragh Close, Lismore Lawn, Waterford City, Ireland.

Founded: 2003

Companies' Registration Office No. 368309

Irish Revenue Commissioners Charity No. CHY15102

The Irish Lifesaving Foundation Ltd

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.

Financial Report

1. Due to factors such as the Lifeguard Training Fund and a tax refund our income in 2006 was fourfold that of the previous year. At the end of February we had a balance of €9452 in our bank account but this included monies allocated to various lifesaving projects but not drawn down by the end of our financial year. The allocated funds include €6000 allocated to our Lifeguard Training Project in South Africa and India, drowning research in Lesotho and €1000 set aside to pay for a web-based series of water safety leaflets for general use in Africa and Asia. We have also allowed €800 for audit costs. The actual balance available to the Foundation on 28th February 2006 was €1652.
2. We have cleared our debts from our first year (2003) and have only those from The Ireland Seminar and Ireland Medal function remaining. We have already begun to clear this debt and hope to be debt free by the end of 2007.
3. Our position as a charity has improved now that we have had charitable status for three years. We can reclaim tax paid on donations of €250 or more. The Irish Revenue Commissioners gave us a refund of €2896 for 2006.
4. It should be noted that although John Connolly and Brendan Donohoe represented the Foundation at the 2006 Royal Life Saving Society Commonwealth Conference they paid all of their own costs.
5. The printing charges include the printing costs of the two **Float – Don't Swim** leaflets.
6. The postage charges include the carriage costs of sending boxes of donated swimwear to the RLSS Commonwealth Office for further distribution onwards to lifesavers in developing countries.
7. The Board of Directors has proposed a motion seeking permission to open one or more interest earning deposit accounts to hold allocated or restricted funds.
8. Polo shirts were given as gifts at the RLSS Commonwealth Conference to representatives from African and Asian countries.
9. The Foundation now has its own insurance cover for fundraising and other activities with Allianz.

Margaret Bible

Treasurer

DIRECTOR'S REPORT

A number of important developments took place during 2006.

FLOAT – DON'T SWIM PROMOTION

Every year a number of good swimmers drown in circumstances where it is known that they could swim the distance to safety easily in a swimming pool. A sudden total swim failure arising from **Cold Shock** (an inability to breathe immediately following immersion in cold water) is thought to be the prime cause of such deaths. The **Float – Don't Swim Promotion** explains this phenomenon and encourages persons who fall into cold water to float on their backs, keeping their face out of the water, until cold shock wears off when they can consider sculling or swimming to safety. The promotion was sponsored by **Waterford City Branch, The Irish National Teachers Organisation and Clonea Strand Hotel Swim Club.**



Swimmers photographed outside the Clonea Strand Hotel, Dungarvan, Co. Waterford. following a fund-raising swim for the Foundation.

LIFEGUARD TRAINING PROJECT

This project concerns itself with sponsoring the costs associated with training unemployed swimmers in developing countries as lifeguards. We currently support the training of young male and female swimmers in **Soweto**, South Africa and are awaiting a response from Irish Aid to our request for partnership funding before expanding the project into new areas in South Africa and India. The expanded project will be in partnership with **Lifesaving South Africa** and the **Rashtriya Life Saving Society (India)**. Once qualified as lifeguards the youths can obtain employment as lifeguards in pools or on beaches. With Irish Aid support we can train 100 new lifeguards in 2007 but will still train 30 youths without it.



Signs of poverty in Soweto showing shacks where people must live and in stark contrast the possibility of pool lifeguard employment.

LESOTHO SCHOOLS WATER SAFETY PROJECT

We continue to support schools based water safety education in schools in Lesotho, Africa. This is done through our partnership with the newly formed **Royal Lesotho Lifesaving Association**. We have agreed to support a **Lesotho Drowning Report** and based on the results a new **Lesotho Water Safety Award** and **Lesotho Water Safety Leaflet**. We have also applied to Irish Aid for financial support for this project but its implementation is not dependent on it.

LIFESAVING RESEARCH

A paper on **Suicide by Drowning** prepared for the **Royal Life Saving Society Commonwealth Conference** in September was well received as was a booklet for swimming and lifesaving teachers on the teaching of floating prepared for the Float – Don't Swim Programme.



Schoolgirls in Lesotho

DONATED SWIMWEAR

We continue to send donated swimwear and rescue equipment to **John Long, RLSS Commonwealth Secretary General**, for forwarding to lifesaving groups in developing countries. The cost of a swimsuit is often beyond the means of poor youths and one strategy used to encourage them to learn to swim is to loan them a swimsuit in the beginning with the promise that they can keep it if they learn how to swim. This is a relatively low cost activity with longtime safety and enjoyment benefits to the participants.

INSURANCE

During the year the Board of Directors arranged a new public liability insurance policy with Allianz to cover Foundation activities in Ireland, including fundraising events. We can add specific events to the cover as they arise.



Group photographed with Cllr Hilary Quinlan, Mayor of Waterford and staff of AIB/ Waterford News & Star at the presentation of a cheque to the Foundation in Waterford's City Hall. The Foundation was the winner of the Waterford News & Star / AIB Community Award for the month of April.

DROWNING DANGER FOR CHILDREN

This photo shows a woman in Africa with a child on her back. The child is at risk of drowning if the woman crosses a stream. The Foundation advises mothers to move the child or baby to the front of their bodies if they need to cross water. African women traditionally carry their children in this manner from a very young age and is a major culture shift to prevent it.



Company Information 2006

Companies Registration Office Number: CRO 368309

Irish Revenue Commissioners Charity Number: CHY 15102

Directors Mr John Connolly (Secretary)
Mrs Margaret Bible (Treasurer)
Mr Brendan Donohoe
Mr Edward Duffy
Mr Robert Cadman

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Founder and Hon. Secretary of The Irish Lifesaving Foundation, Mr. John Connolly being presented with Honorary Life Membership of RLSS Commonwealth Society from HRH Prince Michael of Kent.