



## Drowning Prevention & Rescue Conference 2016

Killashee Hotel, Naas, Co. Kildare, Ireland.  
Monday, 29th August to Thursday, 1st September





*One of the many scenic hotel walks.*



*Experience a traditional Irish pub inside the hotel.*

***Enjoy wonderful accommodation, food and entertainment.***



*Superior leisure centre in the hotel.*



*One of the luxurious bedrooms.*

***Fantastic conference facilities.***



*The Killashee Hotel Conference Centre.*

# The Lifesaving Foundation's 7th International Drowning Prevention and Rescue Conference Monday 29th August to Thursday 1st September 2016



Welcome to Ireland. We hope you enjoy the best of Irish hospitality at our superb venue while making your contribution to drowning research as a presenter or as a non-presenting general participant. Our 7th conference has participants from 20 countries and 5 continents. Once again we have a high repeat attendance of previous participants renewing old friendships and meeting new lifesaver friends. I am pleased to report that these alliances continue to result in collaborative papers and projects. On all of your behalves I would like to thank John and Maria for two years of challenging work in putting all the pieces of the conference together. I also want to thank Ian Brabazon and his staff at Vita Media who have travelled with us since 2012 filming and editing conference presentations thereby providing the world lifesaving community with a magnificent resource.

Brendan Donohoe, Lifesaving Foundation Chairperson

---



The Lifesaving Foundation has the promotion of drowning related research and its circulation to lifesavers worldwide as one of its key aims. One of the ways we achieve this is through our hosting drowning prevention and rescue conferences which includes the filming of conference presentations and the making available of the filmed content to the world lifesaving community afterwards. In this way what presenters say at our conferences is heard not only by those present in the room at the time but later by many other lifesavers around the world via the internet. Previous conference presentations are freely available on our website.

A new 2016 conference feature is the introduction of student scholarships in memory of a drowning research giant, the late Royal Navy Surgeon Admiral Frank Golden OBE, MD, PhD.

Frank spoke at our second conference, chaired much of our third conference, and acted as a medical advisor to the Foundation up to his death. He was always supportive of young drowning researchers and his family are very pleased at the establishment of this memorial fund in his name. Six young drowning researchers from Ireland, United Kingdom, USA, and Canada are beneficiaries of the scholarship fund this year. It is a sign of Frank's professional status internationally that the scholarship presentations on Wednesday morning will be chaired by the Irish Navy's Flag Officer Commodore Hugh Tully.

Frank Golden's long time friend and collaborator Professor Michael Tipton PhD along with his colleague Dr. John Leach PhD will jointly present on the topic of the immediate physiological and psychological impacts of drowning in cold water. This is our re-introducing a feature of an earlier conference - The Ireland Lectures. It is 10 years since we last hosted Ireland Lectures. The speakers then were world medical experts Surgeon Admiral Frank Golden OBE, MD, PhD and Professor Major General John Pearn AO, MD, PhD. This is a very hard double act to follow but in Mike Tipton and John Leach we have two world leading survival experts who now put it up to the Foundation's board to find the two presenters to follow them in the Ireland Lectures at our 2018 conference.

Another new 2016 feature is our welcoming drowning survivors Minister John Halligan TD, Wexford County Councillor Larry O'Brien, and Oncology Nurse Colm Plunkett to our conference. All three will speak on Monday night about their personal drowning escape stories. Those who die by drowning cannot speak and therefore it is up to survivors to tell the drowning prevention research community what it is really like to realise that you are in immediate danger of dying by drowning.

I want to take this opportunity to congratulate our chairperson Brendan Donohoe on his recent appointment as President of RLSS IRELAND in addition to his charring the Lifesaving Foundation.

John Connolly, Hon. CEO

---



Welcome to Killashee Hotel. We intend that you should have both an enjoyable and informative conference. If you have a conference programme query address it to John (john@lifesavingfoundation.ie) and if you have an accommodation or other query address it to me (maria@lifesavingfoundation.ie). We extend a special welcome to the partners of conference participants. You are most welcome to Ireland. Terezita and Phil (the wives of Brendan and John) will meet with you and discuss different partner programme options. I want to remind you that the hotel has a first class leisure centre open to conference participants. You should also think about what you want to do and where you want to go in Dublin City Centre on the Wednesday afternoon.

Maria Bolger, Conference Administrator

A Holiday Escape



John Halligan TD

Minister of State for Training and Skills

Minister John Halligan TD is an Independent TD (Member of Parliament) for Waterford. In May 2014 while on holiday in Spain he and his partner went for a swim in the sea close to their apartment and found themselves in a drowning situation. Speaking of the event Minister Halligan said "The two of us would be fairly powerful swimmers, but then all of a sudden we were swung around and I slammed my head off of stones." He managed to struggle back to shore thinking that his former lifeguard partner was behind him but found that she was being taken out to sea. After a failed rescue attempt by one rescuer she was eventually assisted to safety by two other rescuers.

Your life is in immediate danger!  
How would you react?

These three men – three survivors – tell how they felt and what they did when they were faced with drowning.

SURVIVING A DISASTER



Larry O'Brien (Ireland)

Larry O'Brien is an elected County Wexford local authority councillor but in 1987 he was a long-distance truck driver. On 6<sup>th</sup> March 1987 he was a driver passenger on board the MS Herald of Free Enterprise as it departed Zeebrugge, Belgium, bound for Dover in England. The bow doors had been left open and seawater flooded in causing the ship to sink. Larry survived the tragedy and in the process of doing so he not only saved himself but also saved 30 others. Listen to Larry tell how he dealt with his own emotions and how those around him reacted when the ship capsized.

A SURVIVOR'S STORY



Colm Plunkett (Ireland)

Oncology nurse Colm Plunkett could easily have died by drowning on Sunday 23<sup>rd</sup> August 2015 when a large wave swept him into the ocean while he was fishing from rocks at an isolated location in South West Ireland. Wearing a lifejacket, and knowing his 16 year old daughter was safe on land and had phoned for help, Colm still had to survive for 45 minutes in that deadly zone where the ocean crashes against a rocky shore. Listen to Colm tell his survival story.

2016 Ireland Medal Ceremony

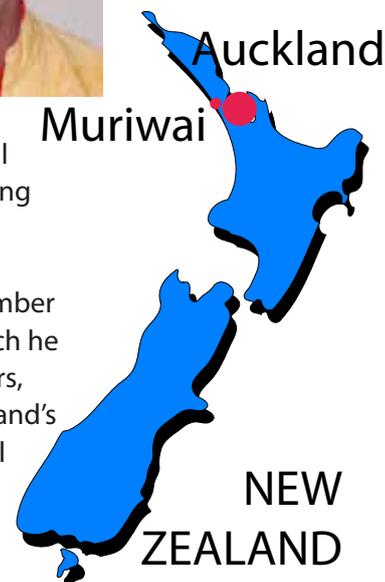


The Ireland Medal is awarded to an Irish person or organisation, or to a person of Irish descent in recognition of an exceptional contribution to saving lives from drowning.

Dr. Kevin Moran PhD, New Zealand

The Lifesaving Foundation is pleased to announce that the 2014 Ireland Medal has been awarded to Dr. Kevin Moran PhD., New Zealand, in recognition of his exceptional contribution to the saving of lives from drowning. Kevin has displayed long outstanding leadership and dedication to water safety and lifesaving involving his membership of International Life Saving's Research and Information Committee; Co-chairing the International Task Force on Open Water Drowning Prevention; he was a founding member of both the New Zealand Drowning Prevention Council and WaterSafe Auckland, which he chaired for a number of years. He has been a frontline surf lifeguard for almost 50 years, first patrolling on Caswell Bay and Llangennith in Wales and then on one of New Zealand's rugged west coast beaches at Muriwai, near Auckland. Kevin is the 12th Ireland Medal recipient and is the first from New Zealand.

The Ireland Medal will be presented to Dr. Moran by John Halligan, TD., Minister of State for Training & Skills.



Dr. Kevin Moran will deliver a reflective autobiographical presentation on his 50 year career as a lifeguard, a lifesaving researcher and a drowning prevention advocate in the United Kingdom and New Zealand.

## Monday Programme

- 12.30pm Lunch
- 2.00pm **I AM *NOT* DROWNING SEMINAR**  
Consideration of self rescue.
- 4.30pm Meeting of Lifesaving Foundation members.
- 5.30pm Free Time
- 7.15pm **IRELAND MEDAL CEREMONY**  
Welcome and Introductions  
**Ireland Medal Presentation** by Minister John Halligan, TD.  
**50 Years a Lifeguard**  
Speaker: Dr. Kevin Moran PhD  
**A Holiday Escape**  
Speaker: Minister John Halligan, TD.
- 8.45pm Break
- 9.00pm **Irish Air Sea Rescue**  
Speaker: Gerard O'Flynn, Irish Coast Guard  
**Surviving a Disaster**  
Speaker: Cllr. Larry O'Brien, MCC  
**Washed into the Ocean**  
Speaker: Colm Plunkett
- 10.30pm End of Ireland Medal Ceremony  
**INFORMAL "HELLO" GATHERING**

## Wear a Life Jacket

"Wear a lifejacket" is a common piece of good drowning prevention advice. Most people have little or no knowledge of lifejackets and how they save lives. Dr. Patrick Buck PhD will lead this session exploring lifejackets and buoyancy aids. The session includes a practical activity titled "How long does it take to put on a lifejacket?"

## I Am *Not* Drowning Seminar

- 2.00 pm **Opening Comments.**  
Brendan Donohoe
- 2.15 pm **"From Swimming Skill to Water Competence: Towards a More Inclusive Drowning Prevention Future".**  
The concept of water competence is considered.
- 3.00 pm **Float First Poster.**  
John Connolly - The new poster will be considered.
- 3.20 pm **Break**
- 3.30 pm **Lifejackets**  
Dr. Patrick Buck PhD.  
An overview of why and how lifejackets / buoyancy jackets aid survival. "How long does it take to put on a lifejacket?"
- 4.00 pm **Specific Rescue Advice**  
John Connolly - A discussion on self-rescue advice in specific drowning situations.
- 4.30 pm **End.**  
*The chairperson may extend the seminar by 15 minutes.*

## From Swimming Skill to Water Competence

There are as many definitions of 'being able to swim' as there are swimming teaching organisations. Dr. Robert Stallman PhD published his first definition of 'can swim' about 1972. Influenced by researchers such as Dr. Stephen Langendorfer PhD and Dr. Kevin Moran PhD the concept of 'swimming ability' has changed to 'swimming competence'. The first part of the I Am *Not* Drowning Seminar will consist of short presentations followed by general discussion on "From Swimming Skill to Water Competence: Towards a More Inclusive Drowning Prevention Future".



*Mrs. Christina Fonfe, founder of The Sri Lanka Women's Swimming Project teaching a class.*

## The Ireland Lectures

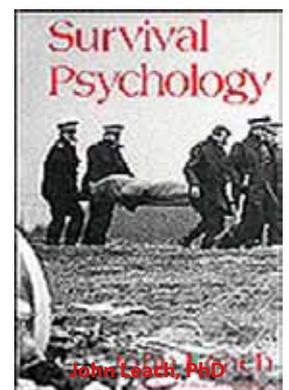
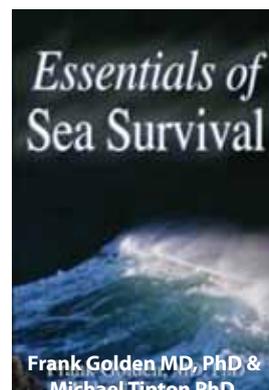
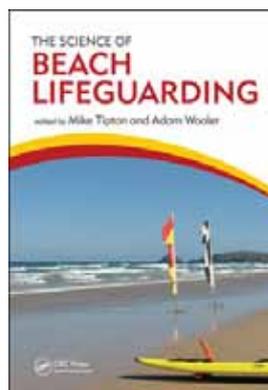


*Prof. Michael Tipton, PhD*



*Dr. John Leach, PhD*

Physiologist Professor Michael Tipton PhD and psychologist Dr. John Leach PhD from the University of Portsmouth's (UK) Extreme Environments Laboratory will consider human responses to sudden immersion in cold open water as part of the Lifesaving Foundation's "I Am Not Drowning Project".



## Conference Presenters and Presentations

**Professor Linda Quan MD (USA)**

### ***“Predictors of Drowning Outcomes”***

*What does published literature say they are? Can we use them? Will we use them? How can we use them?*



Linda Quan, MD, is an emergency attending physician at Seattle Children's Hospital and professor in the Department of Paediatrics at the University of Washington's School of Medicine.

She was chief of emergency services at Seattle Children's for more than two decades. She has served on many committees for the American Academy of Paediatrics, American Heart Association, Emergency Medical Services for Children (EMS-C), CDC Injury Prevention, and recently for the American Red Cross. She has spent a large part of her career on research of drowning, drowning prevention, and paediatric resuscitation for which she has received many awards including the Ireland Medal in 2011.

**Dr. Kevin Moran (New Zealand)**

### ***“Risk of Drowning: a wicked problem”***

*Drowning is a complex, multifaceted phenomenon that has at its heart the way that humans interact with their aquatic environment (Moran, 2006). The theory of wicked problems was first used in the 1960s by Horst Rittel in social policy and planning to describe difficult or insoluble problems that characteristically are contradictory, incomplete and constantly changing. Wicked problems usually have no clear solution, are socially complex, and hardly ever reside conveniently in the responsibility of one organisation.*



Kevin Moran 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.

**Professor Joost Bierens MD, PhD (Netherlands)**

### ***“The Building Blocks for Drowning Research”***

*Following the publication of Drowning (2nd edition Handbook on Drowning) what aspects of the hidden world drowning epidemic should researchers focus on?*



Professor Joost Bierens MD, PhD trained as an anesthesiologist and emergency physician. From 2002 - 2010 he was Professor in Emergency Medicine at the VU University Medical Centre in Amsterdam. During

this time he completed several studies in the field of prehospital medical care, disaster medicine, resuscitation, drowning, accidental hypothermia and education. He has published articles and book chapters on these topics. His scientific interest in water related injuries started when he worked as a professional lifeguard during medical school vacations. He is affiliated to several organisations in this field such as Maatschappij tot Redding van Drenkelingen (founded 1767), the Royal Dutch Lifeboat Institution and the Medical Commission of the International Life Saving Federation. He was co-ordinating editor of the 'Handbook on Drowning' (2006), and the handbook's second edition 'Drowning' (2015). Since 2015 he is visiting professor at the Department of Emergency Medicine of the Vrije Universiteit Brussels and thesis coordinator of the European Master Disaster Medicine.

**Professor Michael Tipton PhD and Dr. John Leach PhD**

### ***Surviving a sudden immersion in cold deep water: Physiological and Psychological Impact***

*A joint set of presentations by two of the world's leading survival experts on how human bodies and minds respond to drowning.*

**Professor Michael Tipton PhD (UK)**



Professional Michael Tipton PhD joined the University of Portsmouth in 1999. In addition to his university positions, he was based at the Institute of Naval Medicine (INM) from 1983 to 2004 and was Consultant

Head of the Environmental Medicine Division from 1996. He has spent 30 years working in the areas of thermoregulation, environmental and occupational physiology. He and his colleagues in the Extreme Environments Laboratory examine the physiological and psychological responses to adverse environments and the selection, preparation and protection of those who enter such environments. He is Director of Research for the Department of Sport & Exercise Science, and provides advice to a range of universities,

government departments, industries, medical, search and rescue and media organisations. He researches the physiological and psychological responses to adverse environments and the selection, preparation and protection of those who enter such environments.

**Dr. John Leach PhD (UK)**



Dr. John Leach PhD joined the Portsmouth University Extreme Environments Department in 2014 as a Visiting Senior Research Fellow in survival psychology. Prior to this he was a military SERE psychologist

(survival, evasion, resistance and extraction). His academic background includes being lecturer and Director of Studies for Cognitive Psychology at Lancaster University and member of the Centre for the Study of Human Cognition, University of Oslo. On the practical side he is a qualified military survival instructor in desert, jungle, arctic, polar, temperate, sea, conduct-after-capture and hostage survival (SERE). He is a qualified military and saturation, mixed-gas diver and a Fellow of the Royal Geographical Society. His primary research interest is in the psychology of human survival. Secondary research interests include the psychoneurological aspects of adaptation to extreme environments, and the role of psychology in SERE training

**Prof. Stephen Langendorfer PhD (USA)**

### ***“Examining water competency dynamically”***

*This presentation will focus not just on the basic competency skills required for drowning prevention, but also on how each unique aquatic environment poses a different challenge.*



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 Programme (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 programmes. He was selected as the founding editor for the International Journal in Aquatic Research and Education (IJARE). Stephen is the 2013 recipient of the Ireland Medal.

## Conference Presenters and Presentations

### John Long (United Kingdom)

#### **"The PARAMEDIC 2 Adrenalin trial"**

*The PARAMEDIC 2 Trial is a randomised placebo controlled trial evaluating the safety and effectiveness of Adrenaline as a treatment for out of hospital cardiac arrests. The trial is responding to calls from the International Liaison Committee on Resuscitation (ILCOR) prompted by recent evidence which has raised concerns about the effective of adrenaline on survival and brain function after cardiac arrest. It is a double blind trial (ie neither the patient of the paramedic knows if the injection given is adrenaline or the placebo) The Trial is funded by the National Institute for Health Research and has received approval from the Oxford research Ethics Committee. Some 8000 patients will be recruited over 3 years in 4 major Ambulance Trust areas of the UK.*



John Long is a retired Senior Police Officer and 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 over 50 years. He is the 2015 recipient of the Ireland Medal. John is a Member of the Paramedic 2 Adrenalin Trial Management Committee.

### Jonathon Webber (New Zealand)

#### **"Lifeguards are only human: human factors in lifeguarding"**

*Human factors have, for many years, been a key component of what is taught to pilots and the military to help them understand how people react in a crisis; the intent being to improve their own performance in what is usually a high-stakes environment. In healthcare, only recently has knowledge of human factors been recognised as an important skill for staff providing care in time-critical/life-threatening situations. How human factors apply to lifeguarding has not been widely described. This presentation provides a background to human factors in lifeguarding and suggests a range of antidotes to some of the most commonly encountered errors.*



Jonathon Webber is an Advanced Qualified Lifeguard and Life Member of the Piha Surf Life Saving Club. An Honorary Lecturer in the Department of Anaesthesiology at The University of Auckland, Jonathon is the Chief Executive Officer of WaterSafe Auckland. He currently represents SLSNZ on the New Zealand Resuscitation Council and is a member of the ILS Medical Committee. 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. Jonathon is a foundation member of the International Drowning Research Alliance (IDRA) and about to commence doctoral studies this year.

### Dr Shayne Baker, D Prof. OAM (Australia)

#### **"I'm a Good Swimmer and I Won't Drown"**

*The intention is to present research of the attitudes of people with swimming ability and confidence against an assessment of their swimming capability in a natural inland tidal waterway. This will provide an insight into the attitudes of the public towards identifying dangers and risks in an aquatic environment.*



Shayne has enjoyed over three decades of involvement in lifesaving and the opportunity to participate at all levels in Australia and beyond has been extremely motivating and a lifelong passion. Over this time he has been a learner, a teacher, a national president, an active lifeguard on the beach, and an examiner of others wanting to become lifesavers in Australia and Asia. In his regional city of Toowoomba, Australia he leads a team of dedicated aquatic professionals to facilitate an annual summer lifesaving programme for older children and teenagers to prevent holiday drowning in a range of aquatic environs. Complementing his own initiatives he is also involved at the moment as the National Education & Training Advisor for the RLSSA and as member of the International Life Saving Rescue Commission.

### Commander Kenneth Minehane (Irish Navy)

#### **"Rescuing Refugees in the Mediterranean"**

*Commander Ken Minehane spent the summer of 2015 off the coast of Libya serving as the Senior National Representative for Ireland on board the Irish Naval ship LÉ Niamh on a vital humanitarian mission - rescuing thousands of refugees fleeing from war-torn Africa and the Middle East. On August 5, for example, as a large barge carrying over 600 refugees was being approached from the stern it capsized. All on the top of the barge were thrown into the water. 365 people were rescued having taken hold of life buoys thrown to them by the navy crew but many drowned. On another day a female refugee gave birth on deck. Commander Minehane will outline the challenges faced by refugees and by those dedicated to saving them from drowning.*



A native of Bantry, Co. Cork, Ken Minehane completed his initial training in the Naval College, Haulbowline, Cork. He also received training in Britannia Royal Naval College and the School of Maritime Operations in HMS Dryad with the Royal Navy. He served as Gunnery Officer on board LÉ Aisling and LÉ Ciara; Navigation Officer on board LÉ Eithne and Executive Officer on board LÉ Aoife. He has served twice as captain of LÉ Orla and captained LÉ Niamh in 2010 on a tour to Brazil, Argentina, Chile, Mexico and the USA as part of a diplomatic mission. In 2014 he was first captain of the LÉ Samuel Beckett, the first of a new, larger type of fisheries patrol vessel. In the summer of 2015 he embarked LÉ Niamh on her humanitarian mission in the Mediterranean as the Senior National Representative. He has also served overseas with the United Nations in Liberia as part of the 92nd Infantry Battalion.

### Professor (Em) Robert Stallman PhD (Norway & Tanzania)

#### **"The whole is greater than the sum of the parts"**

*What might still be missing even when all essential water competencies have been learned? What is the X-Factor? How can building this X-Factor into teaching, further prevent drowning? How to build combined competencies into a teaching programme. How to create simulated emergency scenarios which integrate the recommended competencies. Why the glue that holds the individual competencies together is missing when we approach these competencies one at a time and how and why they must be combined.*



Dr. Robert Stallman has a lifetime involvement in many aquatic activities. He has coached and taught in six different countries. He is especially interested in learning 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.



Presentations are in English and are of 20 minutes duration followed by 10 minutes discussion.

## Conference Presenters and Presentations

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

### ***"How to read swimmers and improve their aquatic resilience"***

*In drowning situations it is clear that being able to swim is not always enough to save one self or others. Sometimes we must support others alongside us or at a distance in the water. This presentation aims to show how to draw upon universal information through close aquatic observation and interaction with swimmers in safe water conditions.*



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 (Greenwich) and runs a business partnership with Mrs Zoe Cheale called A2Z Swim. Her articles are regularly published in the Swimming Times.

**Dr Patrick Buck PhD REMT (Ireland)**

### ***"The importance of quality First Responder training in the areas of drowning and cold water immersion"***

*The majority of drowning and cold water incidents are initially managed by non medical bystanders. It is recognised that correct and appropriate care at this time is fundamental to a positive outcome. Why then is more emphasis not being placed on developing and broadening the skills of such individuals if they are so pivotal in the chain of survival?*



Dr. Patrick Buck PhD is a marine biologist, remote EMT and marine guide. He has a deep interest in wilderness and austere survival and is currently researching the design of modified PFD's

to prolong life in cold water. Patrick lectures on the effects of cold water immersion and drowning to various NGO's and Government departments and in 2015 published 'A field guide for the treatment of drowning and cold water immersion incidents'. He lives in Cork, Ireland, and can be regularly seen paddling his surf ski in Roaring Water Bay.



**Ms Juanita Bueschleb (Canada)**

### ***"Community engagement in solving drowning"***

*Drowning prevention strategies and activities require local community engagement and participation to achieve success. This session explores successful Canadian models that are easy to replicate regardless of location.*



Recreation Supervisor for the City of Brampton, Canada, Juanita has been a practitioner in municipal recreation for over 30 years with a wide range of experience in programme development, delivery and support. She is a Past President of the Lifesaving Society Ontario and a Past President of the Drowning Prevention Research Centre Canada. Juanita served the Lifesaving Society Canada in a wide variety of portfolios including as chair of numerous committees including First Aid Services, Aquatic Management Training and Area and Affiliate Services and chairing National Leadership Revisions. She has served on the Society's board of directors for the past 10 years. Juanita is an experienced trainer both in the water and out and has worked with groups across Canada.

**Assoc. Professor Jenny Blitvich PhD (Australia)**

### ***Changing Practice: Translating research to prevent shallow water diving spinal cord injury.***

*Water-related spinal cord injuries (SCI) make a major contribution to the incidence of catastrophic spinal cord injury throughout the world. Almost without exception, injured persons indicate they were unaware of the risk of spinal cord injury prior to the incident that resulted in their SCI and that likewise, they were unaware of skills that could mitigate this risk. This presentation will outline the research process undertaken to identify characteristics of high risk dive entries as performed by recreational level swimmers; the intervention program developed to enhance skills for improved dive safety; and the outcomes of the evaluation of this intervention. Importantly, it will also focus on the translation of the research findings into practice in real world contexts through collaborations with relevant stakeholders, a vital aspect for success in injury and drowning prevention. This research followed the PRECEDE-PROCEED Model of Health Program Planning and Evaluation (Green and Kreuter, 1991; 2005) and the presentation will demonstrate the benefits of such an approach.*



Associate Professor Jenny Blitvich is Deputy Head, School of Health Sciences and Psychology at Federation University Australia. Her background is in Human Movement and Sport Science and her PhD investigated the Prevention of Shallow Water Diving Injury. Involved in injury prevention research generally, Jenny's strongest research interests lie in water safety and drowning prevention. She is considered Australia's leading expert in shallow water diving injury prevention. Jenny has collaborated with a range of aquatic stakeholders, including the Royal Life Saving Society; Australia; the Australian Water Safety Council; Aquatics and Recreation Victoria; AUSTSWIM; and Lifesaving Victoria, in research, and importantly, in translating evidence based research findings into practice. She has a long publication record of research articles and book chapters, including two chapters in Bieren's Drowning Prevention, Rescue, Treatment. Jenny has supervised PhD, Masters and Honours students across a range of aquatics topics. Committed to aquatics education, she has taught and coached in this field for more than 30 years.

### ***G. Keith McElroy (Australia) Swimming, survival and the drowning burden: a reflection on lessons from a major national programme of change.***

*In 1982, a radically different swimming and survival teaching program was developed by the Royal Life Saving Society Australia (RLSSA) and adopted by major teaching organisations in each Australian State and Territory. This presentation reflects on the need and motivation for the change, the key new themes and methodologies, the implementation strategies to gain adoption by various bodies. The 34 year time interval allows us to evaluate the strategy of teaching to mainly school aged children (the optimum learning years) the skills and attitudes required for their protection as young adults (the greatest 'at risk' years). This approximately 15 year time shift can be identified in the statistics of drowning in relation to the rise and decline of school-aged comprehensive swim and survive teaching within Australia.*



Keith McElroy is a Senior Research Associate in the Faculty of Health at Federation University, Australia, where he has worked for over 30 years in biomechanics and aquatics. His research interests range from the application of biomechanics to competitive swim performance through to water safety,

## Conference Presenters and Presentations

drowning prevention and lifesaving techniques. He was the inaugural National Technical Director of the Royal Life Saving Society – Australia (RLSSA), from 1980-83 and the original author of their publication *Swimming and Lifesaving*. He introduced self rescue via a “Swim & Survive” programme, which had a major influence on the approach to learn to swim programmes in Australia and contributed to a significant reduction of the national drowning toll. He revised rescue teaching to move from performance of set drills to an initiative teaching and assessment approach. He was the first appointed National Coaching Director for Swimming Australia, in 1980, and also coached competitive swimming from the early 1960s until 2007.

### John Connolly (Ireland)

#### **“Award Winning Irish Police Drowning Rescues”**

*The Scott Medal is awarded to Gardaí (Irish Police Officers) in recognition of individual acts of bravery. Since the foundation of An Garda Síochána in 1922 thirty two medals have been awarded to Irish police officers for the rescue of drowning casualties. This presentation is based on an expanded paper delivered at the 2015 Ireland Medal ceremony in the Garda Training College. It analyses award citations identifying certain rescue characteristics specific to Gardaí and considers how some rescue aids are used by the public.*



John Connolly is a retired Primary School Head Teacher. He has over 40 years lifesaving experience and is the Honorary Chief Executive Officer of the drowning prevention charity, The Lifesaving Foundation. He has had a long voluntary career within RLSS IRELAND and RLSS UK as a pool and beach lifeguard, lifeguard trainer/assessor, and as a branch officer serving as Branch President, Branch Secretary and Branch Chief Examiner. He has been awarded Honorary Life Membership of both Royal Life Saving Society UK and of the Royal Life Saving Commonwealth Society. He has presented at many international conferences and published a number of papers and book articles on the topics “Why do swimmers drown?” and “Suicide by Drowning”.

### Assoc. Professor Kristine De Martelaer PhD (Belgium)

#### **“Capacity building through cooperation in water safety education in Flanders (Belgium)”**

*Different stakeholders within sport, swimming, training and coach education, policy in swimming pools have shown a*

*growing interest in a common didactical aquatic approach of lane 4 where the focus is on water safety before learning a stroke and swimming distances. Since October 2015 there is an official collaboration with several organisations in order to increase the capacity of water competence didactics. The situation of Flanders will be compared with the case of the Netherlands, on the content of water competence didactics and at policy level. Data available on water competence and didactical outcomes of programs will be shared with the public.*



Kristine De Martelaer achieved her PhD in Physical Education in 1997 with a research on youth-centred organised swimming. She was a participant in different aquatic sports: swimming, synchronized

swimming, rescue swimming and open water swimming. Her master thesis (1988) focused on comparison of water and rescue skills for kids in different European countries. She has experience as a teacher in swimming, first aid / CRP and published a Flemish book on ‘Lifelong swimming’, didactical first aid carts in three languages, and several peer reviewed international articles. Her research topics are situated within sport pedagogy: fundamental movement skills of young children, didactical approaches of swimming, basic life support (BLS), competences of PE teachers and voluntary youth coaches. Since December 2001 she is assistant professor at the department of Movement and Sports Sciences of the “Vrije Universiteit Brussel (VUB)”. Recently she is responsible for the special Chair of “Pedagogy of Physical education”, embedded in the division of Education of the faculty of Social and Behavioural Sciences of Utrecht University.

### Brendan Donohoe (Ireland)

#### **“Who is the Hero?”**

*This presentation will look at the familial and other relationships between rescuers and drowning casualties. It will consider how the relationship between rescuer and casualty is linked to the rescue method used.*



Brendan Donohoe has had a long voluntary career in lifesaving and lifeguarding as a teacher, an examiner, a lifeguard trainer / assessor and an administrator. He was awarded Honorary Life Membership of both Royal Life Saving Society (UK) and the Royal Life Saving Commonwealth Society. A founding member of The Lifesaving Foundation he has served as chairperson of the charity since 2010 and has presented papers at a number of international conferences.

### Louis Miguel Pascual-Gomez (Spain)

#### **“Three Years of Drowning in Spain”**

*This study collected data between 2013 - 2015 on drowning incidents and rescues in Spain with the aim of improving prevention and education of local population and tourists. Conclusions reinforced some general trends worldwide such as a predominance of male drownings but also identified some new possible regional patterns.*



Luis Miguel Pascual-Gomez is Technical Director of Escuela Segoviana de Socorrismo (Segovia Lifesaving School) and a member of the board of Directors of AETSAS (Spanish Association of Professional Lifesavers). Graduated as a Primary School Teacher and Art & Crafts Design Specialist, he works in corporate identity industry management but has always had a strong vocation for Lifesaving. An early swimmer Luis became a junior Lifeguard at the age of 12 and a professional Lifeguard at 17. In 1980 he was trained as an Advanced Swimming and Aquatic Lifesaving Instructor and has been teaching aquatics continuously since then. In 1991 he participated in the first Spanish Professional Aquatic Lifesaving text book. He has produced several works on improving life saving teaching and techniques and early drowning detection. He is a regular lecturer at lifesaving conferences and contributed to the 2006 Edition of the Handbook on Drowning and the 2014 edition with a section on the recognition of persons in distress.

### Mr. Gerard O’Flynn,

#### **Irish Air Sea Rescue (Ireland)**

*This presentation will provide an overview of the Irish Coast Guard’s helicopter Search and Rescue (SAR) history and current capability.*



Gerard O’Flynn serves as National Search and Rescue Operations Manager with the Irish Coast Guard. His responsibilities include management of three Rescue Coordination Centres, a SAR helicopter contract provided by CHC utilising Sikorsky 92 Helicopters, and liaison and coordination with state agencies, service providers and declared resources such as RNLI and Community Rescue Boats. Within the Coast Guard he previously served as National Volunteer sector manager with responsibility for 950 volunteers divided into forty three individual units. He retired from the Irish Navy in early 2007 having achieved the rank of Commander. Career highlights included appointments as; Associate Head of the National Maritime College, ship’s

## Conference Presenters and Presentations

captain and service in Lebanon and Bosnia Herzegovina. Prior to joining the Coast Guard he served as CEO of the Irish South & West Fish Producers organisation where responsibilities included representing owners and skippers of fishing vessels at EU and National level.

### **Michael Fonfe, Sri Lanka Women's Swimming Project (United Kingdom & Sri Lanka)** **"Duty of Care and Drowning in the Tourist Industry"**

*This paper examines attitudes to Duty of Care in the field of drowning prevention in the high end market of tropical villas, boutique hotels and four-five star holiday resorts.*



British Wing Commander Michael Fonfe MBE, was born in Africa, is a Trustee of the Sri Lanka Women's Swimming Project and has presented papers on drowning prevention to the tourist industry.

He retired from the RAF in 2000 to tutor undergraduates how to overcome dyslexia and dyscalculia. With Christina, rented out their UK home to fund their philanthropy. A latecomer into swimming in 2006, he formalized the concept of instinctive survival skills for beginner swimmers into a Safe-to-Swim Passport. Michael is a co-enthusiast with Christina of drowning prevention through teaching people to *Float-and-Breathe first, then Swim*, pioneering the 10 minute float and 100m swim as the minimum level of aquatic competence. Results are improved self-esteem, aquatic independence, social status and happiness.

### **Associate Professor Hafþór B. Guðmundsson (Iceland)** **"Is the Icelandic Swimming Curriculum Strong Enough to Deliver Able Lifesaving Students?"**

*The Icelandic school curriculum has for many years been believed to deliver strong swimmers out of the elementary school system. This year the University of Iceland (Physical Education and health studies) is undertaking extensive research on swimming ability of school children in grade 4 and 7. Swimming ability will be looked at for these age groups and also their ability to save themselves and others from drowning. The tests will be quite extensive in different swimming skills such as changing course, dive change positions and saving oneself from the drowning. The research will give new information towards standards to look for in the search of a new definition for being able to swim and ability to save one self from drowning. This work is done in cooperation with the Ministry of Education and funded partly by them.*



Associate Professor Hafþór B. Guðmundsson is Department Head, Sports and Health Sciences, University of Iceland. He was a swimming coach with several Icelandic swimming clubs and served as Icelandic National & Olympic Coach for some years. He is the chairman of newly established drowning prevention federation "Iceland lifesaving".

### **Torill Hindmarch, MA. (Norway)** **"Seeing Eye to Eye in Methods of Infant Aquatics"**

*It is about getting the right fit: preserving the rights of the child, where tenderness and responsiveness are the key parameters. Let's take a look at baby swimming from a drowning prevention perspective that also is tailored to their physical and social maturation. Learning and communication are closely related. This shows us the importance of encouraging parents to let their baby take the lead during aquatic activities. We want to focus on what skills the baby or toddler need, here and now but at the same time letting the baby show us the way to achieve this. Can one deliver this in a way that does not impede upon the child's ability to take the initiative, which gives room and time for the children to respond? Will this also take into account developmental stages and maturation? These are some of the steps that work for us in making babies feel safe, behave safely and grow up to be safer in, on and around water.*



Torill was born in London but now lives near Oslo. She has been involved in lifesaving since 1971 through the Royal Life Saving Society. Torill has had experience with baby and toddler swimming since 1976 and since 1981, pioneered infant aquatics in Norway by introducing methods of teaching that opened for child initiated activity with the child's perspective as a guideline. Her promotion of interactive methods and gentle approach to water familiarization has gained international recognition. For this work, she received the Virginia Hunt Newman award in 2014. As a volunteer, Torill helped to establish lifesaving sport in Norway, been a national coach and has headed the Norwegian Life Saving Society's sports committee as well as serving on the baby swimming committee for many years. She has established 3 lifesaving clubs over the past 30 years and a member of the executive board of NLS for a period of 15 years. She now works professionally for the NLS as an education manager within water safety. Her responsibilities include

the education programs for instructors in all areas, developing and adjusting NLS programs in accordance to relevant research and EQF guidelines, educating and counselling instructors. Torill's latest project involves promoting drowning preventative perspectives to the public, schools and kindergartens. Career wise Torill has worked as a head teacher and manager in several pre-school nurseries in Norway. She has a master's degree in Early Childhood Education.

### **Paolo Di Paola (Italy & Ireland)** **"Shallow Water Black Outs"**

*The danger of Shallow Water Black Outs is often underestimated by swimmers, swimming teachers, coaches, lifeguards and pool staff in general even though they can have, and indeed far too often they do have, fatal consequences. The presentation will outline the physiological reasons behind these black outs and explain why they are so dangerous and lead most of the time to the swimmer's death.*



Paolo Di Paola has been involved in swimming for over 40 years, as a swimmer first and then as a swimming teacher and coach of both adults and children. He has been working for the Aer Lingus Swimming Club since 2007 after moving to Ireland in 2005. He holds a Level 3 Coaching qualification both in Italy, where he was born, and here in Ireland, as well as a Level 4 qualification with the American Swimming Coaches Association and a Level 2 Swim Ireland/ASA Teaching qualification. As a coach he has an extensive experience in the field of swimming skills acquisition, in developing Age Group Swimmers, and has been Performance Manager and assistant coach of the Irish National Youth Squad in 2012/2013. Paolo has also worked in Swim Ireland, the National Governing Body for Irish Swimming, between 2011 and 2014, as Education and Child Learn to Swim Programmeme Officer first and then as Education Manager. A qualified Swim Ireland Tutor, he delivers training courses for Swimming Teachers and Coaches as well as Continuous Professional Development Seminars such as Long Term Athlete Development and Child Learn to Swim up-skilling. Because of his longstanding involvement in learn to swim programmemes; he has always been a keen advocate of focusing on the acquisition of proper core aquatic skills at the early stages of learning to swim, as opposed to just teaching strokes, in order to be safe in the water and to enjoy a lifelong involvement in the aquatics.

## Conference Presenters and Presentations

### Jim Spiers (USA)

#### ***“The Safer 3 curriculum for children: Educate to Eliminate Drowning”***

*The presentation will outline the ways to use the Safer 3 curriculum and its tool box to get families involved in drowning prevention and learning about their own risk in, on and around water. The presentation will outline the Safer 3 classroom curriculum for young children and the dry outreach programme (learning water safety away from the pool).*



combining early

Jim Spiers is a life-long professional in all aspects of swimming and water safety instruction. In collaboration with two-time Olympic gold medallist Catherine Fox, he created the first learn-to-swim programme combining early childhood development

and the latest Olympic-level stroke and body positioning technique. He 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 programme to Brazil, Mexico, Sweden, and throughout Latin America. He is a member of NDPA, USSSA, WABC, and the International Swimming Hall of Fame.

### MSc. Stephan Junggren (Denmark)

#### ***“Inside the delivery of Danish school swimming – development, implementation and evaluation”***

*The Learning to Swim project focuses on the development, implementation and evaluation*

*of new and innovative types of swimming lesson models that promote efficient learning of basic swimming skills.*



MSc. Stephan is project manager and research assistant at The Research and Innovation Centre for Human Movement and Learning at The University of Southern Denmark. He works with a research project on how

to improve swimming skills among children in the Danish municipal primary and lower secondary school called “Learning to Swim”. This project includes more than 1,000 children and around 30 schools around the country. Stephan teaches swimming for bachelor students across a range of aquatic topics. Furthermore, he works with sport psychology, cultural leadership and talent development.

## The Surgeon Admiral Frank Golden OBE, MD, PhD Scholarship Fund

Francis St Clair Golden was born in Cork, Ireland, in 1936. He studied medicine in University College Cork combining medicine with rugby. After a short time working in Cork’s North Infirmary he moved to London. In 1963, in need of a regular income, he took a short service commission in the Royal Navy as a Surgeon Lieutenant during which he decided to become a career naval doctor retiring in 1993 as a Surgeon Rear Admiral. In an outstanding naval career Frank served as Consultant Advisor to the Medical Director General in Applied Physiology; Director of Naval Medical Research; Fleet Medical Officer; and Medical Officer in command of the Royal Navy Hospital Haslar.

He managed to combine his naval career with a successful scientific career. While serving at the air station RNAS Culdrose he was involved in many air-sea rescues and developed an interest in post-rescue medicine. This led to a 50 year interest in the rescue and treatment of cold water immersion victims during which he completed a PhD in Leeds University (physiology) in 1979.

His voluntary activities included being on the Executive Committee and Board of Management of the Royal National Lifeboat Institution (RNLI). He chaired the RNLI Medical and Survival Committee for 13 years and acted as a Medical Advisor to the Lifesaving Foundation. He was the recipient of many honours which included being a Brother of the Order of St. John, Queen’s Honorary Physician, and Ireland Medal in 2004. He was awarded an OBE in 1981.

For over 35 years he inspired students in the universities of London, Sheffield, Leeds, Surrey, and Portsmouth. As an advisor to the Lifesaving Foundation he constantly urged the charity’s board to support and facilitate the attendance of students at our conferences. In 2015 a decision was made to start a scholarship fund in his name. Six students from Ireland, United Kingdom, USA, and Canada are 2016 recipients of what are referred to with the Foundation as ‘Golden Scholarships’.

Frank Golden died in January 2014.

The Lifesaving Foundation would like to acknowledge donations to the scholarship fund received from the following;

The family of the late Surgeon Admiral Frank Golden (United Kingdom & Ireland),

The family of the late Garda Commissioner Eamonn Doherty (Ireland),

Foyle Search and Rescue (Northern Ireland),

Chief Justice Terence Higgins (Australia),

Brendan Donohoe (Ireland),

Professor Stephen Langendorfer (USA),

Professor Linda Quan MD (USA),

Professor John Pearn (Australia),

Chief Superintendent John Long (UK),

John Connolly (Ireland)



*Frank Golden speaking during the 2006 Foundation Conference*

Persons wishing to make a donation to the scholarship fund may do so directly by either credit transfer or credit card. Click on Payment / Donation on the Foundation Home Page and follow directions. Enter the donation sum under Conference Payment or Books and insert Golden Scholarship Donation in the text box.

# Surgeon Admiral Frank Golden, MD, PhD. Student Scholarship Presentations



Wednesday Morning 31st August 2016  
Chaired by Commodore Hugh Tully, Flag Officer, Irish Navy

**Commodore Hugh Tully is the Flag Officer Commanding the Irish Naval Service.** Prior to his appointment as Flag Officer he held a broad range of appointments in the Naval Service including Officer Commanding Naval Operations Command and commanding Ireland's Flagship LÉ EITHNE. He also spent two years as a UN Military Observer with the United Nations Truce Supervisory Organisation (UNTSO) in Israel and Lebanon.



A number of student scholarships are being funded by Ireland Medal Recipients and other donors in memory of one of the world's leading drowning prevention researchers, the late Surgeon Admiral Frank Golden, MD, PhD.

Surgeon Admiral Frank Golden MD, PhD RN was born in Cork in 1936. Dividing his time in University College Cork between playing rugby and studying medicine he qualified as a medical doctor in 1960 and joined the Royal Navy in 1963. Rising through the ranks he managed to combine a successful scientific research career with his role as a navy doctor being appointed Director of Naval Medical Research and as Fleet Medical Officer on his promotion to the rank of Surgeon Admiral. His many voluntary roles included chairing the RNLI Medical and Survival Committee and acting as medical advisor to the Lifesaving Foundation. He was the first individual recipient of the Ireland Medal.

**Tessa Clemens (York University, Canada)**

## **The epidemiology of non-fatal drowning versus fatal drowning in Canada**



Estimates of the ratio of non-fatal to fatal drowning vary widely with non-fatal incidents reported to be between two (2) and fifty (50) times more common than fatal drowning incidents. Despite the fact that non-fatal drowning is a significant cause of morbidity (injury) from water related incidents there is notably less information on its incidence. Most epidemiological studies of drowning focus on fatalities only. The dearth of research is often attributed to difficulties caused by under- and misreporting of non-fatal drownings. A retrospective case control study was conducted examining the characteristics of non-fatal versus fatal drownings in Canada. This presentation will discuss the epidemiological profile of non-fatal drowning versus fatal drownings in Canada. Challenges and potential solutions related to the collection and reporting of non-fatal drowning data will be discussed.

Tessa Clemens is a post-graduate student in the Department of Kinesiology and Health Science, York University, Toronto, Ontario, Canada.

**Aoife Kervick (National University of Ireland, Galway)**

## **Establishing an evidence base for drowning interventions in Ireland**

On average, 135 drowning fatalities occur in



the Republic of Ireland (ROI) each year, with rates exceeding 400,000 worldwide, rendering drowning a significant global health problem. International best practice calls for the use of evidence-based interventions to prevent drowning deaths. This presentation provides an overview of a project intended to improve the scope and quality of drowning data available in the ROI to facilitate intervention design.

**Aoife Kervick is undertaking a Research PhD in the School of Psychology, National University of Ireland, Galway.**

**William Koon (University of Washington, USA)**

## **Trends in Ocean Drowning Events and Lifeguard Rescues in Newport Beach California**



There are few rigorous studies aimed at determining the degree to which lifeguards are effective in preventing drowning events in open water surf environments. Most knowledge in the subject area is largely anecdotal or experiential, and largely derived from rescue counts with little consistency and varying accuracy. This presentation outlines the first phase, descriptive analysis of a larger case-crossover study on lifeguard effectiveness using data collected by the Newport Beach Lifeguard computer aided dispatch (CAD) system. An overview of the data collection system, descriptive statistics of the linked dataset, and initial identification of variables that are highly correlated with ocean rescues and drowning events in Newport Beach will be considered.

**William Anton Koon is a Masters in Public Health – Global Health student in the Department of Global Health, at the University of Washington, USA.**

**Jane Saycell (University of Portsmouth, United Kingdom)**

## **Risk of hypothermia for participants in swimming events**



Researchers tested 228 swimmers at 9 swimming and triathlon events in the United Kingdom and Canada. The ability and

experience of those tested ranged from complete novices to elite marathon swimmers. The distances swum ranged from 750 metres to 32 kilometres. The presentation will contain details of test results and of the research conclusions.

**Jane Saycell is a PhD student in the Department of Sport and Exercise Science at the University of Portsmouth, United Kingdom.**

**Sarah Summerville (National University of Ireland, Galway)**

## **Investigating coastal drowning fatalities in Ireland 2010-2013**



Each year, approximately 135 people die by drowning in the Republic of Ireland, and there is growing recognition that coastal drownings are a significant health concern. A partnership between the statutory body Irish Water Safety, NUIG and the RNLI has supplemented official drowning data with additional sources and press reports that were used to produce and examine an enhanced coastal drowning data set for the years 2010 to 2013. This presentation discusses key trends that emerged from these analyses.

**Sarah Summerville is a Health Psychology post-graduate student in the School of Psychology, National University of Ireland, Galway.**

**Nicole Wiggins (University of Portsmouth, United Kingdom)**

## **Trained and untrained bystanders perceptions of their capacity to respond in a drowning emergency**



The Aquatic Victim Instead of Rescuer Syndrome (AVIR) is a persistent cause of mortality worldwide yet little is known about why bystanders drown. The presentation will report on an investigation into trained and untrained bystander's perceptions of immersion behaviours, providing baseline empirical evidence of contributing factors placing potential rescuers at risk.

**Nicole Wiggins has just completed an M.Sc in Sport and Exercise Psychology with the department of Sport and Exercise Science at the University of Portsmouth in the United Kingdom.**

# CONFERENCE OUTLINE PROGRAMME

## MONDAY 29th August 2016

12.30 p.m.	Lunch
2.00 p.m.	"I Am <i>Not</i> Drowning" Seminar
4.30 p.m.	Lifesaving Foundation Meeting*
7.15 p.m.	Ireland Medal Ceremony Informal "Hello" Gathering

\*A general meeting of Lifesaving Foundation members.

## TUESDAY 30th August 2016

8.30 a.m.	Conference Presentations Ireland Lectures
2.00 p.m.	Conference Presentations
Night	Dinner Informal in Sung Bar

## WEDNESDAY 31st August 2016

8.30 a.m.	Conference Presentations
2.00 p.m.	Dublin Tour
Night	Dinner Irish Show

## THURSDAY 1st September 2016

8.30 a.m.	Conference Presentations
2.00 p.m.	Conference Presentations
Night	Dinner Informal Farewell Gathering

## FRIDAY 2nd September 2016

Departures

## CONFERENCE 2016 - TABLE OF SPEAKERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	8.30am START TIME	8.30am START TIME	8.30am START TIME
LUNCH	<b>Mr. John Connolly</b> <i>Garda Drowning Rescues</i>	<b>Cdr. Kenneth Minehane</b> <i>Rescuing Refugees in the Mediterranean</i>	<b>Mr. Jim Spiers</b> <i>Safer 3 for children: Educate to end drowning</i>
2.00 p.m. <i>I Am Not Drowning Seminar</i>	<b>A Prof Kristin De Martelaer</b> <i>Capacity building in water safety education in Flanders</i>	<b>Surgeon Admiral Frank Golden</b> <b>Scholarships</b>	<b>Mrs. Christine Fonfe</b> <i>The challenges of stepping back a generation</i>
4.30/4.45 p.m. Private Meeting of Lifesaving Foundation members	<b>Mr. Brendan Donohoe</b> <i>Who is the hero?</i>	<b>Ms. Sarah Summerville</b> <i>Coastal drowning fatalities in Ireland, 2010-2013</i>	<b>Ms Torill Hindmarch</b> <i>Seeing Eye to Eye in methods of infant aquatics</i>
NIGHT PROGRAMME	<b>Ms. Juanita Bueschleb</b> <i>Community engagement in solving drowning</i>	<b>Ms. Jane Saycell-Hall</b> <i>Risk of hypothermia in swimming events</i>	<b>Prof Stephen Langendorfer</b> <i>Examining water competence dynamically</i>
7.15 p.m. (By invitation only*) IRELAND MEDAL CEREMONY	<b>Mr. John Long</b> <i>The PARAMEDIC 2 Adrenalin Trial</i>	<b>Mr. William Koon</b> <i>Lifeguard rescues in Newport Beach, California</i>	<b>Mr Paolo Di Paola</b> <i>Shallow water blackouts</i>
Presentation of Ireland Medal to Dr. Kevin Moran by Minister Halligan	<b>Prof Michael Tipton PhD</b> <i>Surviving an immersion in cold water (physiology)</i>	<b>Ms. Tessa Clemens</b> <i>Non-fatal versus fatal drownings in Canada</i>	<b>Prof. Joost Bierens MD PhD</b> <i>The Building Blocks for Drowning Research</i>
<b>Dr. Kevin Moran PhD</b> <i>50 Years a Lifeguard</i>	<b>Dr John Leach PhD</b> <i>Surviving an immersion in cold water (psychology)</i>	<b>Ms. Nicole Wiggins</b> <i>Bystanders' perceptions of their capacity to respond</i>	<b>A Prof Robert Stallman PhD</b> <i>The whole is greater than the sum of the parts</i>
<b>Minister John Halligan TD</b> <i>A Holiday Escape</i>	<b>Dr. Kevin Moran PhD</b> <i>Risk of Drowning - A wicked problem</i>	<b>Ms. Aoife Kervick</b> <i>An evidence base for drowning intervention in Ireland</i>	<b>Prof Hafþór Guðmundsson</b> <i>Can Icelandic swimming deliver able lifesavers?</i>
8.45 p.m. BREAK	<b>Prof. Linda Quan MD</b> <i>Predictors of drowning outcomes</i>	<b>Mr. Jonathon Webber</b> <i>The International Drowning Research Alliance</i>	<b>A Prof Jenny Blitvich PhD</b> <i>Shallow water diving spinal cord injury</i>
9.00 p.m. Gerard O'Flynn, Irish Coast Guard <i>Irish Air Sea Rescue</i>	<b>Dr. Shayne Baker D. Prof.</b> <i>I'm a good swimmer and I won't drown</i>	1.00pm LUNCH	<b>Ms Andrea Andrews</b> <i>How to read swimmers and improve aquatic resilience</i>
<b>Cllr Larry O'Brien, MCC</b> <i>Surviving a Disaster</i>	<b>Mr. Luis Pascual-Gomez</b> <i>Three years of drowning in Spain</i>	2.00pm VISIT TO DUBLIN CITY CENTRE	<b>Wing Cdr Michael Fonfe</b> <i>Duty of care and drowning in the tourist industry</i>
<b>Mr. Colm Plunkett</b> <i>Washed into the Ocean</i>	<b>Dr. Patrick Buck PhD</b> <i>Quality First Responder training in drowning</i>		<b>Mr G. Keith McElroy</b> <i>Swimming &amp; Survival: Lessons from a major programme of change</i>
10.30 p.m. End of Ceremony INFORMAL 'HELLO' GATHERING	<b>Mr. Jonathon Webber</b> <i>Human factors in lifeguarding</i>		<b>MSc. Stephan Junggren (Denmark)</b> <i>"Inside the delivery of Danish school swimming – development, implementation and evaluation"</i>

# INTERNATIONAL JOURNAL OF AQUATIC RESEARCH AND EDUCATION

*Advancing the Knowledge of Aquatics for Professionals and Researchers Worldwide*

- Journal Home
- About This Journal
- Aims & Scope
- Editorial Board
- Index Coverage
- For Authors
- For Reviewers

[Home > IJARE](#)

Follow

**New!**



The International Journal of Aquatic Research and Education (IJARE) is now an online-only, open access, journal on a new platform. No fees are charged to authors or readers.

<http://scholarworks.bgsu.edu/ijare/>

IJARE is the premier international scholarly journal dedicated to dissemination of peer-reviewed, evidence-based research and educational reports on a broad range of non-competitive aquatics, swimming, lifesaving, water safety and drowning prevention, aquatic exercise and therapy.

To submit a manuscript, first set up your user account. Click on My Account at <http://scholarworks.bgsu.edu/ijare/>

IJARE also invites non-profit aquatic organizations, agencies, and groups with appropriate missions to become affiliates. Contact Steve Langendorfer, Editor, IJARE, at [langendorfersj@gmail.com](mailto:langendorfersj@gmail.com) for information.

## IDRA



“...promoting safer aquatic environments through evidence-based research...”

[www.idra.world](http://www.idra.world)

### WHY IDRA?

There is not enough scientific evidence to assist professionals and organizations to make the best decisions to reduce drowning by applying effective solutions. The multidisciplinary nature of drowning research demands improved coordination across various agendas and sectors and according to WHO “further research can do much to clarify key issues and should be actively supported”, this being one of the 10 actions to help prevent drowning worldwide.

### WHAT FOR?

The International Drowning Researcher Alliance (IDRA) is established as an international scientific network devoted to all aspects of the use of quantitative and qualitative methods in drowning research to promote safety in and around water environments. IDRA will provide a vital link between researchers and those involved in the management and prevention of drowning.

### BY WHOM?

Network of worldwide drowning experts working non-profit to share knowledge, to identify what kind of research is being carried out and to establish and develop an international research strategic plan.

## WHY TO BECOME A MEMBER

- International support from experts**
- Drowning reduction**
- Research evidence-base needed**
- Alliances work more efficiently**

## HOW TO BECOME A MEMBER

### AFFILIATE MEMBER

Will collaborate with IDRA as a researcher and might coordinate a specific project or task force. You can have your short biography (max. 200 words) plus photo published at IDRA’s website.

#### Requirements

1. At least 2 peer-reviewed drowning related publications (indexed in JCR or Scopus) along the last 10 years
2. At least 3 communications at International conferences (or similar events) in the last 5 years
3. A commitment to IDRA’s proposal and ethical principles
4. Submit a motivational text (max. 200 words)

NO Fee

### COLABORATOR

Collaborates or is assisted by IDRA either on research projects or assisting in other activities of IDRA

**Requirements:** Anyone who may be interested in drowning research.

With time and adequate CV might be upgraded to affiliate member

NO Fee

### INSTITUTIONAL

Have institutional access to IDRA knowledge, supported by the members to develop research on drowning

**Requirements:** Any academic, teaching or lifesaving institution who may be interested in drowning research

Governmental – Free

Non-profit organization – US\$ 100/y

Other organizations – US\$ 500/y



## Tuesday Night in the "Snug Bar"

Ireland was never conquered by the Romans and therefore it avoided the turmoil following its collapse. After the fall of the Western Roman Empire Irish monks travelled throughout Europe restoring Christianity. Monks returning home also brought new skills back to Ireland. Among these was the distilling of perfume. We are a creative people and in addition to distilling flowers for perfume the monks began distilling cereals creating a liquid described as the 'water of life'; in Gaelic 'uisce beatha' later corrupted to whiskey.

After dinner on Tuesday night, in the Snug Bar (a traditional Irish pub inside of the hotel), we will offer at least 6 different Irish whiskeys for sampling along with other Irish drinks such as Bailey's Irish Cream and a certain black liquid known traditionally as 'porter' or 'stout' and marketed worldwide as Guinness.

If you would like to add to the brands being sampled feel free to bring your own bottle to add to those provided. Here are some of those being sampled on the Tuesday night.



## MEMBERSHIP INVITATION

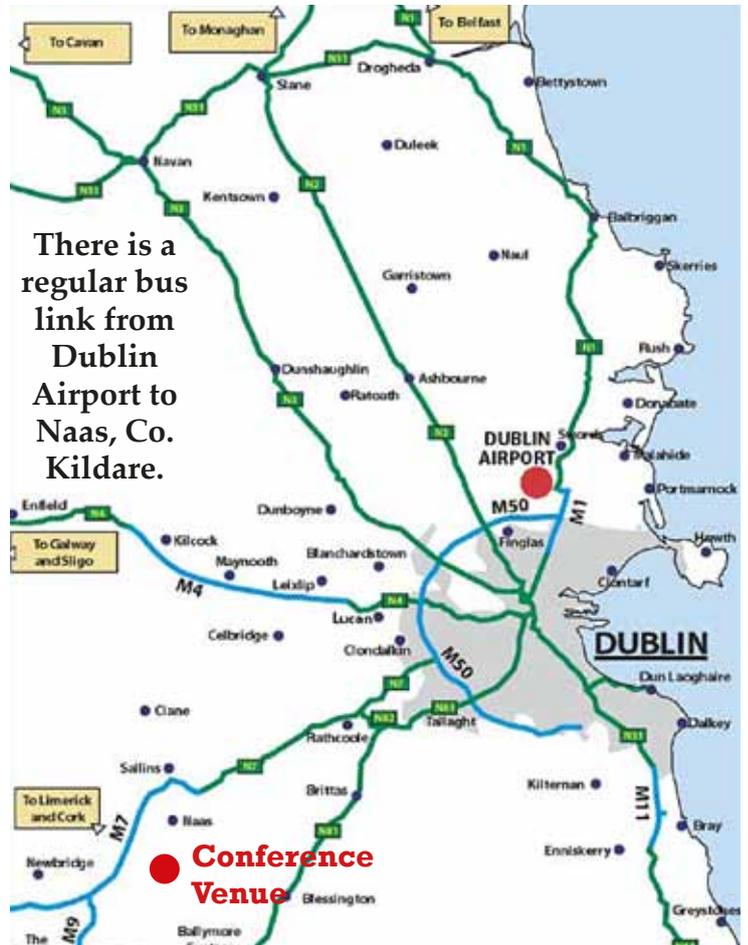
Become a member of The Lifesaving Foundation and help with our work of *saving lives from drowning.*

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

Visit our website and download an application form: [www.lifesavingfoundation.ie](http://www.lifesavingfoundation.ie)



**Kildare County Council**  
Comhairle Contae Chill Dara



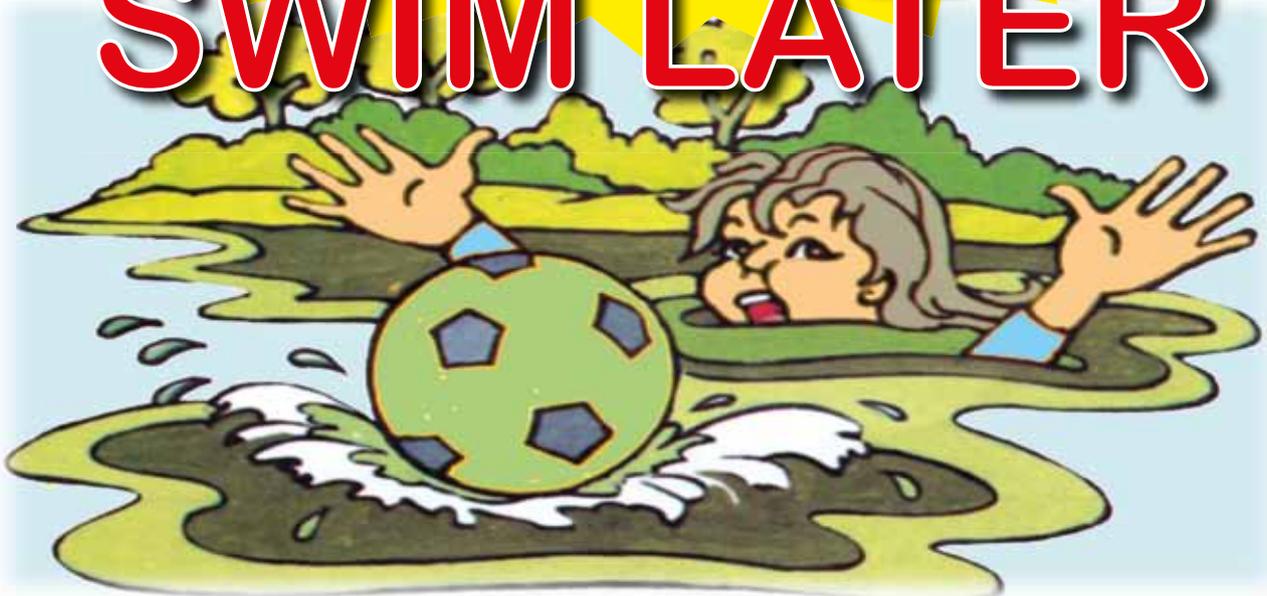
There is a regular bus link from Dublin Airport to Naas, Co. Kildare.

**Conference Venue**

# DROWNING!

## FLOAT FIRST

## SWIM LATER



If you cannot exit the water immediately

### **FLOAT FIRST**

Float on your back.

Move your hands out and back slowly under the water.

Kick your legs slowly.

### **SLOW DOWN YOUR BREATHING**

Take slow, deep breaths.

Try to hold your breath for a few seconds between breaths.

Any cold discomfort will pass in minutes.

If help is available wave one arm out of the water while floating.

### **SWIM SLOWLY LATER**

Wait until you are breathing easily.

Swim slowly, in clothing, with your head up and hands in the water.