



Drowning Prevention and Rescue Research Conference 2018

Glenroyal Hotel, Maynooth, Co. Kildare, Ireland.

Monday, 10th to Thursday, 13th September



CONFERENCE BROCHURE



Presentations, Discussions, Workshops



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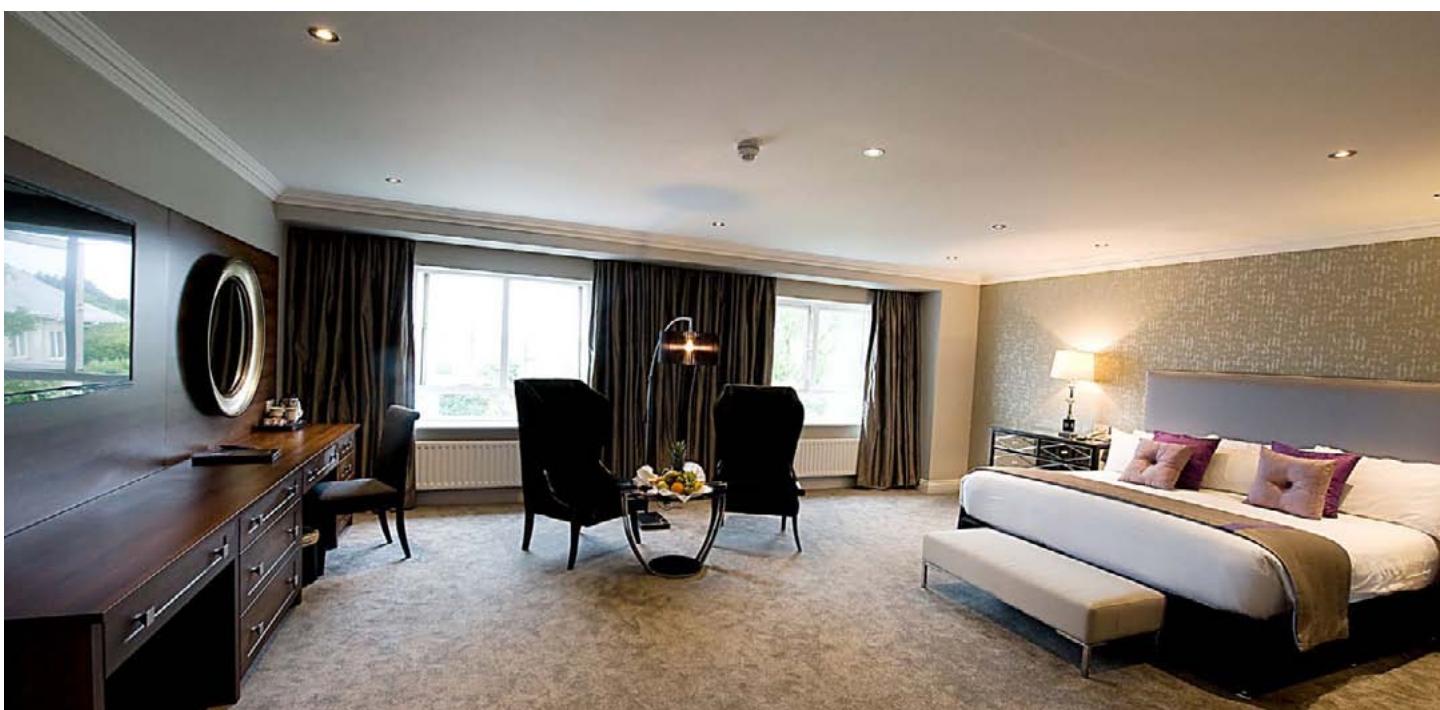


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The Lifesaving Foundation's 8th International Drowning Prevention and Rescue Research Conference Monday 10th to Thursday 13th September 2018

INTRODUCTION

At many conferences the thirty presentations contained in this brochure would fill only one day's programme instead of our two full days and two half days. At such conferences participants are forced to choose between three or more concurrent presentations and if you are unlucky the two presentations you really want to hear are on at the same time. What is often lost also is a wider discussion and debate on the ideas presented. Why bring many of the world's leading drowning researchers together and then deny them an opportunity to peer review their colleague's ideas? Following consultation with those attending our 2016 conference it was decided to half the number of presentations and double the discussion time. We have done this. Conference chairperson John Long has been instructed to encourage and promote debate on what is presented. If you have opinions on one or more of the presentation topics we invite you to come to our conference and express them.



John Connolly,
Hon. Secretary

Water safety promotional slogans are short so that they are easy to remember – 'use a lifeguarded beach', 'swim between the flags', 'wear a lifejacket' and 'float to live'. There is no doubting that following such advice can save your life, even if you don't understand why. Sometimes, however, a little more information can make a big survival difference. The promoted water safety advice is 'wear a lifejacket' but what type and what size? Is wearing the wrong type of personal floatation device (PFD) or the wrong size as bad as not wearing one at all due to a false sense of security? How long does it take to put on a lifejacket/PFD – on land and in water? What if you have never worn a PFD before and are treading water trying to breathe while you figure out how to put it on? Remote EMT Dr Patrick Buck will deal with these questions during his pre-conference workshop on the Monday morning. You don't have to get wet but my advice is to bring your swimsuit and don't just be a spectator. The life saved sometime in the future, from what you learn that morning, could be yours or that of someone you love.

Why confine the wearing of PFDs to boating? Should we promote the wearing of buoyancy aids by non-swimmers and children on non-lifeguarded water sources? Elizabeth Bennett thinks we should seriously consider it. Research indicates that the parents of children who can swim often display lower levels of supervision when near water than the parents of non-swimmer children. Is this because they too have a false sense of safety? Do our positive safety assumptions as parents kill our children? For many years Prof Steve Langendorfer, Dr Kevin Moran and Dr Bob Stallman have asked 'what is water competence?' They think they may have finally cracked it? Will you agree with their conclusions or think that they are still missing something crucial? Participants will have an opportunity to discuss the concept of 'water competence' with the leaders in this field.

I believe that there is truth in the water safety warning that it is 'a lapse in supervision rather than a lack of supervision' that results in child drownings. Does this lapse arise from parents' false belief that being able to swim drown proofs their children. Dr Shayne Baker asks parents if their children are as safe as they think they are. Kim Tyson reports on drowning prevention promotions and drowning prevention failures in Texas and Luis Pascual-Gomez and his research team on visitor drownings in Spain.

RNLI currently has a major water safety promotion titled Respect the Water – Float to Live. How successful is it? Ross Macleod will provide an update on this important safety promotion. Float to Live is the advice and swimming teacher Andrea Andrews asks 'How difficult is it to teach someone to float?'; Paolo Di Paola questions if pool based open water survival teaching programmes do as they say in their promotional material – or do they create a false sense of safety? Professor Kristine de Martelaer is definite that 'one size does not fit all' when it comes to teaching survival techniques to children and adolescents; while Robert Stallman explores the possibility that there is a crisis in the aquatic profession. What if the water is very cold? Dr Martin Barwood discusses if it is possible to predict beforehand how a person will respond to the Cold Shock Effect and extreme ice water swimmer Nuala Moore talks of preparing for and then swimming in the most dangerous waters in the world.

When the body of a drowned person is recovered from water it is (in the words of Winston Churchill) merely 'the end of the beginning'. What for lifeguards or community groups is the end of a drowning event is merely the starting point for others. Police officers are tasked with figuring out what exactly happened, establishing how and why the person died. How do they investigate drowning events? Police officers from Ireland, Australia, Great Britain and Northern Ireland will outline how drowning events are investigated

continued overleaf

Brendan Donohoe, Chairperson



This is an open invitation to all lifesavers to visit Ireland in 2018. Come and join with a group of world leading drowning prevention and rescue researchers to discuss how we can individually and collectively reduce the unacceptable high number of drowning events worldwide. In the best Irish tradition we guarantee you 'one hundred thousand welcomes'.

Maria Bolger, Conference Administrator



The Glenroyal Hotel is a wonderful venue for our 2018 conference offering excellent conference facilities with good four star accommodation and meals. The hotel has a leisure centre with two swimming pools and a large exercise room. It is also a short distance from the grounds of Maynooth University and from the Royal Canal both with interesting walks.

Conference participants can either book a full conference package which includes accommodation in Glenroyal Hotel and all meals or pay the conference fee and add dinner in the hotel, and find your own accommodation, or just pay the conference fee (which includes lunch) and make your own accommodation and dinner arrangements.

There is a coach transfer from Dublin Airport to directly outside of Glenroyal Hotel and direct rail connections east to Dublin City Centre or west into middle Ireland and further onwards to Ireland's Wild Atlantic Way.

(Introduction continued)

in their districts. We will consider what is common to all police forces worldwide and what is different. Each will talk about their personal experiences with drowning incidents and how they can impact on an investigating officer? Can you insulate yourself from the emotions of family and friends of casualties? How are the families and friends of the drowned person effected by the death? Research indicates that at least 6 persons are directly impacted by each drowning death. Prof John Wells will present an interim report on Foundation and Waterford Institute of Technology partnership research on how drowning deaths may impact on rescuers and those who searched for many days to find a body? Colin Bell will talk about the legal and practical problems involved in bringing a body home for burial if the drowning happens overseas. In Ireland about 10% of citizens who drown accidentally do so abroad.

Recently researchers have sought 'the cause of the cause of drowning'. A pathologist may determine that the cause of death was drowning but why did he drown? We are land animals with survival reflexes that have evolved to keep us alive - out of water. Do these very survival reflexes kill us in water? Prof Luke O'Neill discusses what the human immune system is doing while we struggle to breathe and stay on top of the water and Dr Patrick Buck considers the challenges facing First Responders, who mostly deal with heart attack casualties, when treating recovered drowned casualties.

Colin Macdonald is the President of The Royal Lesotho Lifesaving Association (RLLA). He will outline how a small national lifesaving

organisation deals with the constant financial struggle to deliver water safety prevention advice and train lifesavers and lifeguards. I will talk of my personal experiences in a number of 'close to death situations'. What was happening inside of my mind when I knew that my next action could end my life? I have suffered from Post-Traumatic Stress Disorder (PTSD) twice. I promise that you will not anticipate what I divulge. I am doing this in the hope that others will do likewise. This is an area of research in need of some daylight. We have retained the popular afternoon tour and entertainment on the last afternoon and evening of the conference. The tour group will visit Georgian Castletown House, drive through Wicklow National Park to the Glendalough Monastic Site, and then to Taylors Three Rock Irish Cabaret, for dinner and entertainment.

On the Tuesday night the 2017 Ireland Medal will be presented to Australian lifesaver Dr. Shayne Baker by the Speaker of Ireland's Parliament Seán Ó Fearghail. The guest speaker at the Ireland Medal Ceremony is Irish Ice and Marathon Open Water Swimmer Nuala Moore who will talk of swimming in the Bering Strait and Cape Horn.



John Connolly, Secretary.

john@lifesavingfoundation.ie

THE LIFESAVING FOUNDATION

Saving Lives from Drowning

DROWNING!

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CONFERENCE PRESENTATION FASTFINDER

MONDAY 10th SEPTEMBER

- Understanding the role of the Personal Floatation Device (PFD)*
- Acceptability of lifejackets by swimmers as a drowning prevention strategy in open water
- Narratives of drowning – exploring family and community resilience
- Are my children as safe in open water as I think they are?
- The Lifesaving Foundation Drowning Collection

Dr. Patrick Buck PhD, Remote EMT (Ireland)
Elizabeth Bennett MPH, MCCHES (USA)

Prof John Wells PhD (Ireland)
Dr. Shayne Baker OAM, D. Prof (Australia)
Kieran Cronin BA, MA (Ireland)

TUESDAY 11th SEPTEMBER

- Is there a crisis in the aquatic profession?
- The assessment of swimming and survival skills
- Investigating drownings in Great Britain

Assoc. Prof (Em) Bob Stallman PhD (Norway)
Paolo Di Paola BA (Italy and Ireland)
Chief Supr. Paul Anderson (United Kingdom)

THE SURGEON ADMIRAL FRANK GOLDEN MEMORIAL PRESENTATION

- In extreme open water swims:
Why understanding the challenge is as important as training for the distance
- Can we predict how a person will respond to the cold shock response?
- RNLI: Respect the Water Campaign 'Float to Live'
- One size does not fit all when teaching children and adolescents
- A mother's story: River and Sea Sense

Dr Martin Barwood PhD (United Kingdom)
Ross Macleod BA (United Kingdom)
Prof Kristine De Martelaer PhD (Belgium)
Debbie Turnbull (United Kingdom)

KEYNOTE PRESENTATION

- Am I schizophrenic? Surviving life and death situations

John Connolly B.Ed., MA (Ireland)

IRELAND MEDAL CEREMONY

- The mindset and journey:
To the extremes in Ice and the Southern Tip of Cape Horn
- My lifesaving story

Nuala Moore (Ireland)

Dr Shayne Baker OAM, D. Prof (Australia)

WEDNESDAY 12th SEPTEMBER

- Investigating drownings in Ireland
- Investigating drownings in Australia
- Investigating drownings in Northern Ireland
- Float to Survive: How difficult is it to teach someone to float?
- Texas' efforts to reduce drownings and submersion injury
- Guiding principles: The concept of water competence
- The results of the PARAMEDIC 2 trial
- Bringing home the bodies of those who drown abroad

Garda David Hearne (Ireland)
Senior Constable Paul Reynolds (Australia)
Insp. Rory Hoy (Northern Ireland / UK)
Andrea Andrews B.Sc., MSc. (United Kingdom)
Kim Tyson BSc, MSc. (USA)
Prof (Em) Stephen Langendorfer PhD (USA)
John Long (United Kingdom)
Colin Bell (Northern Ireland)

KEYNOTE PRESENTATION

- How the human immune system reacts to stress such as drowning
- The challenges facing the First Responder in water based incidents*

Prof Luke O'Neill PhD FRS (Ireland)
Dr. Patrick Buck PhD, Remote EMT (Ireland)

THURSDAY 13th SEPTEMBER

- Visitor Drownings in Spain
- An analysis of rescue reports from The Netherlands
- Uphill Swimming
- RLLA: Surviving as a small national lifesaving organisation

Luis Pascual-Gomez (Spain) & John Connolly
Brendan Donohoe & Prof Joost Bierens
Filip Roelandt (Belgium)
Colin Macdonald OBE, MA, (Lesotho & UK)

IRELAND MEDAL ANNOUNCEMENT

The announcement of the 2018 Ireland Medal recipient

* workshop



IRELAND MEDAL CEREMONY & WORKSHOPS



IRELAND MEDAL CEREMONY

8.00pm, Tuesday 11th September 2018

Glenroyal Hotel, Maynooth

Recipient of the 2017 Ireland Medal

Dr. Shayne Baker, OAM D.Prof.



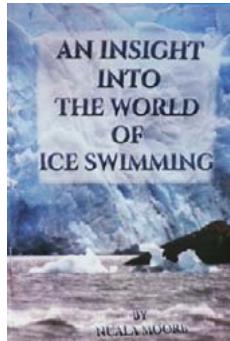
The 2017 Ireland Medal was awarded to Royal Life Saving Society Australia lifesaver Dr. Shayne Baker OAM D.Prof.. in recognition of his long exceptional service to saving lives from drowning worldwide. Shayne has been involved for over 30 years in all aspects of lifesaving in Australia and in the Asia/Pacific Region, from teaching basic water safety to children to leading a team of beach lifeguards. As a lifesaving administrator he has served as Royal Life Saving Society Australia National President (2003 – 2009) and is currently serving a four year term as Commissioner of the International Life Saving Federation's Rescue Commission. Shayne's maternal ancestors emigrated to Australia in 1862 from the Quin-Clooney area of Co. Clare. Shayne will speak on his lifesaving and lifeguarding career in Australia and elsewhere.



The ceremony will be addressed by The Honourable Richard Andrews, Australian Ambassador to Ireland.

Guest Speaker Nuala Moore - Ice and Open Water Marathon Swimmer

Kerry woman Nuala Moore is a world leading extreme swimmer. She describes distance swimming in freezing ice water as "one of the most amazing experiences of learning, of self-discovery and mindfulness". In 2006 she was one of the team who relayed around the Island of Ireland (1,330 km in 56 days) and was also a member of the team who swam from Russia to the USA across the notorious Bering Strait over 6 days. In 2006 she transitioned to swimming at 0°ice. She was the International Ice Swimming Association World Ambassador of the Year 2014/2015 for her work on safety. Nuala published "An Insight into the World of Ice Swimming" in 2016. She has observed the vulnerability of the human spirit as the cold takes hold and watched swimmers continuing to swim past their ability to function properly. Nuala believes that there are learning experiences we can set in place that can assist all water users. In April 2018 she was the first person to successfully swim the one mile imaginary meridian line that separates the Pacific and the Atlantic oceans off the renowned Cape Horn (east to west) along with a crossing of the Italy Glacier Beagle Channel 3° water. Nuala is currently working on a book on extreme swimming in association with Lifesaving Foundation Director Dr Patrick Buck PhD Remote EMT.



CONFERENCE WORKSHOPS

The conference programme includes two workshops conducted by Dr. Patrick Buck PhD, REMT author of "A field guide to the treatment of drowning, hypothermia & cold water immersion". Attendance at one or both workshops is optional and is included in the conference fee.

The first workshop will take place during the morning of Monday 10th September in a Glenroyal Hotel swimming pool. The workshop title is **Understanding the role of the Personal Floatation Device (PFD)**. This will be a 'wet' workshop in that participants will enter the pool wearing a variety of PFDs. WEAR A LIFEJACKET is a lifesaving mantra but what do you really know about buoyancy devices and life jackets? Our thanks to CH Marine for the PFDs.

The second workshop will take place during the afternoon of Wednesday 12th September in Glenroyal Hotel. The workshop title is **Understanding the challenges facing the First Responder in water based incidents**.

Dr Patrick Buck is a marine biologist, remote medic and educator. He has extensive experience in marine survival and a deep passion for remote medicine and its application in the marine environment.

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2018 CONFERENCE PROGRAMME

MONDAY 10th SEPTEMBER

11.00am DRY & WET WORKSHOP (includes time in swimming pool/
water entry –optional)

M1: "Understanding the role of the Personal Floatation Device (PFD)"

Led by Dr. Patrick Buck PhD, Remote EMT (Ireland)



Dr. Patrick Buck 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.

12.30pm LUNCH

2.00pm OPENING OF CONFERENCE

Welcome to Conference: Brendan Donohoe, Chairperson of The Lifesaving Foundation

Conferences Procedures: John Long, Conference Chairperson

2.30pm M2: 'Acceptability of lifejackets by swimmers as a drowning prevention strategy in open water?'

Elizabeth Bennett MPH, MCCHES (United States of America)



Given the efficacy of life jackets in preventing drowning among boaters Elizabeth suggests that it is reasonable to promote the wearing of life jackets or approved personal flotation devices (PFDs) for swimmers as well, especially outside of a life guarded area. She will describe a survey conducted in Washington State (USA) on policies requiring or allowing lifejackets while swimming; results of observational studies of lifejacket use in swim areas and a review of media reports on lifejackets for swimmers.

Elizabeth 'Tizzy' Bennett is Director, Community Health and Engagement, at Seattle Children's Hospital and is a clinical instructor at the University of Washington's School of Public Health. She has led drowning prevention programmes for over 25 years including Stay on Top of It, Everyone Swims, lifejacket loaner programmes and a multiyear policy change strategy. She was the co-editor of the Prevention Section of the 2nd edition of the Drowning Handbook, published in 2014. Her evaluation of Stay on Top of It is one of the only published evidence based programmes to increase lifejacket use.

Post-presentation discussion on the promotion of the wearing of PFDs by novice swimmers and children.

M3: 'Narratives of drowning – exploring family and community resilience'

Professor John Wells PhD (Ireland)



Based on the paper 'Narratives of drowning – exploring family and community resilience' by JS Wells (WIT), S. Denieffe (WIT), M. Bergin (WIT), and J. Connolly (Lifesaving Foundation).

Research on drowning is often focused on the process of drowning. Less attention is paid to the impact a drowning incident has on significant stakeholders such as families and local communities. This research looks

at their support needs as seen by local police and community rescuers. This is the first academic based project supported by the Doherty Police Research Fund.

Prof John Wells is Head of the School of Health Sciences at Waterford Institute of Technology (WIT). He is a Visiting Professor in Nursing at King's College, University of London, a Visiting Professor in Mental Health and Social Integration at the University of Lincoln, and a Visiting Professor in Nursing at the University of Maribor, Slovenia. He trained

as a mental health nurse, held a number of clinical and management positions in mental health services including Child and Adolescent Psychiatry, Community Mental Health, and Acute Psychiatric Admissions in London. He took up his first academic appointment in 1991 as a lecturer in mental health nursing at the Maudsley Hospital School of Nursing, moved to King's College, University of London, where he remained until 1998 when he moved to Ireland.

Dr Michael Bergin RPN, RGN, BSc (Hons), MMedSc, PhD is Head of Department of Applied Arts, School of Humanities, WIT. He holds degrees from the School of Health and Social Care, College of Social Science, University of Lincoln, UK (PhD); University College Dublin (M.MedSc) and University College Cork (BSc (Hons) Applied Psychology and Nursing).

Dr Suzanne Denieffe RPN, RGN, PhD is Head of the School of Humanities since April 2018. Prior to that she was Head of Department of Nursing and Health Care. She holds a BSc (Hons) in Nursing and an MSc in Nursing (Education and Research) from University College Dublin and a PhD from the Royal College of Surgeons in Ireland.

Post-presentation discussion on how a drowning death can impact a community.

3.50pm REFRESHMENT BREAK

4.15pm M4: 'Are my children as safe in open water as I think they are?'

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



In early summer 2017/18 over 200 children participated in a programme that has been developed specifically to ensure that children in Regional Australia are able to survive or save themselves in water. The presentation will provide details on the outcomes and the competency of this cohort of swimmers to 'survive' in an aquatic environment.

Shayne Baker 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 young 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, RLSS Commonwealth Portfolio Director and as member of the International Life Saving Federation's Rescue Commission. He is the 2017 recipient of the Ireland Medal."

Post-presentation discussion on the promotion of water competence in Australia.

5.00pm International launch of the Lifesaving Foundation Collection based in Waterford Institute of Technology's Luke Wadding Library

The Lifesaving Foundation and Waterford Institute of Technology (WIT) formed a drowning prevention research partnership in 2018. The first part of the partnership involves the charity donating drowning related books to the Institute's library to establish the Lifesaving Foundation Collection as part of the library's Special Resources. To date 250 books have been donated and are available on loan to lifesavers and interested members of the public worldwide through Inter Library Loan. In time the number of books will be in the thousands. The Foundation is accepting donations of books, reports and manuals for inclusion in the library as part of the long-term goal of building a major open drowning research resource in Waterford Institute of Technology.



Lifesaving Foundation Chairperson Brendan Donohoe, WIT President, Prof Willie Donnelly, and Lifesaving Foundation Secretary John Connolly at the launch of the Foundation / WIT research partnership.

M5: 'The Lifesaving Foundation Drowning Collection'

Kieran Cronin BA, MA (Ireland)



WIT Special Collections librarian Kieran will give an overview of the drowning collection explaining and demonstrating how to access and use the library's on-line facility.

<http://library.wit.ie/Resources/lifesaving-foundation-collection>

Kieran Cronin is Deputy Librarian, with responsibility for archives and special collections, at Waterford Institute of Technology's Luke Wadding Library. He has worked at Waterford Institute of Technology Libraries since April 2007. He is responsible for the development of existing and new library services and resources for WIT's students, staff and the local community.

Professor John Wells, Head, School of Health Sciences, Waterford Institute of Technology and Lifesaving Foundation Secretary John Connolly will formally launch the collection.

8.00pm CHAIRPERSON'S RECEPTION

8.30pm PRIVATE CONFERENCE DINNER IN GLENROYAL HOTEL

TUESDAY 12th SEPTEMBER

8.30am Introduction

Conference chairperson John Long will provide an overview of the day's programme.

T1: 'Is there a crisis in the aquatic profession?'

Assoc. Prof (Em) Bob Stallman PhD (Norway & Tanzania)



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.

Post-presentation discussion on the current state of aquatics.

T2: 'The assessment of swimming and survival skills'

Paolo Di Paola BA (Hons), (Italy and Ireland)

Many swimming programmes, although well-structured on paper, lack proper skills assessment and verification, which in turn might lead to poor skills acquisition and development, to a false sense of safety and over confidence in the water that can be extremely dangerous. For example: a swimming teacher is moving up some swimmers based on the criteria outlined in the syllabus of the programme in use in their facility, but to what extent have the swimmers met the criteria? Are they actually meeting the criteria or are there any flaws in the assessment process? Are they consistent and comfortable in their performance and would they be in difficulty under stress? Are the criteria fit for purpose?



Paolo Di Paola has a degree in Art History but 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 holds a Level 3 Coaching qualification both in Italy and 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 Programme Officer first and then as Education Manager.

Post-presentation discussion on the assessment of swimming and survival skills.

T3: Chief Superintendent Paul Anderson (Great Britain/United Kingdom)

Chief Supr Paul Anderson was instrumental in the development of the first Association of Chief Police Officer's guide when working on or near water in the police service. Now based in Scotland he has experience of both England, Wales and Scottish approaches to drowning incidents. He is a former commonwealth medal winning canoeist and is Commander for Tayside with all the water sports activities under his area of responsibilities.



10.45am REFRESHMENT BREAK

11.00am The Surgeon Admiral Frank Golden Memorial Presentation

T4: 'In extreme open water swims: Why understanding the challenge is as important as training for the distance'

Nuala Moore (Ireland) (Introduced by RLSS Commonwealth lifesaver and long distance open water swimmer Janet Wilson)

Kerry woman Nuala Moore is a world leading extreme swimmer. She describes distance swimming in freezing ice water as "one of the most amazing experiences of learning, of self-discovery and mindfulness". In 2006 she was one of the team who relayed around the Island of Ireland (1,330 km in 56 days) and was also a member of the team who swam from Russia to the USA across the notorious Bering Strait over 6 days. In 2006 she transitioned to swimming at 0°C. She was the International Ice Swimming Association World Ambassador of the Year 2014/2015 for her work on safety. Nuala published "An Insight into the World of Ice Swimming" in 2016. She has observed the vulnerability of the human spirit as the cold takes hold and watched swimmers continuing to swim past their ability to function properly. Nuala believes that there are learning experiences we can set in place that can assist all water users. In April 2018 she was the first person to successfully swim the one mile imaginary meridian line that separates the Pacific and the Atlantic oceans off the renowned Cape Horn (east to west) along with a crossing of the Italy Glacier Beagle Channel 3°C water. Nuala is currently working on a book on extreme swimming in association with Lifesaving Foundation Director Dr Patrick Buck PhD Remote EMT.



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Post-presentation discussion on extreme swimming.

T5: 'Can we predict how any individual person will respond to the cold shock response?'



Dr. Martin Barwood PhD (United Kingdom)

Dr. Martin Barwood PhD has 10 years' of research experience in the area of Environmental Physiology, Sports Performance and Health, with over a hundred published journal articles, abstracts and industry reports. His work has included examining the efficacy of ergogenic aids, the health consequence of over-exposure to extreme environments, human performance in cold water and human adaptation to heat and cold. He has presented at National and International conferences and makes frequent research contributions to the fields of Health and Sports Performance.

Post-presentation discussion on dealing with the Cold Shock Response.

T6: 'Respect the Water Campaign 'Float to Live' - How research and marketing helps the Royal National Lifeboat Institution (RNLI) save more lives.'

Ross Macleod BA (United Kingdom)

"Extend your arms, legs and life expectancy. If you fall into water, fight your instinct to swim until the cold water shock passes, pause, and float on your back until you are able to catch your breath."



Ross led the creation of Respect the Water, the RNLI national drowning prevention campaign, which plays a vital role alongside the charity's lifeboats & lifeguards to prevent drowning. The presentation includes background to the campaign and lessons learnt that may help others apply drowning prevention research to public safety campaigns.

Ross Macleod is Strategic Marketing Manager (Prevention & Brand Health) at RNLI leading campaigns to increase risk awareness, influence positive attitudes to safety and ultimately lead to a reduction in drowning. He has worked as a Coastal Safety Manager, Senior Lifeguard (UK & NZ), Swimming teacher, Scuba Diving Instructor, and studied marketing.

Post-presentation discussion on the Respect the Water Campaign.

1.00pm LUNCH

2.00pm T7: 'One size does not fit all when teaching water competence to children & adolescents.'

Prof Kristine De Martelaer PhD (Belgium)

Based on the paper "Effective water competence training at school: Teaching strategies for skills, knowledge and attitude" K. De Martelaer, J. Bierens, J. Van Driel

We need to understand the capacities and interests of children and adolescents receiving and processing information differently according to their maturity. Only when education takes into account the needs based on drowning data in combination with individual developmental possibilities, we can format training water competence leading to the best retention.



Kristine De Martelaer is Professor of the special chair of 'Pedagogy and Education of Physical Education' in the University of Utrecht. Her research topics are situated within sport pedagogy: fundamental movement skills of young children, competencies of PE teachers and voluntary youth coaches, didactical approaches of responsibility-based teaching, ethics in sport, water safety and basic life support (BLS).

Post-presentation discussion on the age related teaching of water competences.

T8: 'A mother's story: River and Sea Sense'

Debbie Turnbull (United Kingdom)



Debbie Turnbull set up a charity called River and Sea Sense (RASS) in response to the tragic death of her 15 year old son Christopher who drowned on 14th August 2006. RASS has educated over 200,000 young persons and adults across North Wales and beyond as to the dangers of open water.

"We Think You Are Amazing" – Bear Grylls

Post-presentation discussion on how to protect our teenage children from drowning.

Key Note Presentation

T9: 'Am I schizophrenic? Surviving life and death situations'

John Connolly B.Ed, MA, (Ireland)

What happens inside of your mind when you find yourself facing death? For the first time ever John talks about his mental state during a number of personal life and death situations – strange enough for him to ask "Am I schizophrenic?"



John Connolly is a retired Primary School Head Teacher. He has over 40 years lifesaving experience and is the founder and Honorary Secretary of The Lifesaving Foundation. He 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. He served 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". In 2017 he was the recipient of the Royal Dutch Society for the Prevention of Drowning's (KMRD) 250th centenary's Medal of Honour.

Post-presentation discussion on facing life ending situations.

4.30pm REFRESHMENTS

5.00pm BREAK

7.00pm BUFFET DINNER

IRELAND MEDAL CEREMONY

8.00pm IRELAND MEDAL RECEPTION

8.30pm IRELAND MEDAL CEREMONY

The Ireland Medal is presented to an Irish Citizen or to a person of proven Irish descent in recognition of a long, exceptional contribution to saving lives from drowning. Ceann Comhairle (Speaker of Ireland's Parliament) Seán Ó Fearghail will present the 2017 Ireland Medal to Australian lifesaver Dr. Shayne Baker.



T10: 'My lifesaving story'

Dr. Shayne Baker (Australia)

Dr Shayne Baker has enjoyed over three decades of involvement in lifesaving. During this time Shayne has been a learner, a teacher, a national president, an active lifeguard on the beach, and an examiner in Australia and Asia. In his regional city of Toowoomba, Australia, he leads a team of dedicated aquatic professionals.



Guest Speaker

T11: 'The mindset and journey: To the extremes in Ice and the Southern Tip of Cape Horn'

Nuala Moore (Ireland)

Ireland's leading extreme and marathon open water swimmer will talk of her swimming career.



WEDNESDAY 12th SEPTEMBER

8.30am Introduction

Conference chairperson Chief Supr John Long (Rtd) will provide an overview of the day's programme.

THE GARDA COMMISSIONER EAMONN DOHERTY POLICE RESEARCH PROJECT

Session Chairperson: The Garda Commissioner

Eamonn Doherty joined An Garda Síochána in 1943 rising through the ranks to the position of Garda Commissioner (chief of Ireland's police force) in 1987. During his time as President of the Garda Training College he introduced lifesaving to the curriculum of all Garda trainees. He was chairperson of the Royal Life Saving Society Ireland Region and of the Irish Marine Gallantry and Meritorious Service Award body. Following his retirement he chaired The Doherty Commission which reviewed Ireland's Air Sea Rescue Service. The Doherty Commission Report led to an expansion of the helicopter rescue service and its transfer from Irish Air Corp control to The Irish Coast Guard. Eamonn died in 2010 following a long illness.



Police officers are often among the first responders to drowning events and investigate all sudden deaths. THE GARDA COMMISSIONER EAMONN DOHERTY POLICE RESEARCH PROJECT was established in association with Eamonn's family to research police involvement in drowning prevention, rescue, and aftercare worldwide. The Foundation would like to acknowledge the support of the family of Eamonn Doherty, An Garda Síochána and An Garda Síochána Retired Members Association (GSRMA).

Address by the Assistant Garda Commissioner, David Sheahan

Welcome by a member of the Doherty Family

Welcome by Matt Givens, President, GSRMA

8.50am Four serving police officers from Ireland, Australia, Great Britain and Northern Ireland will describe:

What happens in their jurisdiction when a drowned body is recovered or discovered?

How police officers go about investigating how and why the person drowned?

These will be common to all four police presentations and can be used to look for what is common to all and particular to one force. In addition each officer will also speak of their personal experiences in this area.

W1: Garda David Hearne (Ireland)

Garda Dave Hearne has been involved in at least seven drowning rescues for which he has been the recipient of a number of awards including the Michael Heffernan Medal for Marine Gallantry in 2009. He was a member of the Garda Water Unit for some years.



Retired Garda Commissioner, Eamonn Doherty, (left) with Garda Dave Hearn (third from left)



W2: Senior Constable Paul Reynolds (Australia)



Drownings have played a very big a role in the life of Australian Detective Senior Constable Paul Reynolds. In 2008, his best friend from school drowned in a kayaking accident in Canada. In 2012 with a fire officer he rescued a girl who survived 5 minutes submersion and 7 days in a coma. In 2015, he was assigned to investigate a toddler's swimming pool death for the ACT coroner.

Paul Reynolds (left) with the fire officer and rescued girl.

W3: Inspector Rory Hoy (Northern Ireland / United Kingdom)

Rory Hoy is a Neighbourhood Inspector in the Police Service of Northern Ireland's (PSNI) Fermanagh and Omagh District which includes Lough Erne. Rory has been a Police Coxswain since 2005 and has responsibility for Police Boat deployment on Lough Erne. Rory's experience includes covering security & safety for a range of deployments including the water based element of the G8 Conference in 2013; conducting searches and numerous victim recoveries from Lough Erne and subsequent investigations. He is involved in the multiagency response to incidents afloat and has managed several exercises to test preparedness of the Lough Erne Emergency Plan.



Group discussion on the above presentations.

W4: 'Float to Survive: How difficult is it to teach someone to float?'

Andrea Andrews BSc (Hons), M.Sc., FIOS, ASDA L2, MSI (United Kingdom)

Andrea Andrews was an engineering geologist for 9 years and has been an ASA Level 2 swimming

teacher for 13 years with specialist experience in conquering aquatic fear as an MSI instructor. Her articles are regularly published in the Swimming Times.

Post-presentation discussion on floating.

10.10am REFRESHMENT BREAK

11.40am REFRESHMENT BREAK

11.50am W5: 'Texas' efforts to reduce drownings and submersion injury'

Kim Tyson BSc, MSc. (United States of America)

Kim will present new drowning prevention data for Texas from 2016-17 along with an overview of public water safety awareness programs that have been developed by Texas Health and Safety Services Departments in collaboration with water safety advocates. Texas has a populations of 28 million, over 600 miles of coastline, extensive rivers and lakes and 400 plus annual drownings deaths. The prevention programme includes new Submersion Injury Tracking Systems, Data, Analysis and Drawing and Submersion Injury Reports.



Kim Tyson has served for the past thirty years as an Aquatic Consultant across the United States and as the Aquatic Coordinator and Professional Educator for State of Texas at the University of Texas at Austin in the Department of Kinesiology and Health Education 1982-2014. He has volunteered and supported Water Safety and Drowning Prevention as a founding board member of National Drowning Prevention Alliance and has served as Board Member, President and Advisor to the Executive Committee over the past 15 years. In the state of Texas, Kim works with Texas Water Safety Coalitions, Colleges & Universities, the American Red Cross and local City Aquatic Programs for the past 35 years to coordinate and host Drowning Prevention Educational and Media events at the University of Texas and with other water safety coalition organizations.

Post-presentation discussion on the promotion of water safety in Texas.

W6: 'Guiding principles: The concept of water competence'

Prof (Em) Stephen Langendorfer PhD (United States of America)

The concept of water competence is broadly inclusive. As such, it is more comprehensive than previous attempts to identify essential teaching objectives. However, a holistic approach and the critical integration of the psychomotor, cognitive and affective competencies, have been inadequately addressed. The most unique aspect of the current attempt to identify "what should be taught", is the use of research evidence showing protective value, for each of the elements recommended as essential. The nature of the concept of water competence is such that we feel the need to offer here several guiding principles which we hope will aid in interpreting, improving, implementing and disseminating the concept. Based on the paper GUIDING PRINCIPLES: INTERPRETING, IMPROVING, IMPLEMENTING AND DISSEMINATING THE CONCEPT OF WATER COMPETENCE by Kevin Moran, Robert Stallman, Stephen Langendorfer (IJARE 2018)



Professor (Em) Stephen J. Langendorfer, PhD, is the retired Director of the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University, Ohio, USA. He has authored numerous scholarly publications in 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 for which he was awarded the Golden Whale Award from the Commodore Longfellow Society and Lifesaving Hall of Fame. He was selected as the founding editor for the International Journal in Aquatic Research and Education (IJARE). He is the 2013 recipient of the Ireland Medal.

Dr. Kevin Moran PhD is a Principal Lecturer in Health and Physical Education in the School of Curriculum and Pedagogy 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 almost 50 years. He is a member of the International Lifesaving Federation (ILS) Research and Information Committee, a Co-chair of the International Task Force on Open Water Drowning Prevention, a foundation member of the New Zealand Drowning Prevention Council, and former Chairman of Water Safe Auckland Inc. (WAI). His recent publications include studies on: toddler parent perceptions of CPR and



drowning prevention; parental supervision of children at beaches; lifeguard CPR knowledge and beliefs; rock fisher water safety; defining swimming ability in the context of drowning prevention, and high risk behaviours among youth around water. He was the recipient of the 2014 Ireland Medal.

Post-presentation discussion on the concept of water competence.

1.00pm LUNCH

2.00pm W7: 'The results of the PARAMEDIC 2 trial'

John Long (United Kingdom)

The PARAMEDIC 2 TRIAL was the largest ever clinical trial to evaluate the use of Adrenalin / Epinephrine as part of the treatment in cases of Out of Hospital Cardiac Arrest. Over 8000 patients and five (5) of the largest Ambulance Services in the United Kingdom were involved in the trial which was conducted through the Clinical Trials Unit of the University of Warwick's Medical School.



John Long is a retired Senior Police Officer and Past Commonwealth Secretary of the Royal Life Saving Society worldwide. 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 International Ireland Medal. John is a Member of the Paramedic 2 Adrenalin Trial Management Committee.

Post-presentation discussion on the PARAMEDIC 2 trial.

W8: 'The Kevin Bell Repatriation Trust:

Bringing home the bodies of those who drown abroad'

Colin Bell (Northern Ireland)



The Kevin Bell Repatriation Trust aims to alleviate the financial hardship of bereaved families repatriating the body of loved ones who have died abroad in sudden or tragic circumstances back to Ireland. Colin and Eithne Bell from Newry in Down, lost their 26-year-old son in a hit-and-run incident in New York in 2013. The problems which they faced bringing their child's body home are what spurred them on to found the repatriation trust so that no family would have to endure what they did. The fund has helped repatriate the bodies of more than 200 Irish people from abroad since it was first set up.

Post-presentation discussion on the repatriation of the bodies of drowned persons.

3.20pm Key Note Presentation

W9: 'How the human immune system reacts to stress such as drowning'

Luke O'Neill FRS is Professor of Biochemistry in the School of Biochemistry and Immunology at Trinity College Dublin. His research team investigates inflammation provoked in the body during infection by bacteria and viruses but also in response to trauma and injury. He has worked on the innate immune system which lies at the heart of inflammation. He has uncovered new molecules and biochemical processes that are triggered by sensors of infection and tissue injury. He was awarded the Robert Boyle Medal for scientific excellence in 2009, the Royal Irish Academy Gold Medal for Life Sciences in 2012 and the European Federation of Immunology Societies (EFIS) Medal in 2014. He was elected a Fellow of the Royal Society (FRS) in 2016.



Post-presentation discussion on the content of Professor O'Neill's presentation.

4.20pm REFRESHMENT BREAK

4.45pm DRY WORKSHOP

W10: 'Understanding the challenges facing the First Responder in water based incidents'

Led by Dr. Patrick Buck PhD, Remote EMT (Ireland)

Dr. Patrick Buck 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.

6.00pm END OF WEDNESDAY PROGRAMME

8.30pm PRIVATE CONFERENCE DINNER IN GLENROYAL HOTEL

THURSDAY 13th SEPTEMBER

8.30am Introduction

Conference chairperson John Long will provide an overview of the day's programme.

8.45am TH1: 'Visitor Drownings in Spain'

Luis Miguel Pascual-Gomez, Alfonso de la Vega, Diego Garcia Saiz (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 has always had a strong vocation for lifesaving. An early swimmer Luis became a professional Lifeguard at 17. In 1991 he participated in the first Spanish Professional Aquatic Lifesaving text book. He has produced several works on improving lifesaving 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.

Alfonso de la Vega is a PhD Candidate from the University of Cantabria. His research interests focus on Data Mining and Model-Driven Software Development. Precisely, he works on high-level applications and domain-specific languages, with the objective of making data mining techniques accessible to business users with no experience in them.

Diego García Saiz obtained his PhD in Mathematics and Computations at University of Cantabria, in where he currently works as Assistant Professor. His research career have been focused in the application of Data Mining techniques to different context, such as for example in the educational arena. Currently, he works in the Data Management and Data Analysis research fields, with application to many different areas like Industry 4.0, education and security, among others.

Post-presentation discussion on the presentation content.

TH2: 'An analysis of rescue reports from The Netherlands'

Brendan Donohoe BSc (Hons), M Sc., MA (Ireland)

In association with Professor Joost Bierens MD, PhD, (The Netherlands)

Maatschappij tot Redding van Drenkelingen (now The Royal Dutch Society for the Rescue of Persons from Drowning) published Wanneer Minuten Uren Duren (When minutes last for hours) in 2017 in association with its 250th anniversary. It contains the personal stories of persons rescued from drowning. The content has been translated by Brendan Donohoe in association with Prof Joost Bierens.



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 is currently President of RLSS IRELAND. 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.

Professor Joost Bierens MD, PhD of the Netherlands has been involved in aquatic safety as a lifeguard, key member of major organizations, author, researcher, academic professor, congress chairman and international facilitator. His name is linked with some of the contemporary greatest achievements in the history of world lifesaving including his role as Chief Editor of the publication the Handbook on Drowning (2006) and its second edition Drowning (2014).

Post-presentation discussion on the presentation content.

TH3: Uphill swimming

Filip Roelandt (Belgium)

Every child learns to swim. Which swimming stroke is the first to learn is not the most important question. Teach children to choose a technique where they feel safe and successful. The motor development and safety in and around the water are paramount.

Simply being able to bridge a certain distance in the pool does not indicate whether the child has enough 'water competences'. Consequently, it creates a false sense of security for parents and their children. A critical view of the classic learning approach in Flanders and the development of a new swimming school became apparent. This presentation makes a didactical and pedagogical screening of our new water safety program by highlighting the knowledge of the classification of exercises.



Filip Roelandt is a swimming expert in Flanders and teaches at Ghent University and University College Ghent. He is the founder of the Flemish expertise platform "learning to swim" and chairman of the expert group "Baan Vier". This group of four Flemish swimming experts, in 2014, developed a new vision on Flemish swimming methodology. A greater importance to the 'water safety' aspect in young children and the development of a broadly based swimming methodology forms the input of the book: "Swimming must be safe and simple". In 2015, under supervision of the Belgian Minister of Sports and the Minister of Education, new swimming certificates are officially grafted onto this method.

Post-presentation discussion on the rescues.

TH4: 'RLLA: Surviving as a small national lifesaving organisation'

Colin Macdonald BA, MA, OBE (Lesotho & Scotland)

The Royal Lesotho Lifesaving Association operates on a total annual budget of less than €3000. Colin will outline how the organisation manages to function as a national organisation on such a low income.



Colin Macdonald is 83 years old. He was first awarded a Bronze Medallion in 1951 in Scotland and again more recently in 2011 in Lesotho in his role as President of The Royal Lesotho Lifesaving Association. By profession he is a retired school Head Teacher and worked as a teacher in Africa for over 50 years, in Nigeria, Ghana, and Lesotho, retiring at the age of 75 years. He built 3 swimming pools in his schools using student labour. He was honoured with an OBE (Officer of the British Empire) in 2011 for his services to education in Africa. His interests are lifesaving, sailing, mountain climbing, and messing around with vintage cars and machinery.

11.00am REFRESHMENT BREAK

11.15am The announcement of the 2018 Ireland Medal recipient

Every three years the Ireland Medal is awarded to a person who does not have proven Irish ancestry. It is called the International Ireland Medal. The 2018 medal will be the second international medal awarded.

11.30am General Assembly to discuss the conference and advise the Foundation on future events.

12.15pm LUNCH

1.00pm TOUR OF IRISH HERITAGE SITES & DINNER WITH ENTERTAINMENT

END OF CONFERENCE



Drowning

General Editor: Professor Joost Bierens MD, PhD.

Prevention, Rescue, Treatment

- .. Explains prevention strategies, organizational aspects of rescue, and rescue techniques
- .. Describes prehospital and hospital treatment in detail
- .. Includes sections on diving, water-related disasters, and the investigation of drowning accidents

Since the first edition of the Handbook on Drowning in 2005, many epidemiological data have confirmed the burden of drowning in several parts of the world. Studies have increased the understanding of effective drowning prevention strategies, rescue techniques, and treatment options. Much has been learned about submersion and immersion hypothermia, SCUBA-diving injuries, the life-saving preparations of water-related disasters and how to deal with forensic investigations. In this updated second edition, experts from around the world provide a complete overview of current research data, consensus statements and expert opinions. The book Drowning provides evidence-based practical information and has a unique informative value for various groups with tasks, duties and responsibilities in this domain. In addition, the book may be an inspiration for future networks and research initiatives.

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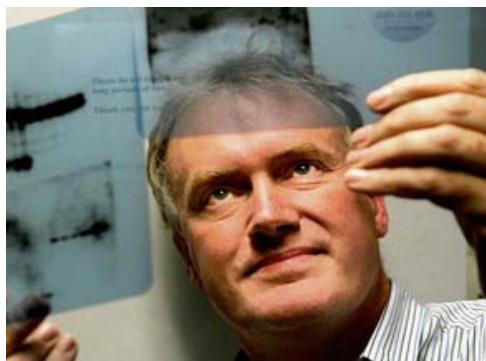
KEYNOTE PRESENTATIONS

How the human immune system reacts to stress such as drowning

Professor Luke O'Neill PhD, FRS

"Science is trying to find stuff out. You can call it exploration, you can call it pioneering, frontier stuff because it's all about making discoveries. We are explorers, that's our job, that's what attracted me to it. I wanted to see something nobody's seen before. And in my case, luckily enough in my lab we probably had three big discoveries that made a big difference: we explored the immune system and saw things there for the first time.

The next step is there's a whole new pathway or process discovered – and of course the thrill would be if that was a dysfunction or a disease because then you might try and correct it. Once you find the enemy, you might be able to design a new medicine that might beat it." (Interview in Dublin, 2018)



Luke O'Neill is Professor of Biochemistry in the School of Biochemistry and Immunology at Trinity College Dublin and a Fellow of the Royal Society. His research team investigates inflammation provoked in the body during infection by bacteria and viruses but also in response to trauma and injury. He has worked on the innate immune system which lies at the heart of inflammation. He has uncovered new molecules and biochemical processes that are triggered by sensors of infection and tissue injury. He was awarded the Robert Boyle Medal for scientific excellence in 2009, the Royal Irish Academy Gold Medal for Life Sciences in 2012 and the European Federation of Immunology Societies (EFIS) Medal in 2014 (Wikipedia). He was elected a Fellow of the Royal Society (FRS) in 2016 and is listed in the top one percent of cited researchers in his field worldwide. Recently Professor O'Neill's team discovered a new metabolic process in the body that can switch off inflammation. The discovery opens up a strong possibility of more effective treatment of inflammatory diseases such as arthritis, inflammatory bowel disease and heart disease. It is hoped the discovery will lead to much-needed new drugs to treat people living with inflammatory and infectious diseases by switching off over-active immune cells which arise with these conditions.

Am I schizophrenic? Surviving life and death situations

John Connolly B.Ed., MA

"I must have been doing 100 miles an hour as I drove round the bend – on the wrong side of the road! – and saw the car coming towards me. I was on his side of the road and we were approaching at a combined speed of over 150 mph. My immediate thought was that they are going to say that it was all my fault. It wasn't my fault but the homicidal driver, who had forced me into this situation by not letting me overtake him in a safe manner, was not going to come forward and take the blame."

What happens inside of your mind when you find yourself facing death? I was a working lifeguard for over 30 years and have rescued over 100 persons from drowning. Most rescues were straightforward land based rescues in swimming pools, posing no danger to me but allowing me to look into the faces and more particularly into the eyes of the person drowning. There is much you can determine from the look in a face. There have been a number of times when my life was at serious risk and some involved rescues but thankfully very few. There were some training incidents, when pushing the boundaries of my skill and stamina, I was found out. For the first time ever I talk about my mental state during a number of personal life and death situations – strange enough for me to ask "Am I schizophrenic?"



John Connolly is a retired Primary School Head Teacher. He has over 40 years lifesaving experience and is the founder and Honorary Secretary of The Lifesaving Foundation. He 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. He served 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". In 2017 he was the recipient of the Royal Dutch Society for the Prevention of Drownings (KMRD) 250th centenary Medal of Honour.

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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.

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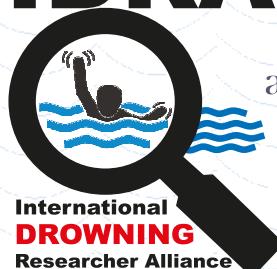
IJARE is the premier international scholarly journal dedicated to dissemination of peer-reviewed, evidence-based research and educational reports on a broad range of non-competitive aquatics, swimming, lifesaving, water safety and drowning prevention, aquatic exercise and therapy.

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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 for information.



IDRA



International
DROWNING
Researcher Alliance

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

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/yr

Other organizations – US\$ 500/yr

“There is a wonderful atmosphere at your event. IDRA was born in the hotel pub on one of the 2014 conference nights. I'm grateful to the Lifesaving Foundation for putting together an event that promotes networking among individuals aside from the politics within organizations.”

Dr. Ana Catarina Queiroga

THURSDAY TOUR & ENTERTAINMENT



The popular afternoon historic tour and entertainment will visit Georgian Castletown House, drive through Wicklow National Park to the world famous Glendalough Monastic Site, and end at legendary Taylors Three Rock Pub, for dinner and Irish Cabaret show.

Castletown in County Kildare is a Palladian country house built in 1722 for

William Conolly the Speaker of the Irish House of Commons. The Conolly family lived in their ancestral house until 1965. In 1994 its 120-acre residual demesne was transferred into public ownership. The only Irish Palladian house to have been built with the correct classical proportions, it is said to have influenced the design of the White House in Washington. The tour offers an insight into Upstairs / Downstairs life in a large country house. Castletown outdoors



in the 18th century was designed with formally laid out landscapes in the French Baroque style. The historic landscape of Castletown has survived. Visitors can wander along the river walks of Lady Louisa Conolly (responsible for decorating it in the 1760s and 1770s) and see the remains of her bathing house. In the 19th century, restoration efforts were focused on the immediate surroundings of the house; a formal garden was built behind the house and yew trees planted in front.



Taylors Three Rock Pub

natural beauty containing many Irish 6th century monastic monuments from a time, before the Viking invasion, when Ireland was called the island of 'saints and scholars'. Home of Saint Kevin this famous ancient seat of learning, offers an insight into early Irish university life. Living as a hermit in the cave above the Upper Lake, the saint attracted followers and in time a major monastic city grew up. Displays in the visitor centre tell its story.



Glendalough, the "Valley of Two Lakes", is a place of outstanding

Wicklow Mountains National Park has the distinction of being the largest of Ireland's six National Parks. The National Park extends over much of the Wicklow mountains. Upland blanket bog and heath cover the upland slopes and rounded peaks. The wide open vistas are interrupted only by forestry plantations and narrow winding mountain roads. Fast-flowing streams descend into the deep lakes of the wooded valleys and continue their course into the surrounding lowlands. The primary purpose of Wicklow Mountains National Park is the conservation of biodiversity and landscape.



Our tour ends in Rathfarnham, County Dublin, at Taylors Three Rock Pub, a farmhouse bar with the largest thatched roof in Ireland. The name Taylor's Three Rock comes from two sources; The Taylor Family Homestead and Three Rock Mountain. The Taylors have lived here since 1690. They were wealthy farmers and in the 18th Century, Thomas Taylor became Lord Mayor of Dublin. The family continues to live and farm in the locality and many roads and place names bear their family name. Three Rock Mountain rises directly behind the pub.
<http://www.taylorsthreerock.ie/portfolio/irish-cabaret/>



The programme is provisional and subject to change with suitable substitution.

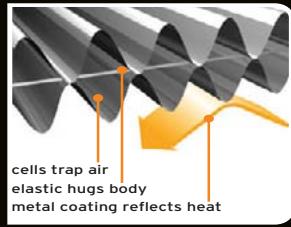


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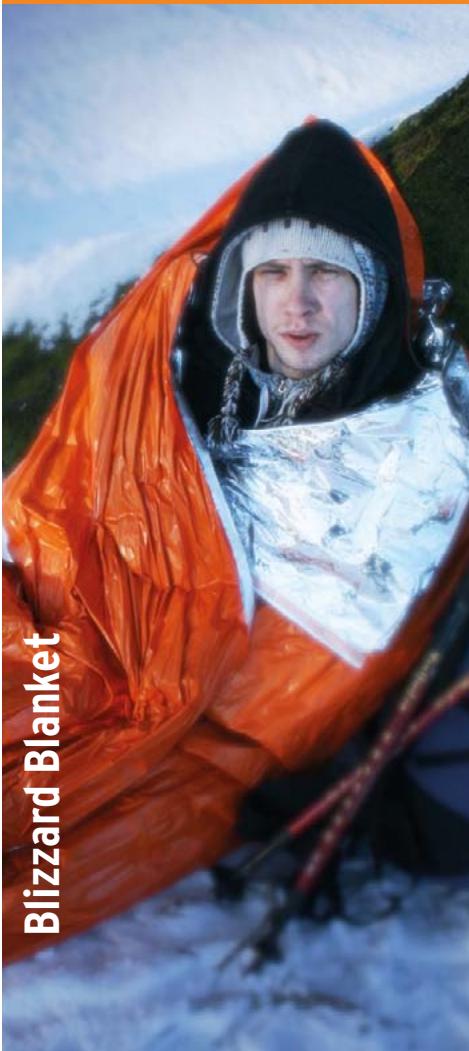


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