

Welcome to our Winter 2013 Newsletter

At the Lifesaving Foundation's 2014 Annual General Meeting it was decided that the charity will devote much of its time and resources to promoting the Science of Drowning without withdrawing support from our current partner projects. The drowning research community is a small group numbering in the low hundreds with an even smaller number of experienced lifesavers and rescuers involved actively in research. You will read in this newsletter of various research based relationships established by the Foundation as we come to the end of our 10th year as a registered charity. It is the belief of the charity board that in promoting research into questions such as why swimmers drown and suicide by drowning, and making that research available to the world lifesaving community, we are making good use of our small resources. Members, through the Members Only section of our website, have access to current research in a wide number of aspects of the world drowning pandemic. If you are not a member then I urge you to join us in our mission to save lives from drowning worldwide – it only costs €100 annually.

John Connolly

Honorary Chief Executive Officer

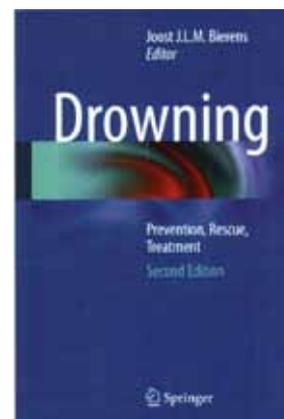


John Connolly and Professor Linda Quan at the 2013 world conference

Handbook on Drowning (2nd edition)



It has taken over three years to complete but it will be worth it when the second edition of the Handbook on Drowning is published early in 2014. The handbook has over 1200 pages and contains current information on all aspects of the world drowning problem. Foundation members have contributed articles on topics such as the scale of the world drowning problem, suicide by drowning, swimming skills and water survival, holiday drowning, drowning casualty recognition and the rescue of drowning casualties. The hardcover edition of the handbook costs €199 plus taxes but cheaper electronic copies will be available. Our congratulations go to Editor Dr. Joost Bierens MD, PhD., and the over 200 contributors to this landmark publication.



2013 WCDP in Potsdam

The Lifesaving Foundation was well represented at the World Conference on Drowning Prevention in Potsdam, Germany. Unlike our own conference where we have one presentation at a time the WCDP had 10 concurrent sessions requiring participants to frustratingly choose one out of ten to attend. The main benefit of the WCDP is the coming together in one place of the world drowning research community where old relationships are reinforced and new ones developed. The next WDCP will take place in Malaysia in October 2015.



2013 Conference DVD

The Foundation had its 2013 conference filmed professionally and has made the DVD available to the world lifesaving community at a cost of €110. The board is making the DVD (with 30 full presentations & the Ireland Medal ceremony) available to Foundation members at a reduced cost of €50. Copies can be obtained by e-mail to john@lifesavingfoundation.ie.



Active Ireland Conference (ILAM)

Foundation CEO John Connolly was a guest presenter speaking on the future of lifeguarding at the Active Ireland (formerly Institute of Leisure and Amenity Management in Ireland) Conference last October. <http://www.irelandactive.ie/>

2014 Conference

Work is proceeding steadily on the Foundation's 2014 Drowning Prevention and Rescue Conference which will take place between Tuesday, 30th September, and Thursday 2nd October 2014 in Bracken Court Hotel, Balbriggan, Co. Dublin. The venue is close to Dublin Airport. The conference will contain a number of general presentations but the bulk of conference time will be devoted to presentations from the Handbook on Drowning (2nd edition) and jointly on the International Life Saving Federation's Can You Swim Project / Lifesaving Foundation's Why Swimmers Drown Project. Attendance at the conference in a non-presenting role is open to Foundation members who register their intention to do so and pay the appropriate attendance fee. Available details on the conference can be accessed on the conference website with a link from our main website home page.

<http://www.lifesavingfoundation.ie/conference/>



Balbriggan Beach, Co. Dublin

Madrid Conference

Congreso Internacional Prevención Ahogamientos y Socorrismo Acuático Profesional, España 2014

SICOD2104 - Spanish International Conference on Drowning Prevention

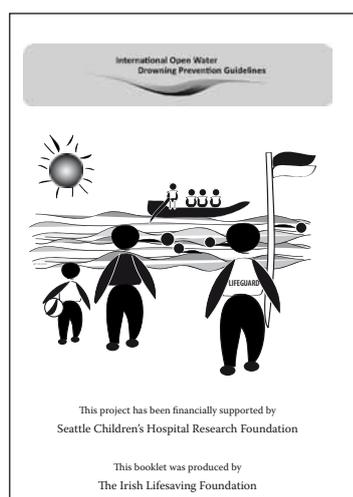
9th, 10th, 11th May 2014

Through the Foundation's conference we have developed a good relationship with Escuela Segoviana de Socorrismo (Segovia Lifesaving School) and are supporting them in organising an international conference in Madrid in May 2014. English is the primary language in most drowning related conferences and the SICOD conference aims to make current drowning prevention research available to the world Spanish speaking community. The Foundation is providing a number of speakers to the conference which will have an English / Spanish translation service available.



Open Water Drowning Prevention Guidelines

The Foundation is currently arranging to have a version of its booklet Open Water Drowning Prevention Guidelines made available without text but with the facility to insert translated text in any language. The guidelines were produced by the World Open Water Drowning Prevention Task Force and have been accepted by the international lifesaving community.



Facebook

Dee Wilmott continues to manage our Facebook page which continues to distribute current information. The number of likes continues to grow steadily and all are invited to link to it. You can access our Facebook page from our website home page www.lifesavingfoundation.ie





THE LIFESAVING FOUNDATION



Dr. Stephen J. Langendorfer, PhD *Recipient of the 2013 Ireland Medal*

Dr. Stephen J. Langendorfer, Ph.D., is interim Director of the School of Human Movement, Sport, and Leisure Studies and Professor, Exercise Science (formerly Kinesiology), at Bowling Green State University, Ohio, USA. Dr. Langendorfer is a recognized authority in the areas of aquatics and lifespan motor development. In his career, he has been employed by Lansing (NY) Central Schools, SUNY-Cortland, University of Wisconsin, Kent State University, and Bowling Green State University. In addition to academic faculty positions, Stephen has held administrative responsibilities as the Chair of the Kinesiology Division and the Director of BGSU's general education program.



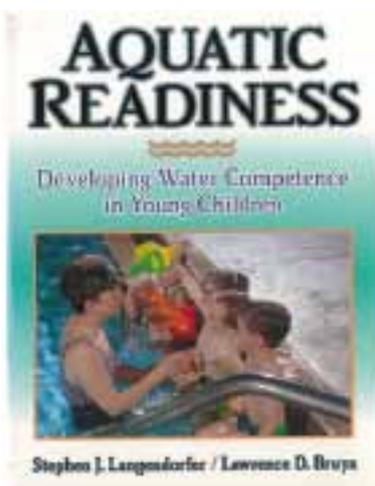
Education, a peer-reviewed scholarly publication focusing on dissemination of non-competitive aquatic research from around the world. His scholarly work and service, especially in aquatics, has been recognized nationally and internationally with a number of awards.

As a Boy Scout, he earned all the aquatic merit badges on his way to becoming an Eagle Scout and summer camp counsellor. He competed on Haverling (Bath, N.Y.) Central School's first competitive swim team from 1964-1968 and was a member of the Cortland Red Dragon's swim teams from 1968-1972. He was the first head lifeguard for the City of Ithaca's Cass Park Pool while coaching for Roy Staley's Ithaca Aquatics and then served as the first aquatic instructor and swim coach for the Lansing (N.Y.) Central Schools from 1974-1977.



Stephen 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), Human Kinetics, currently under revision with the title Aquatic Readiness: Developing Water Competence across the Lifespan. He has presented several hundred scholarly papers at international, national, regional, and local venues. Since 1987 he has served as a volunteer consultant to the American Red Cross [Infant and Preschool Aquatic Program (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 programs. He was selected as the founding editor for the International Journal in Aquatic Research and

Stephen 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), Human Kinetics, currently under revision with the title Aquatic Readiness: Developing Water Competence across the Lifespan. He has presented several hundred scholarly papers at international, national, regional, and local venues. Since 1987 he has served as a volunteer consultant to the American Red Cross [Infant and Preschool Aquatic Program (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 programs. He was selected as the founding editor for the International Journal in Aquatic Research and



He loves to swim for the fun of it, doing so daily whenever possible. In addition to competing in Masters swimming, Stephen and two of his brothers are most proud of having swum non-stop the 20-mile length of Keuka Lake as a benefit for the American Red Cross.

IRISH HERITAGE

Stephen's great grandfather Patrick McNally was born in Co. Mayo in 1843. His great grandmother Mary Cunningham was born in Ireland in 1849. Patrick and Mary married in the USA in 1870. One of their daughters Katherine Teresa McNally married Stephen's grandfather John Francis Langendorfer.



IJARE Article

The International Journal of Aquatic Research and Education (IJARE) published a comprehensive article on the Foundation's first 10 years in its November Issue. You can access the article from our website home page by clicking on "WHO WE ARE AND WHAT WE DO".

NDPA Conference

Professor Kim Tyson representing the USA group National Drowning Prevention Alliance (NDPA) presented medals to Foundation Chairperson Brendan Donohoe and CEO John Connolly during the World Drowning Prevention Conference in Potsdam.



The medals were presented in recognition of distinguished service by both directors to saving lives from drowning. John has accepted an invitation to address the NDPA Annual Conference in Florida next march.

Emergency Services Ireland

We would like to thank the journal Emergency Services Ireland for its support of our conference and work by way of publicising our work in two recent issues of the publication. You can access the publication at <http://www.oceanpublishing.ie/emergency/>.

LIFESAVING FOUNDATION

LIFESAVING FOUNDATION TO RECRUIT NEW MEMBERS

CELEBRATING ITS TENTH ANNIVERSARY THIS YEAR, THE LIFESAVING FOUNDATION HAS ROLLED OUT A NEW RECRUITMENT CAMPAIGN, IS PLANNING TO INCREASE ITS RANGE OF SERVICES FOR MEMBERS AND IS ALSO LOOKING TO APPOINT A PART-TIME EMPLOYEE.

Like all charities in Ireland, we are struggling to fund ourselves. So, we have decided that rather than shrink our activities we will instead expand them within and outside of Ireland and hold a new membership drive," according to John Connolly, the honorary chief executive officer of the Lifesaving Foundation.

Connolly claimed that while this is financially risky, nonetheless he believes the "current situation has given us the necessary kick up the butt to go to the professional and voluntary emergency services communities and shout about what we do and have the potential to do".

He said that the Foundation also aims to provide financial and technical aid to lifesavers in developing countries. "A five-year review showed that we were in the 'give a man a fish and you feed him for a day' situation rather than the preferred 'teach a man to fish and you feed him for life' option.

"We were also aware that in bringing together some of the world's leading lifesaving experts, we have a drowning prevention obligation to our own communities.

Many drowning incidents apply worldwide to rich and poor alike but national lifesaving organisations naturally tend to focus on their specific aspects of the reasons for such incidents."

The Foundation currently has about 200 members from 10 countries on its books, and according to Connolly, "their educational qualifications range from full university professor to basic schooling, while their occupations range from medical professors to unemployed labourers". However, he claimed that what they all share is an interest in saving lives from drowning and in sharing their experiences.



Ireland Medal recipients and Lifesaving Foundation members Australian Prof John Peam (2008), John Connolly (2012), and American Prof Linda Cuan (2011) with Lifesaving Foundation chairperson Brendan Donohoe.

"With access to world leading research from within its membership and supporters, it therefore has the capacity to adopt a wide multi-faceted view of the leading causes of death by drowning," he added.

MEMBERSHIP BENEFITS

The Foundation is now expanding its services to members. The 'Members-Only' section on the website has been upgraded to include papers on drowning research, national and international drowning reports, filmed presentations from the 2011 and 2012 Foundation conferences, and drowning-related film excerpts from news organisations worldwide.

"The Foundation's board recognises that lifesavers are busy people and often don't have the time to trawl through the huge amount of material on the web. To facilitate this new service a part-time position will be created within the Foundation."

An individual can be represented by a named member. An annual membership fee of €100 can be paid online at www.lifesavingfoundation.ie. "We want members to be active rescuers as this will enrich future discussions. Members can play an active or passive role in the charity, standing for election to the Board of Directors or they can access new research in the 'Members-Only' section of the website."

Every year leading members of the drowning research community are invited to Ireland to address the charity's annual conference. "Members are entitled to attend conferences, to meet participants and to receive invitations to the Ireland Medal ceremony," noted Connolly.

The Foundation's 2014 conference will take place in the Bracken Court Hotel, Balbriggan, Co. Dublin (30 September-2 October). The event will focus on the revised edition of 'The Handbook on Drowning', which will be published later this year.

Members Website Section

Foundation members are given a personal password which enables them to login to the **Members Only Section** of our website. This contains 33 separate topic sections with hundreds of drowning related papers, filmed conference presentations, various conference proceedings books, PowerPoint presentations, and news film reports. If you are a current member and do not have a password contact Maria at maria@lifesavingfoundation.ie for a new password. If you are not a member you can access sample documents and presentations by clicking on the **Sample Members** heading on top of our **Home Page**.

The **Members Only Section** of the website is updated regularly with the next update due in January 2014. The new material will include all filmed presentations from our 2012 conference. Readers who are not current members can renew their membership or apply to join by clicking on **Become a Member** on our **Home Page**.

Foundation Partners

