



TARRTHÁIL LIFESAVING

THE OFFICIAL MAGAZINE OF IRISH WATER SAFETY

*Shining
a light on
Water Safety*

€4.00

2016 ISSUE NO. 6

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Winter 2016 ISSUE 6

Cover Photograph:

Lighting a candle Campaign

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Tarrtháil / Lifesaving - Irish Water Safety

A message from the Chairman



2016 was a year of further growth and consolidation. Our membership has expanded significantly to a point where at the time of writing we have 4,738 members nationwide. Further evidence of this growth is reflected in the fact that thirty IWS Examiners and 106 IWS Instructors qualified this year. The rate at which you, our members, are coming through the ranks has gone from strength to strength as volunteers teach swimming, lifesaving, basic life support, rescue skills and the promotion of water safety awareness to the public. The number of lives saved and aquatic accidents avoided as a result can never be fully

enumerated although one figure that brings home the importance of your work is the number of rescues actioned by Lifeguards each year, a figure that reached a total of 649 this summer. These same Lifeguards, trained and assessed by Irish Water Safety, administered first aid on 4,210 occasions and reunited with their loved ones, a total of 662 lost children found wandering alone by the water's edge.

If those numbers seem considerable then you will find it significant to note that on 29,695 occasions, Lifeguards took specific actions to prevent an aquatic-related accident. The public also took proactive steps to safeguard themselves and family by seeking advice from patrolling Lifeguards on a total of 460,756 occasions. These figures speak for themselves in terms of the need for people to take even greater steps to be aware of the dangers and of the important role that IWS has in safeguarding Irish society.

As the new Chairman of Irish Water Safety (IWS), I take particular delight in acknowledging and thanking all the members of IWS for the tremendous voluntary work that you undertake nationwide throughout the entire year. I especially wish to highlight the excellent work of our Summer Weeks Organisers who are, even now, engaged in preparations to ensure that the Summer Weeks 2017 will be delivered successfully throughout the country. The popularity of these courses spans generations and although this summer's weather was not kind to our Instructors, it did not affect the enthusiasm of the children who availed of the swimming and lifesaving classes at Training Centres in aquatic environments nationwide.

In the recent past the Technical Committee followed up on excellent work by the Sports Commission to establish the concept of Lifesaving Training Centres (LTC). An LTC is a location where one or more of the following disciplines are taught by the Volunteers of Irish Water Safety: swimming, lifesaving, basic life support, pool lifeguard, beach lifeguard, inland open water lifeguard or the sport of lifesaving. Our Water Safety Area Committees already have or in due course will establish, oversee and run LTCs. Where the LTC is in a swimming pool, a sign is now available from HQ stating that the pool is an IWS Training Centre. In terms of the Sport of Lifesaving, Irish Water Safety's National teams had their best performances ever abroad, bringing home the highest number of medals from a World Lifesaving Championships than ever before. Every member of each team, be they juniors, seniors, masters or coaches, played a pivotal role in achieving this success and we congratulate them and celebrate their achievements.

Our Junior Lifeguard Award Programme is an exciting, progressive development. The brainchild of the Lifeguard Commission, it welcomes children from the age of eight to

participate in a five-tiered award scheme. Alongside the water work there are Information Sheets, Activity Sheets, Record Sheets and certification at every level. The handbook is comprehensive as well as being attractive and colourful and is already proving a huge success with children, swim teachers and leisure centres.

Over the past two years, the Swimming Commission has been dedicated to the National Swim Teacher's Award joint project with Swim Ireland. Many meetings have been held, position papers produced and two joint pilot courses prepared and delivered. Overlapping with this work they have been developing and updating all IWS Swimming syllabi and resources. These will be ready for launch in Jan 2017.

Thanks to some special government funding and sponsorship, we were able to deliver a number of national marketing campaigns during the year to highlight the dangers of our waters. Our Christmas campaign will be seen by over 300,000 cinema goers on 350 screens nationwide. The thirty-second advert, available on our online channels, reflects the fact that 133 people drown on average each year and calls for us all to keep their memory alive by both encouraging and practicing water safety. The need for this call to action is perhaps most tragically reflected in the fact that thirty children aged fourteen and under drowned in the last ten years. Consequently, I am grateful to those members who supported the work of our Education Development Officer in promoting our "Primary Aquatics Water Safety" programme (PAWS), part of the official curriculum, to schools nationwide.

At this time of year in particular, our thoughts are with the families of those members who have passed. This year, we lost a volunteer Instructor in Cavan, Examiners in Monaghan, the Curragh and Westmeath and a Water Safety Development Officer in Kerry. We also lost Mr Bobby Molloy who having become Minister for Local Government, established Irish Water Safety as a statutory body. I am also conscious of the number of members who have lost family members themselves. I extend on your behalf, our deepest sympathies to all families who are feeling such loss.

2016 brings to a conclusion the five-year term of the present IWS Council. I wish to thank each member of the outgoing Council for their commitment and dedication to ensuring that the 2012 – 2017 Programme was successfully completed. I look forward with confidence to the formation of a new Council that will build on the work of the former.

I wish you and your loved ones good health and happiness for the festive season. I hope you enjoy the fellowship of new friends, and cherish the company of family in this season of loving and sharing. Together let's bring drownings down in 2017.



Martin O'Sullivan
Chairman, Irish Water Safety

PAWS school of the Year

Minister Simon Coveney with teacher Damien Fitzgerald and students Georgina Murray and Sebastian Fravega from Adamstown Castle Educate Together National School, Lucan, Co Dublin winners of the Primary School Young Educators Award 2016, with Roger Sweeney, IWS.



<https://www.facebook.com/IWSie>



Lighting a candle for Irish Water Safety

by Roger Sweeney, Marketing Manager & Deputy CEO, IWS

Christmas is a time of celebration. But it's also a time of reflection. A time when we gather with our nearest and dearest, remember those who have passed and look forward to what next year might bring. With shorter days and colder weather, we spend less time on the water and as winter weather sets in, we sometimes get a glimpse of the destructive power that waits in the waters around us.

It's therefore not surprising that most people think about water safety during the summer but at Irish Water Safety, we believe that this is the right time of year to shine a light on the 133 people who tragically lose their lives ... By being alert to the dangers, by learning swimming and lifesaving skills in preparation for the summer and by always wearing a lifejacket on water - together we can bring this number down in 2017.

Our Christmas marketing campaign quite literally lights a candle for each of the 133 people who lose their lives in our seas, rivers and lakes; in water on our farms and sometimes even at home. The campaign - which runs in cinemas, on TV and online throughout Christmas - asks people all over Ireland to keep their memory alive by both encouraging and practicing water safety. If we can all be more aware, it will save lives.



Andrew Keil of Street Monkey edits the campaign to life, pictured with Roger Sweeney of Irish Water Safety.

There are three strands to our Christmas marketing campaign featured on the front cover. Firstly, the 30-second advertisement that launched on November 25th, as part of a national cinema campaign. The ad is being shown in every county in the country, in over 350 screens and will be seen by a minimum of 300,000 cinema goers between now and Christmas. Research shows that Irish people are the most frequent cinema goers in the EU therefore cinema presents a high impact, low cost medium to get our message across to the public. The advert will also run on national television channels throughout Christmas.

Secondly, the advert is being pushed out through the most popular channels online, predominantly Facebook and YouTube where we expect about 100,000 interactions before the year comes to a close.

Thirdly, as the advert is very much a reflective piece, it is being complemented by three radio advertisements, featuring real life people discussing their experiences in having come to the assistance of others at risk of drowning. These people were recipients of our Seiko Just In Time Rescue Award at our National Awards Ceremony in Dublin Castle in November and they kindly took time on the day to record their experiences so that they could be used for the Christmas radio campaigns. If you miss them on radio, you can hear them on our YouTube and Facebook channels.

We need a cultural shift that builds a safety consciousness around water, just as we saw with road safety.



Our Christmas radio campaigns include Emily Duggan, pictured here receiving her IWS SEIKO Just In Time Award from Minister Simon Coveney and IWS Chairman Martin O'Sullivan. Emily, had taken the IWS Primary School training (PAWS) and who was eight at the time, used a hurl to haul her younger brother out of an old septic tank he had fallen in to, unable to move his body to free himself.



Our Christmas radio campaigns include John McCarthy, pictured receiving the IWS SEIKO Just In Time Award from Minister Simon Coveney and IWS Chairman Martin O'Sullivan. John jumped in to save a 60-year-old woman who had been trying to remove her dog from the river and had fallen into a deep pool and couldn't stay upright as she kept slipping on stones lining the riverbed. "She had genuinely thought she was going to die and as she was going under, was thinking people would be questioning how somebody could possibly drown in just five or six feet of water."

Instead of instilling an unhealthy fear of water, we need to instill a healthy respect for our wonderful aquatic environments that in turn encourages people to learn how to enjoy water based activities safely.

The combined effect of running this campaign until New Year's Day will hopefully prompt people to make water safety part of their plans for 2017 and play a formative role in facilitating a shift in behaviours and attitudes.

The unseen story to our cinema candle campaign...

Our new marketing campaign focussed on simple stark imagery. The solitary candle in the darkness, the reveal that it isn't alone and that there are more besides. The slow reveal that there are actually 133 just like it. Then the dramatic turn as they are extinguished by rolling waves, displaced and sodden. The commercial draws to a close as the candles are shown to re-ignite. Simple, wordless storytelling.

Simple, yet problematic in terms of execution. It was mid November and the winds were high. Keeping one candle lit outside was problematic. Keeping over one hundred lit simultaneously was essentially impossible. But not insurmountable as described by the Director, Robert James at the production company Street Monkey – "We couldn't fake it indoors as we wanted to throw around hundreds of gallons of water. We couldn't fake it all in post production as the interplay of light, water, smoke and the familiar real world object of the household candle would never have been real enough to engage the audience. We were going to have to figure out a way to film this on a real beach." After some research we discovered the existence of candles that would stay lit in high wind conditions. They were created specifically for filming and were made in extremely limited quantities, but after a stress-filled week of trying to source enough for the commercial we had them in hand.



And so, on Halloween night (chosen because of its forecasted low wind conditions) we assembled a crew along with huge vats of water to simulate the waves, a team of people with blowtorches to keep the candles lit, a camera on a miniature crane to facilitate the moves we wanted and forty foot of windbreakers to mitigate against the winds, which contrary to the weather forecast, were actually quite severe.

A few hours later, having battled the encroaching tide, the high winds, the adverse conditions of working outdoors on a cold pitch black beach trying to communicate with a large team of people, we wrapped the shoot having captured some beautiful shots. The only break we had was that the forecast had been correct about the fact there would be no rain to contend with.

The idea, so simple and stark on paper had, for Street Monkey director Robert James and creative director John Watson, proved to be one of the trickiest shot in quite some time, but the results were more than worth their efforts.

As for the promise that no rain would fall on our candles, Murphy's Law was thankfully late, for as director Robert James fumbled his way back to the car in the darkness, planning out the edit in his head, the skies opened and it began to pour down.



Lifejacket Campaign - LIFEjacket: the name says it all...

Our lifejacket marketing campaign addressed the fact that accidents happen fast around water and that all too often there isn't time for people to reach for a lifejacket in an emergency. Too many only wear a lifejacket sometimes but sometimes is simply not enough. We needed to convince people not to just carry a lifejacket but to wear it. During August and September, we ran a targeted billboard campaign across the country to focus people's minds on

the importance of wearing a lifejacket when on water. The posters targeted high density road traffic and footfall locations around the country – a total of 30 locations in all – in areas such as Connolly Station, as well as the coastal Dart stations in Malahide, Howth and more. Regionally we also positioned the poster in bus and rail stations as well as busy shopping centres. Timing for this campaign was of paramount importance. Media buying is all about tapping into people's routines and

as a result of the September timing, we were highly visible as people returned to work, schools, commutes and normal shopping habits after the summer holidays.



Orla Shiels, Inland Fisheries Ireland receives a Community & Social responsibility Award from Minister Simon Coveney and Roger Sweeney of IWS for partnering on an appeal to anglers to always wear a lifejacket when angling.

We are blessed with 74,000 kilometres of rivers and streams, 128,000 hectares of lakes and over 5,500 kilometres of coastline – all available for anglers to enjoy. Yet with this popular pastime comes a risk that is forever present around water - a risk that has taken eighteen lives since 2014.

The IFI partnered on a campaign to reach some of the 273,000 domestic anglers and 163,000 visitors who enjoyed fishing during a trip to Ireland last year.

The CAFAS media audience system measured the campaign reach at 298,000; each of whom would have seen it an average of three times, giving the campaign a strong balance between coverage and frequency.

We also partnered with Inland Fisheries Ireland to market the campaign to anglers, a natural fit as there are 273,000 domestic anglers in Ireland and a further 163,000 visitors enjoyed fishing during a trip to Ireland in 2015. We are blessed with 74,000 kilometres of rivers and streams, 128,000 hectares of lakes and over 5,500 kilometres of coastline.

Yet with this popular pastime comes a risk that is forever present around water - a risk that has taken eighteen lives since 2014.

Ireland has a new World Champion...

The 48th World Military Lifesaving Championships took place in Halmstad Sweden from Monday 8th to Sunday 14th of August. Captain Oisin McGrath, Irish Air Corps Helicopter Instructor, was there to represent the Irish Defence Forces which was the first time Ireland has been represented in this competition.

Capt McGrath won a gold and bronze medals and had a hard battle for a 4th place finish in his 3 main events. (Surf Ski, Board Paddle and Ocean-man). He was crowned Military World Champion at a presentation ceremony at the Swedish Air Defence Regiment in Halmstad on the Sunday. Capt McGrath has represented Ireland on a number of occasions at international competition in the sport of lifesaving and already has a number of European and World Championship titles.

The sport of lifesaving began in 1906 in Australia and pitches the worlds top sea swimmers, kayak and board paddlers against each other across multiple disciplines event using a range of lifesaving skills. Races take place over four days, two pool based and two beach.



Connect, Communicate, Care

World Suicide Prevention Day simply asked you to care. To care for others who may be struggling. To care for others who have been affected by suicide. Of the 122 drownings in Ireland last year, 33 were registered as suicides. There were 196 such tragedies in the last five years alone.

Irish Water Safety's logo includes a swimmer motif at its centre to reflect our motto "Every person a swimmer, Every person a lifesaver". We were proud to support the International Association for Suicide Prevention by replacing our swimmer motif with their universal suicide prevention awareness ribbon launched for this year's campaign.

Please be aware of those in need of care and if you have children, enrol them in one of Irish Water Safety's swimming and water survival lifesaving courses nationwide. Together we can instil the skills necessary to keep your loved ones safe if they ever find themselves in difficulty in water. www.iasp.info



World Suicide Prevention Day
10 September 2016
Uniting behind a shared universal ribbon

In the last five years, 196 people died in Ireland due to suicide by drowning.

"Connect, Communicate, Care"

www.iasp.info

A new Chairman for Irish Water Safety and his new appeal for schools to help prevent child drownings.

The Minister for Housing, Planning and Local Government, Simon Coveney TD has announced the appointment of Martin O'Sullivan as Chairman of Irish Water Safety, the statutory and voluntary body established to promote water safety.

"I am honoured to be appointed as Chairman of Irish Water Safety (IWS). It is an organisation with a rich history of volunteerism and is deeply committed to these volunteers who teach swimming, lifesaving and promote drowning prevention initiatives nationwide," said Mr O'Sullivan, "I commend our volunteers for organising winter and summer classes in lifesaving and I strongly appeal to those with children in their care to enrol them in our upcoming annual lifesaving classes nationwide. Over 110,000 certificates were issued last year as volunteers teach the skills necessary to maintain a corps of trained lifeguards for pools and beaches and give the public water confidence and water survival skills."

"The winter series of classes run by our volunteers for children and adults nationwide complement the water safety curriculum that we developed for primary schools. Thirty children aged fourteen and under drowned in the last ten years so I appeal to schools to teach water safety in the classroom so that children learn good habits."



PHOTO: Martin O'Sullivan (on right) upon his appointment as the new Chairman of Irish Water Safety, discussing drowning prevention issues with the Minister for Housing, Planning and Local Government, Simon Coveney TD at Fountainstown beach, Co Cork during the launch of Irish Water Safety's Annual Report 2015, available at www.iws.ie

"I fear that many children lack an awareness of how to stay safe when playing near aquatic environments because just over 10% of the 3,305 schools nationwide participated in the Primary Aquatics Water Safety (PAWS) curriculum last year. We are deeply grateful to those schools that issued over 50,000 certificates" continued Mr Sullivan, "and I am appealing to the other 90% of schools, teachers and indeed parents to adopt the water safety programme in the school year ahead. Even an hour of classroom based instruction by the schoolteacher will give children essential safety advice and it is all freely available at www.iws.ie."

"Our volunteers are influencing a cultural shift in the safety consciousness of both children and adults in, on and around water. We now need more schools and parents to instil a healthy respect for our wonderful aquatic environments that in turn encourages both adults and children to embrace water based activities safely."



Rosena Jordan, President of the Irish National Teacher's Organisation (I.N.T.O.) receives a Community & Social Responsibility Award from Minister Simon Coveney and Roger Sweeney, Marketing Manager & Deputy CEO IWS. INTO continue to play a crucial part in supporting the roll out of Irish Water Safety's primary school programme.

Junior Lifeguard



Irish Water Safety
Sábháilteacht Uisce na hÉireann

Can Swim Teachers teach some Lifesaving skills?



Our Junior Lifeguard programme is already rolling out in places such as the Coral Leisure Centre Tuam, pictured here with their packs.

You asked and now yes you can...

Our "Junior Lifeguard" programme is already rolling out in places such as the Coral Leisure Centre Tuam, pictured here with their packs. Each manual contains five certificates and learning guides that the kids work through as part of their swimming classes.

Children love water based activities and now they can build on their swimming skills with some key water survival lifesaving skills that can be taught by any swim teacher with a recognised qualification from any organisation.

If you are a Swim Teacher or leisure centre, you can now introduce additional skills to your classes with this fun and structured programme.

Take the plunge - add value to your swimming classes with a syllabus that adds valuable lifesaving skills...

Calling all Swim Teachers...school term has rolled around and with it we are rolling out a brand new "Junior Lifeguard" programme that ANY Swim Teacher qualified by ANY organisation can teach to kids.

Complement your swimming classes with additional lifesaving skills that you can easily teach from a colourful pack that comes with five certificates.

Motivating pupils in your swimming class to become not only competent swimmers but also Lifesavers of the future is just a click away: www.juniorlifeguard.ie

Irish Water Safety - providing programmes to future-proof the provision of Lifeguards.

Swim Teachers... A Junior Lifeguard programme that you can teach!...



- Easy-to-teach introduction to Lifesaving
- Can be taught by any qualified Swim Teacher
- Contains all student activities and teacher training guidelines
- Students progress through 5 certificates – all included

ORDER ONLINE - COST €12

www.juniorlifeguard.ie

"A Lifesaving syllabus that complements your swim teaching class."

Aran islands rescue is watched by 1.3 million

Miracle escape
as tourist swept
into death trap

Undealt-with fears can impact on our personal lives but it is said by some that reflecting on a fear-inducing incident can be an effective way of taming that fear. That's a lot of fear for one sentence yet it is exactly what this young lady from India has just done in Ireland to expunge a potential lifelong fear of water.


A wave swept Apu from a cliff edge last year and this week she returned to the same spot, to stand further back from the edge and reflect on her frightening incident.

More than 1.3 million people watched this video of her falling towards certain death into the "worm-hole", a naturally formed pool of sheer rock on the Aran island of Inis Mór. Thankfully Apu narrowly avoided something far more serious than her broken leg thanks to being rescued by a passer-by who tied a backpack to a jacket and plucked Apu from danger.

If you are bringing children to our wonderful coastline this weekend, please

help to instil a healthy respect for water, not an unhealthy fear, by giving them the following simple yet lifesaving acronym:

S.A.F.E. – Stay Away From Edge.

 Keep up to date by friending us on facebook

Irish Water Safety – sharing some good news to safeguard your seaside stroll.

That was then...



April 2015: Rescuers Seamus McCarthy and Fionnuala Quigley keep Apu company after her near-death experience.

... this is now



Picture: Apu and her mother Simran popped in for a reflective few moments to Roger Sweeney of Irish Water Safety.

Obituary for Niall O'Lamhna - IWS Monaghan

The sudden death of Niall O'Lamhna came as a shock to the members of Monaghan WSAC, pupils, instructors and the wider 'family' of Water Safety. Everyone said the same of him: Niall was a man of integrity; he had a good sense of humour and was always obliging and helpful. Nothing was ever a problem to Niall. He was ready and willing to give of his time. He loved Water Safety and gave thirty years dedicated service to it. He was a family man and very proud of his son Peadar and was delighted that he was following in his father's footsteps. It was hardly surprising as Niall's wife Susan was also a great supporter of Water Safety, turning out in all weathers for every collection, proudly wearing her IWS jacket. Niall will be greatly missed. Ar dheis Dé go raibh a anam dílis.

The following obituary was submitted by Josephine O'Rourke, DLP, IWS – Monaghan.

Niall was my second father where the world of Irish Water Safety was concerned. When I was a young child my parents used to pack me into the car and take me from Co Cavan to Monaghan Swimming Pool for swimming lessons during the winter months where I first met Niall. It was in 1999, my first year as an instructor for Irish Water Safety, that my close friendship with Niall



really began. There was no longer a pool in Monaghan at the time and Water Safety used to take place at Hollywood Lake each August. I remember Niall racing about in his flip flops carrying the manikin. He would check in with me on his lunch break or send his son Peadar to take part in my classes to keep a close eye on my teaching techniques! Niall, Peadar and I would compete against each other at the annual swimming gala held at Hollywood. The long race from the island always brought out the competitive side in the three of us. When the pool opened again in Monaghan I always looked forward to Monday nights where Niall would always greet me with the beard, a joke and a laugh. As the years went by no matter what drama or event was going on in my life Niall would always listen and in the end always point out the bright side of the dilemma to me. Niall always kept the joke going with me: a former Cavan IWS member, living in Fermanagh and now a Monaghan IWS committee member, he would ask if I knew where I was from? He would then declare that Monaghan IWS were happy to accept all waifs and strays! Niall's son Peadar and I qualified as Irish Water Safety examiners at the same time and I used to joke with Niall that it was due to the excellent teaching Peadar used to get at Hollywood. Niall was a true gent and I will always treasure the memories and many laughs he, I and Peadar shared.

THE IRISH TIMES

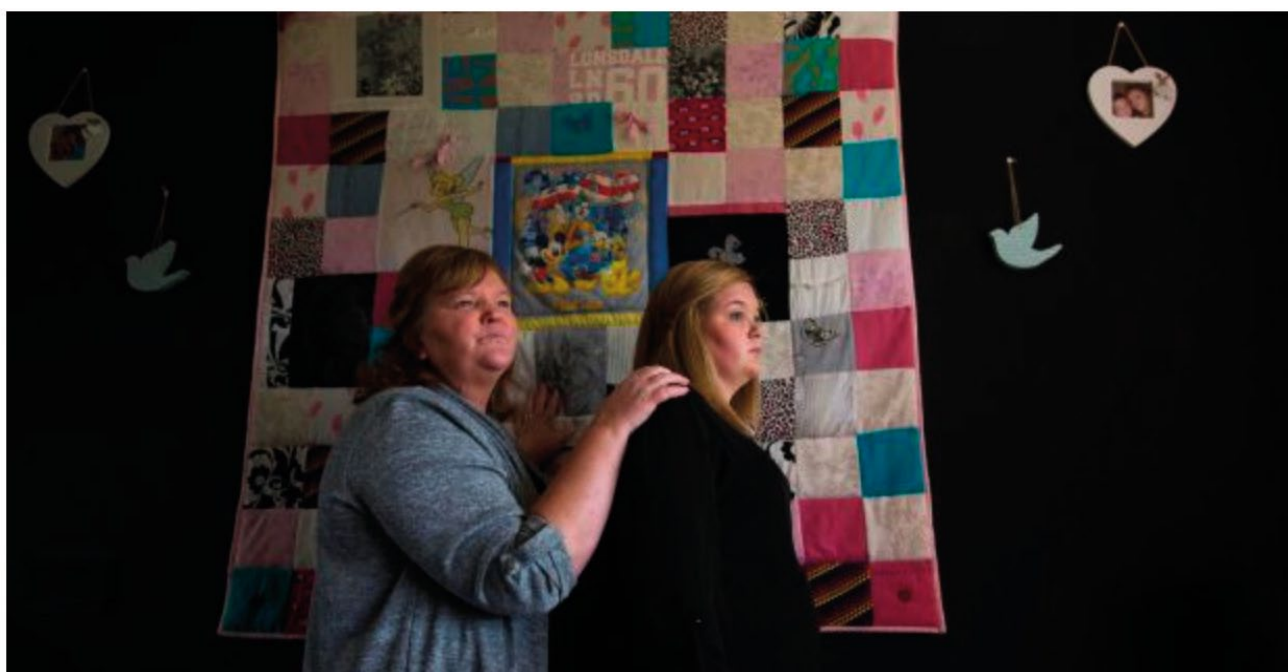
The day our daughter drowned Sat, Jul 16, 2016

More than 100 people drown each year in Ireland. Kayleigh Flynn drowned in 2009, at the age of 16. Her family tell her story and appeal for awareness of water safety



Rosita Boland

[Follow @RositaBoland](#)



Sandra Flynn and her daughter Jasmine in front of a patchwork quilt they had made from Kayleigh Flynn's favourite clothes. Kayleigh, Sandra's daughter, was 16 years old when she died. Photograph: Laura Hutton/The Irish Times

June 24th, 2009, was, as Sandra Flynn recalls, roasting hot in Dublin. Her husband, Terry, was at work. Her younger daughter, Jasmine, who is now 20, was at a cousin's house. Conor, who is 17, and was born with fluid on the brain, was at his special-needs school. Sandra was staying at home, in Blanchardstown, in Dublin, that afternoon, as he wasn't going to his carer afterwards. Sandra and Terry's eldest child, Kayleigh, who was 16, was going out with friends. Before she left she told her mother that she should get out and enjoy the beautiful day. Kayleigh and her friends went to hang out at the Wren's Nest Weir, on the River Liffey at the Strawberry Beds, near Chapelizod, in west Dublin. The teenagers hadn't planned to go swimming, but some of them went into the water, in their shorts and vest tops, to cool off, splashing along the top of the weir, where the river was apparently no more than calf deep. None of them knew that the currents were

much stronger than usual that day, as locks had been opened upriver to provide extra water for canoe racing. Kayleigh and her cousin began to wade across. When they were almost at the other side of the weir Kayleigh felt the current pulling her, and she reached for her cousin's arm. They lost their footing and fell into the water. Her cousin surfaced. Kayleigh did not: her legs were caught beneath a submerged tree trunk, trapping her underwater. It was more than 20 minutes before emergency services could lift Kayleigh's head out of the water, in a failed attempt to resuscitate her, and almost an hour before they could free her legs. Sandra "That day is like a nightmare printed on my brain. I was at home, waiting for Conor's school bus to come, and my phone rang about 4pm. It was one of Kayleigh's friends. She said, 'Kayleigh is in the water, and we can't find her.' She was hysterical.

The day our daughter drowned...contd THE IRISH TIMES Sat, Jul 16, 2016

"I was frantic. I rang 999 and gave them the details, and they said they had received the call and the emergency services were on the way. I just wanted to get there. I don't drive, and I was frantically trying to get a lift somehow to get there. "I rang the parent of one of the other friends who was there too, and the mum turned up in her car at the same time Conor's school bus pulled in. I had to tell the driver it was an emergency, and could he drop Conor to his carer, even though he wasn't supposed to do that. Poor Conor didn't know what was going on. Then we just took off."

Jasmine "I had been at my cousin's house, and we were all playing out on the road. Then we went to another house, and her mam was rushing off, and the other people there wouldn't let me leave the house. "Everything was so weird, the way they were saying I had to stay there, and the way her mam had to rush off. I didn't know what was going on. I was really frustrated, and I wanted to go to my own house, so I left, but one of my friends kept following me. "I got to the front door, and it was open. My mam wasn't there, but the door wasn't locked. I thought that was so strange, because she'd never leave it unlocked if there wasn't anyone there. "The minder wasn't meant to have Conor that day, so I thought that was odd too. I didn't know what was going on."

Sandra "I had never been there before, at the weir by the Strawberry Beds where they had gone. We got out of the car at the top of this kind of hill, where I couldn't see the water. One of Kayleigh's friends was there who had been in the group that day. I knew all of them. They were in our house all the time; we had an open house. "He started taking me down the path, and then the guards were there, blocking my way. They wouldn't let me go down any further. I was screaming and screaming - 'Let me down to my baby' - but they wouldn't let me past. I know now they were trying to protect me, and they didn't want me to see the emergency services working on her, but I didn't see that at the time. I just slumped to the ground, hysterical. "Then I got angry and was punching the side of the ambulance that was there, and asking everyone who passed if they had any news of her. I was out of my mind, really. I had been told she had been located. I didn't know then that they couldn't get her whole body out of the water. They had her head out of the water and were trying to resuscitate her.

They were working on her, and didn't want me to see it. "People I knew had come from everywhere. I don't know how they knew. One of them brought me back up to the main part of the road, and then it dawned on me to ring Kayleigh's dad. He was miles away; he works with horses and was at a race meeting for work, so he was quite far away. "There was a pub across the road that was closed. We knocked on the door, and they opened up and brought us all in, and gave us tea. "Eventually, after what seemed like a lifetime, I could see the guards clearing the traffic for the ambulance. I had lost the person who had given me the lift there: she had her own daughter to attend to, who had seen everything and was very traumatised.

"I approached a guard and said, 'Can you take me to the hospital, please? That's my daughter in the ambulance, and I have no way of getting there.' "A Garda car took me and my sister-in-law to Connolly Hospital. When we got there I saw two of Terry's work colleagues, and then I saw Terry. He was hysterical."

Jasmine "My auntie came and got me from the house I was in, and when I got into the car my brother and his minder were also there, which was weird. All my aunt said is that we have to go to hospital, there's something wrong with Kayleigh, but she wouldn't say what. "When we got to the hospital I could see people I knew everywhere: Kayleigh's friends, all my family, all these people sitting on the ground outside the hospital. They put their heads down when we were driving in, and I didn't know why they were doing that, but something had registered with me that something was wrong."

Sandra "They kept working on her. They let Terry and myself in to see her. In the back of my mind I knew she'd been under the water a long time. I knew there might be brain damage, but all I wanted was my child back. "I can't remember all the things I said, but I know I said 'Fight this' to her. I remember a nurse saying to me, 'If you get her back she might not be the same Kayleigh,' and I said, 'I can cope with that: I have one disabled child; I can cope with another.' Then we went outside and waited. "A doctor came out to us. He was very young. He said they had done everything they could, and then he broke down."

The day our daughter drowned...contd THE IRISH TIMES Sat, Jul 16, 2016

Jasmine "My mam told me Kayleigh was dead. I was so devastated and shocked I actually fell to the floor. I didn't know what was going on. I had such mixed emotions. I didn't know what to do. I was screaming crying."

Sandra "We came home that evening about nine. I had asked for a lock of Kayleigh's hair. Me and Terry just sat here in silence for hours on the sofa. He nodded off eventually for a short while. I couldn't sleep. I was going round the house, cleaning the skirting boards, trying to get my head away from thinking about it for even a minute." Jasmine "I didn't stay at home that night. Me and Kayleigh shared a room, and, as much as I wanted to be with my mam and dad and Conor, I felt I couldn't go back to the house that night. I didn't want to go back into that bedroom. I went and stayed at the house where all Kayleigh's friends were who had been at the weir that day. We wanted to stay together. "We were up all night. Her friends just wanted to talk about the good times with Kayleigh, and their memories of her. As much as it was the worst day and worst night of my life, they all had great stuff to say about her, and I'm grateful for that. "When I went back home, and was finally able to go into our bedroom, I got into Kayleigh's bed to go to sleep before the funeral. I could smell her off the pillow. It gave me a little bit of comfort." Sandra "It was weeks before we got the full story about what happened. Everyone who had been at the weir had to be questioned by the police, including the two brave boys who weren't part of the group but who risked their lives going into the water to try and get Kayleigh out. I did get the report eventually, but I blocked all the details out.

"Kayleigh was always smiling; she was a bit of a comedienne. She had plenty of friends, and she was very caring. She had decided by helping out with her brother that she wanted to work with special-needs children, and she had done community care at school. "If I hadn't got more children I don't know how I would have carried on. Conor being special needs, I had to carry on. I had to get up and dress him, wash him, look out for him. He knew in his own way that Kayleigh was gone. He lost weight, went very quiet. Eventually he came back to himself. I think we all grieve separately; we all keep it from one another. We are all afraid of upsetting each other."

Jasmine "The house is not the same now. I've learned since Kayleigh died that you have to keep going; it's that or give up. "It was really,

really difficult going back to school, because we had both gone to Coolmine Community School, and I knew I would bump into all her friends. But I had great support when I went back to school from my teachers, and the school did a lot of nice things to remember Kayleigh. Her friends all looked out for me and knew when I was having a bad day. "I learned that, as much as you want to be on your own, you just can't push your family and friends away. They got me through it, my family and friends and my sister's friends. At times I wanted to push them away, but they kept coming back, and I know I still need them. "What I'd like to say to other young people is, always think about your safety near water. I've heard of so many people drinking and then going into the water drunk. It's so dangerous, and people don't realise what they're doing. "Me and Kayleigh had silly little arguments over clothes, and I know it's stupid, but I regret those so much now. She was so funny and so kind, and so supportive, and she was always there for me. I'd do anything to have my sister back."

Sandra "It's very hard making small talk with people about the subject around anniversary time, or Christmas, even though these people are friends and family. They ask how you're feeling, and how do you answer that? You can't. There is nothing to say. You automatically say you're fine, because you don't want to burden someone else with it, but you're not fine. "We took Kayleigh's favourite clothes and gave them to someone, and she made a patchwork quilt of them. Her favourite hoody. A dress she wore for a confirmation. The T-shirt from Disney World, where we went for our last family holiday together. It's over our bed. "I would like all parents to talk to children to make them aware of the fact that water is unpredictable. It may look calm, but there can be currents, and it's not just the sea that can be dangerous; we have so many inland waterways: canals, lakes and rivers. "I'd like children to know how to throw lifebelts into the water and for them to be taught how important it is for that piece of equipment to be left there, and not taken away in antisocial behaviour. A water-safety class in school should be compulsory. "I can turn off the events surrounding Kayleigh's death, but I can't switch her off out of my life. It's like a heaviness around my mind and my heart, and that never really leaves me."

The day our daughter drowned...contd

THE IRISH TIMES Sat, Jul 16, 2016

Danger signs: Water safety

- Most people don't splash, wave or make noise when in difficulty; all their energy is going into trying to survive.
- It takes only between 20 and 60 seconds for someone struggling to stay afloat to be submerged.
- Watch out for any of the following: head low in the water, mouth at water level, eyes glassy and unfocused, hair over eyes, gasping for breath, trying to roll on to back.

Staying safe around water: Tips to remember

- Don't swim alone.
- Swim within your depth, parallel with and close to the bank or shore.

- Never use inflatable toys in open water.
- Swim at beaches with lifeguards on duty.
- Always supervise small children near water.
- If unfamiliar with the area, always heed local advice.
- Do not overestimate your ability in the water.
- Be aware of the possibility of submerged objects in inland waters.
- Never swim after drinking alcohol.
- If you see a missing lifebuoy, call the number to replace it.
- Wear a life jacket when in a boat.
- Talk to your children about staying safe around water.

iws.ie; ringbuoys.ie



Irish Times journalist Rosita Boland receives the IWS National Press Award for this poignant piece from Minister Simon Coveney and Roger Sweeney, IWS. Also pictured is Tim O'Brien receiving his Award for writing a heartfelt piece in the Irish Times in which a family expressed their hope that the drowning death of their son would lead to greater awareness. The piece featured in the previous edition of Lifesaving, available online.

Emergency Services Day

September was a particularly poignant month for the Irish Coast Guard and all members of the Emergency Services following the tragic death of Caitriona Lucas while answering the call of duty as a volunteer searching for a missing person. It is a passing that has impacted on many, including Irish Water Safety's Lifeguards and our water survival instructors nationwide.

As a voluntary body, Irish Water Safety relies on its 4,604 members to change skills, attitudes and behaviours at our aquatic environments nationwide. On September 17th, we brought that message to our capital city as Ireland's Frontline Emergency and Security Services paraded along O'Connell Street for "Emergency Services Day 2016". In addition, members of the public met emergency, voluntary and security services from all sectors at the open day in the grounds of Trinity College.

As an island nation, volunteering is embedded in our culture and our volunteers proudly honoured this ethos that has threaded through generations. Quietly, beyond the city centre noise, our thoughts were with Caitriona, her family and her extended family within the Irish Coast Guard. The accompanying applause on the day echoed in support of our emergency services that all at Irish Water Safety can appreciate a whole lot longer.



Members of Irish Water Safety marching down O'Connell Street for Emergency Services Day.



NEWS UPDATE

by John Leech, CEO, IWS

The big news for Irish Water Safety (IWS) was that Martin O'Sullivan has been appointed as our new Chairman since our last issue. On behalf of the staff at HQ I want to wish him well in his role as our Chairman and I have no doubt that IWS will progress greatly under his stewardship and that we will have much to look forward to over the next five years. The Minister will shortly appoint a new Council so 2017 will see a renewed and invigorated IWS which will work hard to further reduce drownings on our island Nation. Seventy five people have drowned so far this year, which is nine fewer than for the same time last year, this is encouraging news and hopefully overall this year will be a better one for water safety.

Man O'War

Late Summer and early Autumn saw one of the largest invasions of the Portuguese Man O'War in our Lifetime on our south, west and northwest coastline from Morriscastle Beach in Co Wexford on the Irish Sea to as far north as Kincasslagh in Co Donegal with large numbers reported on many beaches. We have experienced tropical maritime air for over two months now with very little northerly wind, so they have



sailed north with these warm southerly breezes on to our shores, in addition sea water temperatures are approximately 15 degrees Celsius. Consequently we have seen one of the largest infestations of the Portuguese Man O'War land on our western seaboard in over a hundred years. Whilst technically they are not a jellyfish but a siphonophore, for most of us they are a Jellyfish. They have a

beautifully coloured float which resembles a Cornish Pasty and when it is on the surface of the sea looks like an old sailing ship or Man O'War as they were known for a time, they are also known as blue bottles, or floating terrors. Surfers, kite surfers, swimmers, kayakers, divers and walkers are at risk to these creatures which give a very strong sting and to some people can cause anaphylactic shock or seizures. Local Authorities from Wexford, Waterford, Cork, Kerry, Clare, Galway, Mayo and Donegal have reported them on their shores mainly in south and southwest facing bays. There have been reports of in excess of 80 landing on the South Harbour in Cape Clear, 30 in Derrynane and Long Strand in Cork and in excess of 20 on Keel Beach in Achill. Thankfully due to the strong coverage by the media the public became aware of them so members of the public avoided being stung by them and nor were any dogs who can also be stung badly by them.

The Annual Water Safety Development Officers (WSDO) Conference for the Local Authorities was held in Belvedere House overlooking the beautiful Lough Ennel in September. Dr Tom Doyle from NUI Galway gave a very comprehensive talk on Jelly fish. Pete Murtagh WSDO Sligo Co Co gave a talk on the Volunteer Surf Rescue Service which is being established at Strandhill, Co Sligo to improve safety on this iconic surfing beach. We learned from Clare Mc Grath WSDO for Clare Co Co of a similar service being established on Lahinch beach for their surfers. This all augurs well for improved safety on our Atlantic beaches which is essential as we develop the "Wild Atlantic Way". We also learned of two companies who

are developing technology to alert Authorities when a ringbuoy is removed from its housing and also with the use of accelerometers can detect whether or not the ringbuoy is being used in anger or if it is malicious.



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Sábháilteacht Uisce na hÉireann

DROWNING

in the WHO European Region

An average of

3.5



people
drown
every
hour

Drowning is the
second leading cause of death
among 5-14-year-olds

Drowning

Asthma

Poisoning

Violence

Epilepsy

5
times

as many
males as
females die
from drowning



10 ACTIONS TO PREVENT DROWNING

- | | | | |
|---|---|----|--|
| 1 | Install barriers controlling access to water | 6 | Set and enforce safe boating, shipping and ferry regulations |
| 2 | Provide safe places away from water for pre-school children | 7 | Improve flood risk management locally and nationally |
| 3 | Teach children basic swimming, water safety and safe rescue skills | 8 | Coordinate drowning prevention efforts with other sectors |
| 4 | Train people in safe rescue and resuscitation | 9 | Develop a national water safety plan |
| 5 | Strengthen public awareness and highlight the vulnerability of children | 10 | Address priority research questions with well-designed studies |

www.euro.who.int/violenceinjury

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Irish Water Safety
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EDUCATION & AWARENESS
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RESCUES WHICH LEADS TO FEWER
CASUALTIES NEEDING TREATMENT



**WHAT IF WE COULD GIVE
WATER SAFETY THE SAME FOCUS
AS ROAD SAFETY?**



World Surf Lifesaving Championship – the Cork angle

by Alice Crowley, IWS - Cork

Cork Surf Lifesaving team meet Chairman of Irish Water Safety on their return from the World Surf Lifesaving Championships in the Netherlands. Martin rescued Anne Beechinor and her sister from a rip current nearly 40 years ago adding further reason for smiles-all-round.



L to R Lisa Lillywhite, Martin O'Sullivan, Tom O'Herlihy, Kieran Coffey, Deborah O'Connell, Bridget Walsh, Eilish Hart, Anne Beechinor.



Cork Surf Lifesaving Ladies' Team at the World Surf Lifesaving Championships in the Netherlands shortly before Eilish Hart and Sharon Russell won The Gold Medal in the Rope throw event. L to R Lisa Lillywhite, Sharon Russell, Anne Beechinor, Eilish Hart.



Irish Water Safety

...Know what you're getting into...iws.ie...



IWS CFR Working Group

by Colm Dempsey, IWS - Wicklow

On average 13 people die every day outside of Hospital of Cardiac Arrest

Approximately 90 lives a week – 400 lives a month = 5,000 lives a year

67% of these arrests happen at Home

**For every minute that CPR is not started,
the chances of recovery are reduced by 7% to 10%**

**The current survival rate of Out-of-Hospital
Cardiac Arrest in Ireland is 6.6 % (129 people)**

Information source OHCAR & CFR Ireland

Since the working group formed in spring 2015 they have completed

- Renewal of IWS recognition as an approved training provider, with the Pre Hospital Emergency Care Council. IWS is one of only 44 approved providers in Ireland. (PHECC is the independent statutory agency with responsibility for standards, education and training in the field of pre-hospital emergency care.)

Trained 50 IWS Examiners to act as CFR Tutors within IWS, to provide

- CFR recertification to IWS Instructors
- Quality assure resuscitation training at local level
- Act as subject matter experts on BLS & CFR in their area
- Provide feedback to IWS CFR Working Group
- Undertaken the PHECC Quality Improvement Plan and Progress Report, for completion by the end of 2016.

Unskilled the Tutors to current ILCOR Guidelines.

International Liaison Committee on Resuscitation (ILCOR)

The International Liaison Committee on Resuscitation (ILCOR) was formed in 1992 to provide a forum for liaison between principal resuscitation organisations worldwide. Although the criteria for participation were not closely defined, member organisations were expected to have an accepted remit for creating resuscitation guidelines, preferably for more than one country, and to be multidisciplinary in membership.

The European Resuscitation Council would represent the EEA

The objectives of the ILCOR are to:

- Provide a forum for discussion and for coordination of all aspects of cardiopulmonary and cerebral resuscitation worldwide.
- Foster scientific research in areas of resuscitation where there is a lack of data or where there is controversy.
- Disseminate information on training and education in resuscitation.
- Provide a mechanism for collecting, reviewing and sharing international scientific data on resuscitation.
- Produce statements on specific issues related to resuscitation that reflect international consensus.

ILCOR 2015 Updates that are now in practice

- High Quality Compressions required
 - Minimal compression interruptions (max. 10s)
 - Compression depth of at least 5cm - But not more than 6cm
 - Full recoil of chest wall without hands coming off chest
 - Compression rate of at least 100 but not more than 120
- Recognition of Agonal breathing
- Emergency Call Taker (ECT) identifying Cardiac Arrest and encouraging bystander CPR over phone
- ECT identifying if AED is nearby
- Development of Community Responder Groups linked with the Ambulance Service
- Team based resuscitation each position at the casualty has a defined role
- Frequent CPR training to maintain skills
- Return Of Spontaneous Circulation – Avoid warming the patient

Main changes concerning IWS following ILCOR 2015

- Check casualty response and breathing at same time
- Shout for help and call 112 / 999 at same time, encourage the student to demonstrate the simulation of taking out their own phone and making the call.
- The student pointing at a fellow student of the instructor and saying "you go call an ambulance" is only suitable if they find themselves in a situation where there are others present.
- Rescue breaths delivered at 1's duration with 1's gap between breaths

Items that IWS Instructors need to get across during BLS & CFR Training

- Contact Emergency Medical Services ASAP
- Be aware of the questions & order of them that the Emergency Call Taker will ask (Red Card)
- Non- breathing, Poor breathing or Agonal breathing
 - Start CPR
- Send for AED
- Turn AED ON as soon as it arrives
- If a Drowning Casualty – Give 5 rescue breaths before CPR
- If caring for a casualty and time permits then the Patient Report Card needs to be completed
- Critical Incident Stress Management – It's a normal reaction to an unusual situation

PHECC changes following ILCOR 2015

- New CFR Instructor Manual
- CFR student Manual
- New CFR training Video
- Updated CPG's
- Patient care report
- CFR Instructors online ELearning update

Use the Student Manual = €5.00 every student should have one! (It goes home) price it into pool fees for BLS, encourage the student to show everyone at home the manual and explain how they are learning BLS.

If full CFR course delivered in one sitting then BLS 3 cert can also be issued (pending council approval).

IWS Instructor Up skill & Recertification

The IWS Examiners who have volunteered to act as CFR Tutors within IWS will be shortly rolling out CFR training for the water safety Instructors in their local area. It is a requirement from Council from 2014 that all IWS Instructor & Examiners must have their CFR award in place to teach or examine BLS.

Irish Water Safety
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MEMBER MEMBER MEMBER

Blast from the past...



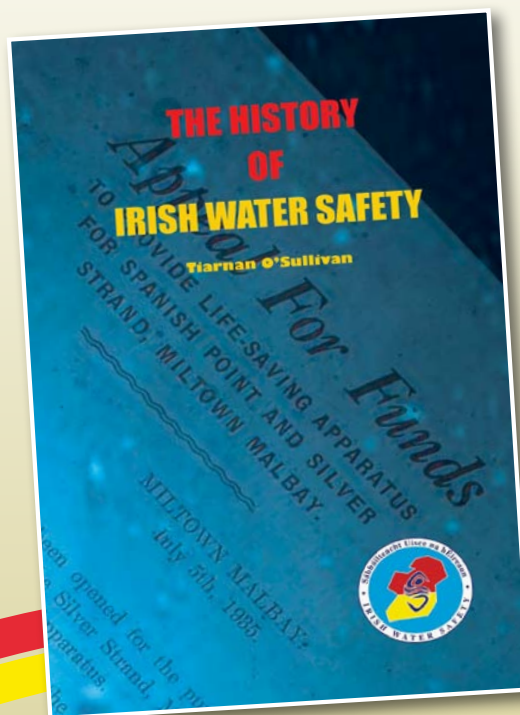
Smiles all round as IWS members attend an Instructors course in Gormanstown College in the early 1970's.

Perhaps a few familiar faces will bring a smile to your face!

Photo kindly submitted by Paul Hamlett, IWS – Louth

Can you name everyone? Send your list into news@iws.ie to be entered into a draw for a water safety prize.

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IRISH WATER SAFETY - KILDARE

A good lifeguard is never off duty....

After this Summer I swear I'm jinxed. ...In May 2016, I received my lifeguard certificate. I had passed the exam but I didn't realise that my skills were about to be put to the ultimate test. During my summer I was thrown straight into the 'deep end' and was forced to use my skills in a way I never thought I would have to.

Chuaigh mé go dtí Colaiste Lurgan i rith an samhraidh. Lá amhain bhíomar ag suil ar ais ón tra. Bhí mé ag suil le mo chairde. Go tobann thit cailín amhain in a luí. Tar éis scrúdú tapai, chuir mé an cailín isteach sa 'recovery position' agus bhí mé ag caint an t'am ar fad leí. Ar dtús duirt na muinteoirí 'seas suas, lean ar aghaidh, ta sí ceart go leor'. Ach tar éis a dúirt mé is garda tarthala mé, tá gach rud ceart go leor' suigh na muinteoirí ar an mballa. D'fhan said liom leis an cailín. Tar eis tamaill, dhuisigh an cailín. Bhí sí ceart go leor.

During the scorching hot weeks of August, I had rehearsals for a musical in the Helix. The dance studio where Rehearsals were held was busy and warm. With everyone constantly active I would have been surprised if no one fainted. Just before lunch the boys ran through their dance one more time. While watching the scene I heard a loud thump come from the other side of the studio. I looked over and saw one of the boys had collapsed. I jumped to my feet and ran over pushing through the crowd which surrounded the boy. I didn't see him fall so I assumed he hit his head. When I assessed the situation I found he wasn't breathing. I lay him on his back and called for one of the directors for help. Before I started compressions I heard a gasp and the boy began to breathe. Using my lifesaving skills I placed him in the recovery position. Eventually the directors arrived and took control of the situation.

If you think that is the end of my adventures, you're wrong. I was on the bus with my friend on our way into Tallaght for the day. We were pulling up to a stop when again I heard a bump followed by a chorus of gasps. An elderly man had fallen. At first I thought he had collapsed. He was falling in and out of consciousness and his words were slurred. Everyone on the bus began to inch closer and voice their opinion. I tuned them out and put the man in most comfortable position possible. I kept him talking trying to find out his name and other info. I also spoke to the bus driver. When the paramedics came in the ambulance I told them all I could about the man and what had happened.

In all these scenarios I was surrounded by people twice my age, I don't think anyone expected a 16 year old girl to step up and take control of the situation. My mind was spinning trying my best to remember even basic training that could help. I had not have realised just how useful and important the skills I learned on the poolside with IWS Kildare would be in my everyday life.



by Lisa Mullaly
IWS Kildare



Congratulations to
Dylan Molloy and Aoife Commene,
New Instructors at IWS Kildare



Calling all members of IWS...

All Memberships expire on the 31st of Dec 2016

To renew, please contact your Water Safety Area Committee (WSAC) to ensure that you're listed for renewal. New Garda vetting procedures now apply, requiring that your identity is verified by a WSAC Officer before you submit the new mandatory Garda Vetting Invitation Form. Further information is available from your WSAC and www.iws.ie. If you are a Franchisee member, you must contact your local Water Safety Development Officer to have your identity verified as part of this new Garda Vetting process.

IWS - Learning in Athlone

TOPIC • 8 September, 2016

NEWS 11



Colm Salmon's Water Safety class training in clothes to simulate the difficulties of swimming with clothes which can weigh you down and make swimming more difficult.



Instructors Brian Fagg and Niall Fallon with Examiner Gerry Flannery and their Rescue class.

Learning lifesaving skills for life at the Athlone Regional Sports Centre

Diving into the deep-end, Water Safety Instructor Morgan Fagg, takes the *Athlone Topic* on a tour of Water Safety Week

There are three Water Safety Weeks held in Athlone Regional Sports Centre each year, one at Easter and one held at the start of both July and August.

The Water Safety Weeks focus on Water Safety and Rescue skills and involve two hours of training per day. One hour in the water and the following hour talking about lifesaving tips, first aid and resuscitation. This second hour also takes a literal hands-on

approach to teaching CPR.

The August Water Safety Week was held in Athlone Regional Sports Centre from August 1 to Friday 5 and diving into the deep end, we can see children as young as ten, performing some of the water safety skills they have learnt over the five day course.

Water Safety involves, firstly, personal safety, as no one wants to see a second person getting into difficulty, and also ways to help and assist a swimmer

in distress or person who has fallen into water.

Wearing clothes, the young swimmers practice throwing ringbuys, rescue ropes and performing reaching rescues. Many items are often to hand which can be thrown to a person in need such as an oar, a broken branch, ringbuys and even clothes such as a towel or jacket that can be flung at a person to grab onto. Children learn to recognise dangers, water hazards and various ways to help perform a rescue without ever having to get into the water.

In the other end of the deep end, rescuers will focus on helping people who cannot easily be helped out of the water

such as people who are unconscious.

Water Safety Week is an ideal way for young people to improve their swimming, water fitness and learn life saving skills that will last a lifetime, such as CPR and resuscitation.

They will be practicing straddle jumps, which allows people to enter the water quickly with the aim of keeping your eyes and head above water. Diving into unknown or murky water would be dangerous.

Unlike competitive swimming, the children will have to keep their eyes out of the water and fixed forward. It is not a race but rescuers must quickly recognise the dangers and be able to keep their eyes

on where they are going and also possibly on a person in distress.

"Reaching rescues" allow people to literally give someone a helping hand as many people fall into water close to shore or near boats.

Never get into the water unless absolutely necessary and remember two very basic pieces of lifesaving equipment are ringbuys and mobile phones. You might have to call for help.

999 and 112 are the two emergency numbers and 112 is available throughout Europe, for further details about learning to swim or future lifesaving courses, contact Athlone Regional Sports Centre.



Rescuers practicing a rescue where they swim to a person in distress and tow them back to safety.



Rescuers practice CPR and resuscitation as part of the week.



Students learn to perform CPR and resuscitation on infant, child and adult mannequins.



Instructors Brian Fagg and Colm Salmon with Water Safety students.

Bill Shanahan... *Bill made an important contribution to lifesaving*

With the kind permission of Colin Lacey, Editor of "Kerry's Eye" and Bill's family

Bill Shanahan, Knockmoyle, Tralee passed away on July 18th in the Bon Secours Hospital, Tralee.

William (Bill) Shanahan, of Knockmoyle, Tralee, was a man of many parts.

A retired Garda sergeant, he was a native of Tramore, Co. Waterford, and originally came to Kerry in 1958 when he was stationed in Killarney as a young Garda.

While there he met his wife Breda Egan, and they eventually married in her native Kenmare in 1963.

An accomplished athlete in his youth, Bill played both minor and senior football and hurling for his native county of Waterford, and was selected on the Munster Colleges hurling side at a time when that team was dominated by players from Cork and Tipperary.

He also played with the Kerry hurling team that won the Junior All-Ireland title in 1961 while stationed in Listowel.

Bill was transferred shortly afterwards to Dublin to work in the Garda Technical Bureau, but returned to uniform – and Kerry – in 1978 as sergeant in Ardfert, where he remained until 1991.

In the words of a colleague, Bill was a community Garda before the term was invented.

He had a great love of the sea and swam whenever he had the opportunity.

In his youth he was a lifeguard in Tramore and was responsible for saving a number of lives.

Lifesaving ran in the family according



to a report in the papers of the time, and one of his rescues was witnessed by a man who had seen Bill's father save someone at the same spot thirty years earlier.

After a number of drowning tragedies at Banna in the early 1980s, Bill was instrumental in setting up Banna Sea Rescue, which went from strength to strength and in turn inspired the founding of a number of other inshore rescue units in Kerry and on the west coast.

His contribution to saving lives in our seas was subsequently recognised nationally by Irish Water Safety and internationally by the World Lifesaving Federation.

Something of a renaissance man, Bill's time working in the Garda Technical Bureau meant that he was a skilled cartographer, and his maps can be seen in many locations in Kerry and further afield.

He was also an accomplished heraldic artist, and plenty of households have

examples of his work on their wall. He also loved to sing and sang for many years with the Kerry Choral Union, St John's Choir and Opus '96, and was a stalwart of the Tralee Musical Society. Always up for a laugh, he enjoyed nothing more than performing and socialising.

Bill had an ability to make friends easily, and had a wide circle of friends of all ages and from all walks of life.

He never forgot his Waterford roots however, and remained close to the friends of his youth.

In recent years, when a number of health issues came against him, he bore his trials with good humour and dignity.

He never lost his ability to crack a joke or to make a wry observation.

The large attendance at his funeral included former Garda colleagues, people from his former posting in Ardfert, from musical and marine circles, and from neighbours in Tralee, and bears testament to his popularity and his contribution to wider society. Bill was a devoted husband to Breda, who predeceased him in 2004, and a loving and inspirational father to Jim (Dublin), Paula (Firies), Patricia (Killarney) and Billy (Tralee), as well as a much-loved grandfather to Blanaid and Aoibhin Cronin (Firies).

He will be sorely missed by his many friends in Waterford, Ardfert, Tralee and around the country.

After his Requiem Mass in St John's, Tralee, Bill's remains were interred alongside his wife in the Abbey (New) Cemetery, Ardfert.

Ar dheis Dé go raibh a anam dílis.

ASK AN ADULT TO CUT OUT THIS TOKEN AND GIVE TO YOUR SCHOOL TEACHER.



Dear Teacher,

This voucher will get our class free water safety lessons and free certificates online at <http://paws.iws.ie/>. All we have to do is complete the PAWS programme in our classes. The programme doesn't take long and all the resources are online and help us learn to be safe in and around water...and we can get our certificates for free when ordered online at <http://paws.iws.ie/>

For further information log onto <http://paws.iws.ie/> or contact: Irish Water Safety
The Long Walk, Galway Tel: 091-564400 LoCall 1890420202 info@iws.ie

Irish Water Safety ...Know what you're getting into...iws.ie...



A SNAP SHOT of your Snapshots!

See lots more
in the 2017 Calendar
online at iws.ie



Last day of training for the U12 group at Blessington Lakes (pic: Yvonne Sargent)



Water Safety Week in Kilmovee being examined in Castlebar, Co Mayo (pic: James McLoughlin)



Our team en route to the World Surf Lifesaving Championships, Nordwijk, Holland (pic: Margaret Purcell)



All winners whether silver or gold medals (pic: Therese O'Loughlin)



Water Safety week at Rosscarbery west Cork pier (pic: Hetty Walsh)

Diving in with Trinity Lifesaving, the College's Newest Club

James O'Brien, who has founded the club, talks about founding the first water safety and lifesaving club in an Irish University.

First published "The University Times" by Donal MacNamee, Staff writer

How does James O'Brien, the newest founder of a sports club in Trinity, describe himself? "I'm ancient history", he told The University Times. "Past the sell-by date", he added. Rarely has modesty sounded so unconvincing. O'Brien, in the process of establishing Dublin University Lifesaving, makes it all seem so easy. He attended Trinity as an undergraduate student in the 1980s, during which time he received

having a qualification in lifesaving: "Irish Water Safety qualifications will get you jobs pretty much anywhere in the world." This may be music to the ears of anyone considering a J1 in the future, but be warned: it takes two to three years of training at "a very high standard" to reach the level of lifeguard. O'Brien is a pragmatist, but one with a long-term vision.

legs", and it is hard to disagree.

It may seem like a small sport, but O'Brien believes that there is a wealth of untapped lifesaving experience in Trinity. He spoke of the students in Trinity who "teach water safety back in their home county or hometown", and was convinced that they will join, even if for no other reason than "just for something to do." This may sound slightly cynical, but O'Brien, as a two-time Trinity student, knows as well as anyone the psyche of the college scholar. He is aware of the perils of too much free time, and is optimistic that lifesaving will be a positive output for the energies of the club's members.

"You might think you're a good enough swimmer, but to actually get in and rescue someone... people really need training"

O'Brien, however, is not just interested in students already qualified as lifeguards. Quite the opposite. His plan is not to raid the swimming club for competitive swimmers, but rather to appeal to "people who can swim say, two or four lengths of the pool, who would like to take it a step further and learn lifesaving". To attempt to bring such a demanding sport as lifesaving to the masses is admirable, and indicative of O'Brien's ambition. He is unashamedly "publicity-friendly", desiring to bring news of Trinity's newest club to as wide an audience as possible. It is important to remember that lifesaving training, while undoubtedly valuable in its own right as a means to a competitive sporting end, is also a vital societal need. Put simply, the more people trained as lifeguards, the more lives can be saved. As "one of the oldest lifeguards in Dublin", O'Brien knows this better than anyone. He was effusive when the conversation turned to the mechanics of water



a "Pink", awarded by the Dublin University Central Athletic Club (DUCAC) Captain's Committee, in recognition of outstanding sporting performance both at a collegiate and international level. Now studying for a postgraduate degree in the Innovation Academy, he emphasised the importance of lifesaving, arguing, "you can never have enough people qualified".

Founding a sports club is not a new experience for O'Brien. He was central to the establishment of an Olympic handball team and competed in the gruelling Modern Pentathlon. However, he does not want to be classified as some sort of champion for the minority sports clubs, highlighting to The University Times the practical benefits to everyone of

Setting up a sports club can be a tricky business, but O'Brien evidently has the know-how required to make a success of his new venture. He spoke with a zeal that leaves you in no doubt as to the earnestness of his love for his sport, but he possesses also an entrepreneur's keen eye for the "gap in the market". He has already recruited several instructors and is in the market for more. DU Lifesaving already has a website online in addition to a vociferous social media presence. He was full of praise for DUCAC. The process of being vetted by Trinity Sport's governing body is known to be arduous, but O'Brien had only positive things to say, content that this "very professional" organisation recognises "someone who is serious". O'Brien had no doubt that his new club "will have

safety, the protocols to follow and the dangers of “diving headfirst” into water to save someone.

All too often, ignorance as to the “dos and don’ts” of lifesaving leads to tragedy. As O’Brien so sagely put it: “You might think you’re a good enough swimmer, but to actually get in and rescue someone... people really need training.”

While O’Brien’s main priority will be the training in of new members, his competitive streak emerged when he was asked about competing against other lifesaving clubs. He was obviously and understandably proud

that “Trinity will be the first university in Ireland to have its own dedicated water safety and lifesaving club” and was hopeful that other third-level institutions will follow his lead and set up their own clubs. Trinity will also compete under his tutelage in county championships. “Suffice to say, I am ambitious”, he chuckled, perhaps his least insightful observation of the day. “I will be looking to win the occasional county championship.”

O’Brien is exceptionally strong-willed, but he does intend on colluding with other water-focused sports clubs in Trinity. “There’s always a little bit of

crossover”, he acknowledged. “We would welcome it, we would do anything we can to help them.” This desire to “integrate” into the fabric of Trinity’s sports scene can only help grow the club.

O’Brien’s confidence may be remarkable, but given his track record it would be a fool to bet against his success. If he talks the talk then he certainly walks the walk too. Expect to read much more about James O’Brien and his lifesaving club in the near future.

Minister Robert “Bobby” Molloy, 1936 – 2016...

An Irishman’s Diary: On the kiss of life and the Thomas Moore statue

Frank McNally (First published in the Irish Times May 4, 2016. Reprinted with kind permission).

It may have escaped your attention, reader, as it had mine, that the Old Testament’s prophet Elijah was an expert in mouth-to-mouth resuscitation. But it’s true. And having somehow never heard about it in church, I have instead just learned this fascinating fact from a book called *The History of Irish Water Safety*.

Not that there is any mention of water in the biblical story. What there is is a young boy, apparently dead, from causes unexplained, until Elijah “lay upon

and floating on a tyre tube off Salthill, Molloy was swept away by a current as his older brother watched, helpless.

Rescue

That was until a man swam to the rescue, and Molloy, as he summed up many years later, was “drowned and revived”. By 9pm, he was home in bed, while his brother invented a cover story for their parents about him eating “a green apple” and feeling unwell. Then the local Elijah called around to check on the patient, whereupon the

Written by Tiarnan O’Sullivan *The History of Irish Water Safety* is full of stories about what Healy called such “noble and valuable work”. It sells for €15 (soft-back), €25 (hard) from bookshops, or from the head offices of Irish Water Safety: Tel: 1890-420202.

I apologise in advance for the indelicate segue, but news that the public toilets at Dublin’s College Street have been demolished to make way for the Luas reminds me of James Joyce’s old joke: the one he has Leopold Bloom echo as he passes the gents there, and the Thomas Moore statue, and reflects upon “the Meeting of the Waters”.

Moment of terror

This is a pattern in the book, which also includes an account by the late Irish Times columnist John Healy of a severe water scare he suffered once.

He saved himself, but the “naked moment of terror” never left him. Recalling it many years later, he helped publicise a new Swedish-made “lifeline”, to reduce drownings.

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the child, and put his mouth upon his mouth [...] and the flesh of the child waxed warm” (II Kings 34).

Clearly, humans have been saving lives in this way for millennia. Even so, the method went out of fashion for a while in more recent centuries, probably because of concern about disease transmission. And it took a resurgence of interest in the 1950s to put the “kiss of life” back into mainstream use.

Luckily for another child – the one who grew up to be government minister Bobby Molloy – the technique was known to at least one person in Galway circa 1943. Aged 7 at the time,

cover-up collapsed, and Molloy’s brother received an Old Testament-style smiting. As for the child, he grew up to become a trained lifeguard and, as minister for local government, to oversee establishment of the Irish Water Safety Association.

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In 1943, a seven year old child was swept away by a current but luckily was rescued just in time by a vigilant and competent swimmer. As an adult he recalled the frightening feeling of having been “drowned and revived”.

He decided to become a Lifeguard but his journey to promote water safety didn’t end there. The same man, having become Minister for Local Government, established Irish Water Safety as a statutory body. And so, as we close a year in which Robert “Bobby” Molloy was laid to rest in his eightieth year, we share the wishes extended in prayer at Bobby’s funeral mass in appreciation to all those volunteers who give of their time to promote water safety nationwide.

Ar dheis Dé go raibh a anam.

Please safeguard your child’s future enjoyment of our wonderful waterways by making sure that they learn swimming and lifesaving skills. When it comes to the safety of you and your family, “Know What You’re Getting Into” at www.iws.ie.

**Lifeguards saved 649 people from drowning last year...
And reunited 662 lost children with loved ones.**



WATCH OVER YOUR CHILDREN CLOSELY NEAR WATER

Water Babies Make A Big Splash in Ireland

by Steve Franks Group CEO & MD of Water Babies



Cllr Kevin "Boxer" Moran TD and IWS Chairman Martin O'Sullivan make a presentation to Steve Franks, Managing Director of Water Babies.

I was honoured to be asked to speak at the Irish Water Safety Conference in September about Water Babies and what we do, and delighted to be presented with an Irish Water Safety tie and Connemara marble in recognition of our growing partnership. After seven years in Ireland Water Babies has become Ireland's leading baby and toddler swim school with over 30 instructors teaching almost 4,500

babies to swim in 48 pools every week. Our team are very proud to work closely with Irish Water Safety over the past four years to educate parents to change behaviours in order to prevent drowning and water related accidents.

The principle of water safety and teaching parents to teach their babies and toddlers to swim are the foundation of our Water Babies programme and belief system and both organisations can achieve tremendous synergy when combining their skills and capabilities to generate more than the sum of their parts.

Irish Water Safety is a world class organisation that focus on water safety education and training across the whole of Ireland and demonstrate many of the important core values and qualities that Water Babies and its teachers have at the heart of our culture. Both organisations are underpinned by a simple premise of keeping children and people safe in and around water and in working together on a collaborative

basis they can most certainly make a significant contribution to drowning prevention across Ireland.

Not only do Water Babies classes teach vital life saving skills, they also enhance the way babies and toddlers learn other skills too. Introducing children to water at a very young age helps prevent a fear of water developing later and exercises that involve moving independently in water and holding on to the side are wonderful for baby's confidence. Many parents also find that handling their baby in water is great for them too — especially if they're anxious about water or can't swim themselves.

Swimming from birth is fantastic for a baby's health & development. Skin-to-skin contact strengthens the bond between a parent and a child. And being in the water helps improve co-ordination and balance while the buoyancy and water-resistance mean that babies exercise more muscles, more effectively, in water than on land.



Waterford Masters take all conditions with a smile.

Finol *Donate to Irish Water Safety*



Seamus O'Neill, Vice Chairman Irish Water Safety & Chairman Irish Water Safety Sports Commission with Simon McGarrigle, Marketing Manager Finol Oils Ltd

Finol the Irish distributors for Total Lubricants recently presented Irish Water Safety with a fully branded Pop-up Gazebo for Irish Water Safety to use at exhibitions and at any Irish Water Safety Events including the Irish Water Safety surf lifesaving championships and for use by the National Teams at international events such as the World Lifesaving Championships which took place this month in Holland.

Irish Water Safety are the statutory body tasked with the promotion and education of water safety in Ireland. Irish Water Safety's role is to educate the public in water safety best practices, through the development of public awareness campaigns to promote necessary attitudes, rescue skills and behaviour to prevent drownings and water related accidents.

Finol's Marketing Manager Simon McGarrigle said: "As a leading lubricant supplier to the Marine Industry, we felt it was important to us to help Irish Water Safety who work tirelessly to promote water safety in the industry. We hope that our donation will help Irish Water Safety promote their message further at events going forward."

30 Children have drowned in 10 Years

Remember your ABC to child safety...

- A** Always Supervise
- B** Be aware of the dangers
- C** Click www.iws.ie

Know what you're getting into!

Irish Water Safety
Sábháilteacht Uisce na hÉireann

Know what you're getting into...
Preventing Drownings through Training and Education

Surf Rescue National Championships 2016



Clare's Turlough Barrett competing in the IWS Surf Rescue Championships 2016



Clare's Bernard Cahill (right) competing in the Rescue Board Race at the IWS Surf Rescue Championships 2016



Making waves - IWS Surf Rescue Championships 2016 at Clonea Beach, Co. Waterford. - Saturday 24th September 2016

In a weather-battered finale on Saturday (24th September 2016), Ireland's top life-saving athletes competed for the final event in the Irish Water Safety Sport series that saw Co. Clare retain their dominant position as National champions and capping their best season ever.

Meanwhile, host county Waterford took over from Cork as winners of the Masters competition.

Over 300 competitors from 14 counties competed in Senior and Masters events based around key life-saving skills that attracts more than 5,000 participants annually in Ireland.

Dramatic conditions driven by gale force winds at Tramore Life-Saving Centre saw Safety Officer Buddy Cuddihy switch the venue to Clonea Strand near Dungarvan while some events were also curtailed.

Events are based around core life-saving skills including speed, strength, endurance and equipment handling. In an exceptional performance,

Clare's Bernard Cahill won all five of his events - Surf swim, Rescue Board Race, Rescue Ski Race, Ocean Man Race and Board Rescue.

Clare retained their overall titles in both Men and Womens' events while Waterford and Wexford teams were closest runners-up.

In addition to the overall prizes for both Men and Women's competitions, Clare Ladies also won the prestigious President's Trophy awarded for the best performance over 23 competitions throughout 2016 including the Pool Rescue Championships held in February. The team included Mother and daughter dual world record-holders Norma and Roisin Cahill.

"Clare's strength in heavy surf clearly stands to their credit while the team continues their strong tradition as Ireland's 'spiritual home' of life-saving sport in this country," commented John Leech, CEO of Irish Water Safety. "This record is now feeding through to our international performance as this year's world championships proves."

The national championships featured most of Ireland's eleven medallists from the recent World Championships in Holland that saw Gold in the Youth Worlds for the 4 x 90-metre beach sprint relay won by Emer Kelly and Emma O'Brien from Wicklow and Georgina Steel and Denise Bolger from Wexford.

Cousins Bernard Cahill and Oisín McGrath won Bronze in the Board Rescue Race, a first for an Irish Senior team while Rory McEvoy won Silver in the Youth Pool event for the 50-metre manikin carry. All three athletes competed in the Clare team in Waterford at the weekend.

Also in Holland, a new world record was set by Denise Bolger from Wexford with Rosin Cahill from Clare in the Pool line-throw event with a new time of 11.06 seconds.

The 2017 season begins with the Pool Rescue National Championships at the University of Limerick in mid-February.



Clonea Beach, Dungarvan, Co. Waterford - Saturday 24th September 2016:
Clare's Bernard Cahill, who won all five of his events competing in the IWS Surf Rescue Championships 2016 at Clonea Beach, Co. Waterford. Photographs: David Branigan/Oceansport

Irish Water Safety Annual Awards 2016

Life Governor Award

The Award of Life Governor is presented to an individual who has demonstrated a particular dedication towards the humanitarian goal of saving life from drowning.



Minister Simon Coveney presents Irish Water Safety's Life Governor Award to Sean Murphy, Dublin, pictured with Michael "Buddy" Cuddihy of IWS.



Minister Simon Coveney presents Irish Water Safety's Life Governor Award to Breda Collins, Kilkenny, pictured with Michael "Buddy" Cuddihy of IWS.

Long Service Awards

40 Years of Service

Irish Water Safety acknowledges the long-standing service of its members by presenting them with a range of awards for service to lifesaving and promoting water safety.



Simon Coveney TD, Minister for Housing, Planning & Local Government presents a 40-Year Service Award to Paul Murphy, Dublin with Michael (Buddy) Cuddihy (Waterford) IWS Council member



Simon Coveney TD, Minister for Housing, Planning & Local Government presents a 40-Year Service Award to Donal McNamara, Tipperary South with Michael (Buddy) Cuddihy (Waterford) IWS Council member.

30 Years of Service



Catherine Fleming, Dublin



Gretta O'Neill, Leitrim



Tom Mackey, Nth Co. Tipperary



William Lonergan, Sth., Co. Tipperary

20 Years of Service



Oliver Goggin, Bantry CRBI, Co. Cork



Kitty Meehan, Ballyheigue, Co. Kerry



Ciara McSweeney, Waterford



Ben Kennedy, Dublin

15 Years of Service



Moira O'Brien, Lough



Sean O'Keefe, Cork



Doreen McCarthy, Cork



Sarah White, Cavan

10 Years of Service



John Claffey, Kilkenny



Lorraine Brennan, Leitrim



Jim Dwyer, Dublin



Denise Sayers, Wexford

Volunteer of the year Mr Jack Barry



Minister Simon Coveney and Martin O'Sullivan, IWS Chairman present Mr Jack Barry with Irish Water Safety's Volunteer of the Year Award at Dublin Castle.

Jack is a Life Governor with Irish Water Safety. He is an Instructor, Examiner, Beach Life Guard Provider, Pool Lifeguard Provider, River Life Guard Provider, CFR Tutor for Wexford since the beginning of this particular Award, a Risk Assessor and Swim teacher. He started the water safety and swim weeks in his hometown of Bunclody in the 70s and they are still running in the pool he looks after with the local committee.

Jack has been Chair of Wexford Water for many years, and most recently has been the Equipment Officer. Jack was the manager of Ferrybank Swimming Pool and in this role he was instrumental in setting up the programmes of Irish Water Safety which are running today.

He is the organiser of the Beach Guard Testing with Wexford Co Council and is the examiner in our Beach Guard Courses – Wexford water Safety usually run two courses during each year.

In Bunclody Jack is the trainer and Tutor for his community training and enabling the locals in the CPR and AED skills necessary to maintain the rota for defibrillation in the town of Bunclody, as it is a 40 minute ambulance response time in this area.

Jack served on various commissions in the 70s and 80s as recorded in the history of Irish Water Safety. Jack currently is a busy volunteer with Wexford Water Safety, present at life-guarding courses encouraging instructors, and examining when required.

He examines the Assistant swim teachers at Assistant Swim Teacher's course each year. Wexford Water Safety are proud to put Jack forward as volunteer of the year as he epitomises our voluntary ethos. He gives freely of his time to discuss issues that arise, he is a constant presence of knowledge, and is available to us both locally and nationally

Jack examines the River lifeguards in Co Carlow and helps out neighbouring counties with information on equipment. He was instrumental in the design of the ringbuoy with Ciaran Dargen, and his engineering background has been a bonus with every activity he gives his attention to.

All the Instructors he has trained over the years have the utmost respect for his knowledge, commitment and passion for his approach to water safety and his integrity in everything he does. He celebrates his 80th birthday this month and we wish him very many more volunteering years with us.

Charles Thomson Award Clare County Council

This Award is presented by Irish Water Safety (IWS) and the Royal Life Saving Society (RLSS) in memory of Lt Cdr Charles "Chick" Thomson who had dedicated his retired life to teaching swimming, lifesaving and generally promoting water safety in the UK and on the island of Ireland. It was presented to the Local Authority that was deemed to have done most to promote water safety on the island of Ireland between 1st January 2015 and 31st December 2015 – Clare County Council



Simon Coveney TD, Minister for Housing, Planning & Local Government presents the Charles Thomson Award to Clare County Council (L-R) Paul Murphy Leas Cathaoirleach, Pat Dowling Chief Executive, Minister Coveney, Clare McGrath Water Safety Development officer, Anne Haugh Director of Services, Brendan Donohoe President, RLSS Rol Branch and Martin O'Sullivan Chairman Irish Water Safety.

Irish Water Safety Annual Awards 2016

by John Leech, CEO, IWS

Irish Water Safety held its Annual Awards Ceremony in Dublin Castle on Tuesday 8th of November. Simon Coveney, Minister for Housing, Planning, Community & Local Government made the presentations in front of an audience of almost 300 people. Long Service Awards were presented to 82 Irish Water Safety volunteers for teaching, swimming, rescue and water survival skills in communities nationwide, recognising 1,510 years of personal service.



Minister Simon Coveney (BR - L) presents the Irish Naval Service with a Rescue Appreciation Award with Martin O'Sullivan (BR - R) Chairman, Irish Water Safety.

Bernard Cahill from Clare was presented with the Sports Person of the Year Award for his outstanding performance at the World Lifesaving Championships in the Netherlands, winning Ireland's first ever Senior Medal at a World Championship.

Denise Bolger who hails from Wexford and who competes in the Junior championships won a Gold medal in the Line throw event, creating a new World Junior Record, the first time Ireland has ever made this achievement. She was also the anchor in winning Gold medal in the Beach Relay.

Clare County Council won the Charles Thomson Award which is the Award presented by Irish Water Safety, the RLSS Ulster and Republic of Ireland in memory of Lt Cdr Charles "Chick" Thomson who had dedicated his retired life to teaching swimming, lifesaving and generally promoting water safety in the UK and in Ireland. It is being presented to the Local Authority (LA) that has done most to promote Water Safety on the island of Ireland.

The Volunteer of the year Award went to Jack Barry from Enniscorthy for his magnificent work over six decades in promoting water safety by teaching children swimming and lifesaving skills and for his work for completing Risk Assessments nationwide.

The Primary School of the Year Award went to Adamstown Castle Educate Together, National School in Lucan, Co Dublin. Thirty two lives were saved from drowning through the brave actions of forty-seven rescuers who received recognition by way of the SEIKO "Just in Time" Rescue Award.

The International Lifesaving Federation and Irish Water Safety commended the Naval Service for saving thousands of lives in the eastern Mediterranean Sea during their ships humanitarian aid operations. The first ship deployed to the Mediterranean on these missions was L.E. EITHNE on 16 May 2015. She was followed by L.E. NIAMH, L.E. SAMUEL BECKETT, L.E. ROISIN, L.E. JAMES JOYCE and then SAMUEL BECKETT again.

There have been 93 SAR operations in total (57 in 2015 and 36 to date in 2016).

The total number of rescued persons to date is 14,576 and 72 bodies have been recovered. A baby named Destiny was born onboard the L.E. NIAMH in 2015, which is the first time that a baby was born on an Irish State ship. Another woman went into labour shortly after being rescued by the JAMES JOYCE and was transferred to an Médecins Sans Frontières ship which had a Doctor onboard, where she gave birth to a baby whom she named 'Joy' in honour of the rescuers this summer.



Sports persons of the year awards



Simon Coveney TD, Minister for Housing, Planning & Local Government presents the Sports Persons of the Year Award to Bernard Cahill with Seamus O'Neill, Chairman of the IWS Sports Commission

Bernard Cahill Age 22, from Co. Clare

Bernard is a student in University of Limerick & worked as Co Clare lifeguard for 5 years. Bernard has been on Irish Teams for World Championships, European Championships, & World & European Junior Championships since the age of 15.

This year, in Holland, at the World Senior Championships Bernard had wonderful success.

In the pool:- Bernard finished 10th in the world in the Super lifesaver event, smashing the Irish Record. He was finalist in the Manikin Relay, Obstacle relay and Medley relay. On the beach:- Bernard won Bronze medal in the Board rescue event (with teammate Oisín McGrath), 6th in the Oceanman event – 1st of the Europeans, 10th in the Surf race, 13th in the Ski race and 15th in the Board race. At world senior level these are amazing results.



Simon Coveney TD, Minister for Housing, Planning & Local Government presents the Sports Persons of the Year Award to Denise Bolger with Seamus O'Neill, Chairman of the IWS Sports Commission

Denise Bolger Age 19, from Co. Wexford

Denise is a student in DCU and worked as a lifeguard for Wexford Co Co.

Denise has been on Irish Senior & Junior teams for World & European Championships, since age 15.

This year in Holland at the World Senior Championships Denise had wonderful success.

In the pool:- Denise won Gold, in a World Junior Record, the Line throw event (with teammate Roisin Cahill). On the beach:- Denise was 5th in the 90m Beach sprint, 10th in the Beach Flags, 1st – Gold in the Beach Relay 4x90m – Denise was the anchor on the relay bringing the team to the fantastic 1st place.

Partnerships with our media friends



Jonathan Duane and Amy Deegan, i-Radio



Teresa Mannion, RTE



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School's Out, Learning Isn't campaign

– applies to Christmas holidays as much as in summer.



Oisín O'Grady from Clare on the way to Donegal for the Nationals spotted our poster in Bundoran...

This is our nationwide billboard campaign that ran during the summer with a message that applies to children's Christmas holidays as much as to any other time of year.

Half a million primary school children were on summer holidays as they are on Christmas holidays at present. Thirty of them drowned in the last ten years. Speak to your kids about water safety and before you take children to any waterway, "Know What You're Getting Into" with Irish Water Safety.

The billboard messages on roadsides and at train stations and shopping centres reached a footfall of 542,000 people.



LIFEJACKET

THE NAME SAYS IT ALL



WEAR ONE NEAR OR ON WATER. **ALWAYS.**



Irish Water Safety
Sábháilteacht Uisce na hÉireann

iws.ie