



# TARRTHÁIL LIFESAVING

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Holly

Jolly



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**Message from the Chairman**

**IWS National Awards Ceremony**

**World Conference on Drowning Prevention**

- Vancouver Declaration

**News from your Area**



Winter 2017 ISSUE 8

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Niamh Moran Hon.

Secretary IWS Kildare

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Tarrtháil / Lifesaving - Irish Water Safety

# A message from the Chairman



Welcome to the final edition of our magazine for 2017. It gives the Council of Irish Water Safety (IWS), the staff at head office and myself as your Chairman, the opportunity to say thanks for your dedicated commitment, your diligence and especially your volunteerism.

Go raibh míle, míle maith agaibh go léir.

As we reflect on the year gone by we especially want to highlight the appointment of the new Council, the continued success of our lifesaving sport teams, the appointment of the new Inshore Rescue Boat (IRB) Commission and the success of the International Life Saving (ILS) World Conference on Drowning Prevention. It is gratifying to see that the everyday activities, that are the backbone of our organisation, have continued unabated over the past year. Successful summer programmes have been followed by the first sessions of our regular winter courses. We should, as hard working members of IWS, be happy to shine a light on these activities and to acknowledge the excellent effort by all concerned.

Our Marketing Manager & Deputy CEO, Roger Sweeney, was one of the speakers at the World Conference on Drowning Prevention in Vancouver, Canada where he outlined many of the marketing strategies that have been used by IWS as an educational tool to change skills, attitudes and behaviours so that drownings are prevented. One of these initiatives, a cinema and online campaign called "Shine A Light On Drowning" was singled out by Graham Ford, President of the world body, International Life Saving (ILS) Federation and played to a room of over 800 delegates. The campaign which broadcast to 830,000 Irish cinema goers last year is currently running in cinemas nationwide and as I write, has been adopted for a national campaign by our Lifesaving colleagues in Australia, in keeping with our ethos to work together within ILS to bring drownings down.

As we look forward to 2018, we welcome the fact that a significant number of our handbooks and manuals are being updated. The Swimming Commission will launch the new IWS Swimming Teacher Manual, syllabi and other resources. The Lifeguard Commission are focused on bringing our Lifeguard Manuals into line with best international standards. The Education Commission is engaged in updating the Code of Ethics handbook, a crucial task which will be completed in 2018. The Rescue Commission has a very interesting new project whereby strong relationships will be built with the Community Rescue Boats Ireland. The new IRB Commission is focused on the provisions of rescue boats in the context of both lifeguarding and competitions.

I hope you are inspired by the articles within this magazine. Take your time to read and please consider contributing to the next edition as it is only by sharing your knowledge and experiences that together we will make our wide variety of waterways a safer environment for us all.

Sábháilteacht Uisce le do chlann agus le do chairde - Ní Neart go cur Le Chéile.

**Martin O'Sullivan**  
Chairman, Irish Water Safety

# Vancouver Declaration on Drowning Risk Reduction of Migrants and Refugees

*"The world we choose has to reflect the actions we take." - Tima Kurdi*

## Introduction

This declaration is inspired by the personal account of refugee drowning given in Vancouver at the World Conference on Drowning Prevention 2017 by Ms. Tima Kurdi, the aunt of the "boy on the beach" Alan Kurdi – a three-year-old Syrian of Kurdish ethnic background who drowned in the Mediterranean Sea on 2 September 2015. Alan and his family were Syrian refugees. Photographs (by Turkish journalist NilYfer Demir) of Alan's lifeless body face down at the water's edge generated global headlines and prompted international responses.<sup>1</sup>

<sup>1</sup> <http://www.kurdifoundation.com/>

Ms. Kurdi spoke passionately of the need for voice and action to prevent drownings of migrants and refugees. She challenged the 805 conference participants from 60 nations to raise their voices collectively and individually. This declaration – to raise awareness, raise voices and inspire actions to reduce drowning among migrants and refugees – is the conference participants' response to her challenge.

Drowning is a preventable tragedy that needs more effective risk reduction action.

## Vancouver Declaration on Drowning Risk Reduction of Migrants and Refugees



Drownings of migrants and refugees, which continues in all regions of the world, is a complex issue in need of global preventive action. Global public health agencies do not know how many migrant and refugee men, women and children die each year from drowning. While there is recent high-quality data from regions of the world where bodies have been recovered, there remains an unknown toll of missing persons.

<https://missingmigrants.iom.int>

Increased awareness, knowledge and evidenced-based action is needed to put an end to these human tragedies. We appeal to the global leaders in drowning prevention, to the multi-sectoral community, national and world stakeholders, to act to reduce preventable drowning.

This declaration offers a framework that individuals, organizations and communities can use to:

- raise the collective voice of the drowning prevention movement
- guide meaningful action that can drive communities to achieve impact



## Recommendations for Global Action

### Statement #1

**All nations and communities honor and implement the UN Universal Declaration of Human Rights.**

There are 30 Articles in the [UN Universal Declaration of Human Rights](#), including:

Article 13: *"Everyone has the right to freedom of movement and residence within the borders of each State. Everyone has the right to leave any country, including his own, and to return to his country."*

Article 14: *"Everyone has the right to seek and to enjoy in other countries asylum from persecution. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations."*

### Statement #2

**All communities, governments and global agencies work to achieve peace, equality, acceptance, education, safety and health for all.**

Migrant and refugee drowning is a complex multi-factor challenge in risk reduction. By focusing narrowly on the drowning deaths of migrants and refugees as they cross water, we limit our perspective of the problem, and therefore we inadvertently limit our potential to help. We ask that our communities and nations use their influence to reduce the need for the movement of migrants and refugees. Refugees and migrants are extremely vulnerable people and communities. They deserve compassion, safety and access to supports.

### Statement #3

**Legal and safe transit routes should be established to facilitate passage of migrants and refugees seeking safety.**

All legal routes allowing refugees to reach safety must be put in place urgently. Effective access to coherent asylum procedures and assistance should be provided. Swift registration and access to temporary protection should be provided upon arrival. Dignified reception conditions must be offered to all. Legal migration pathways will replace the dangerous and illegal human smuggling routes and reduce the extreme risks that migrants and refugees are currently forced to take.

<http://blogs.lse.ac.uk/europpblog/2015/04/20/legal-entry-routes-are-the-only-real-solution-to-migrant-deaths-in-the-mediterranean/>

<http://gh.bmj.com/content/2/3/e000450>

As described at WCDP2017 by Dr. Maurice Stierl in his presentation "Activist and humanitarian interventions to prevent migrant death in the Mediterranean Sea."

### Statement #4

**All vessels used for water transportation must be legal, safe, have adequate safety equipment, suitable lighting, skilled crew, and are appropriately loaded.**

Drowning prevention and humanitarian experts condemn the dangerous vessels, fake safety equipment, and overcrowding as migrants and refugees cross water in high risk conditions, led by human smugglers. We ask that the appropriate legal authorities enforce the national and international standards on lifesaving equipment, especially lifejackets, before they are sold to migrants and refugees. We ask that organizations working in origin countries for refugees and migrants include water safety education.

### Statement #5

**All nations and vessels fulfil their duties under the [International Convention on Maritime Search and Rescue](#). Humanitarian focused water rescue and medical services must be available at all common water crossings.**

There is no evidence that providing rescue services increases the number of migrants or refugees attempting to cross water (described as the "pull effect"). There is evidence that rescue services reduce the "pull effect" and significantly reduce mortality.

Strategies that are engaged in "pushing back" refugees and migrants out of their national waters by the illegal use of force, are unhelpful. These actions contravene international laws.

### Statement #6

Refugees and migrants may have a disproportionate drowning mortality risk after settlement in countries of relative safety. Drowning risk reduction needs community partnership effort, to integrate, empower and provide knowledge, skills and attitudes to ensure ongoing water safety. Inclusion of all communities in drowning risk reduction education, activities and programs is proposed.



6 <http://www.lifesavingsociety.com/drowning-research/high-risk-groups/new-canadians.aspx>

7 [http://www.who.int/violence\\_injury\\_prevention/global\\_report\\_drowning/en/](http://www.who.int/violence_injury_prevention/global_report_drowning/en/)

Drowning mortality in migrant and refugee communities in high income settings, has been attributed to lower rates of swimming and water safety skills. This may be related to other economic, social and geographic factors.

There are many potential benefits arising from community partnerships that seek to build drowning risk awareness, swimming skills, lifesaving skills, and create more accepting environments for diverse cultural groups. Programs and partnerships have been a feature of discussion and action at World Conferences on Drowning Prevention. Further research is needed to confirm the increased drowning risk in citizens new to a community, and the impact of interventions.

#### Statement #7

**A Global Partnership for Drowning Prevention should be established, as recommended in the WHO Global Report on Drowning, as the preferred method to coordinate a strategic approach to migrant and refugee drowning risk reduction.**

Global collaboration and cooperation led by a unifying vision to reduce drowning risk in the world's most vulnerable communities would be helpful. No single organization has all the necessary skills and resources to solve the issue of drowning globally. The partnership would serve as a policy and implementation leadership community for drowning prevention. The partnership would set priorities for further development in the drowning prevention field, provide technical exchange, improve drowning mortality and morbidity data, develop guidance for governments and advocate for drowning risk reduction in political and public health discussions.<sup>7</sup>

### Recommendations for Community Action

1. **Review** the [UN Universal Declaration of Human Rights](#).
2. **Start** a conversation about how the UN Universal Declaration of Human Rights can be honored and implemented within your organization.
3. **Advocate** to persons of influence and policy makers to increase awareness and actions in support of the UN Universal Declaration of Human Rights.
4. **Research** the humanitarian organizations working directly with communities in countries of origin of migrants and refugees, and find out what support they require.
5. **Research** the NGOs and advocacy groups who campaign for safe passage for migrants and refugees and find out what support they require.
6. **Advocate** to persons of influence and policy makers to request action on the creation and management of safe migration routes.
7. **Research** the NGOs that are providing a Search and Rescue capability in the waters that refugees and migrants are crossing and find out what support they require.
8. **Research** advocacy groups focused on search, rescue and medical aid for migrants and refugees and find out what support they require.
9. **Discuss** how your organization or community can be more inclusive to refugees and migrants and pro-active in welcoming all.
10. **Identify** humanitarian organizations within your community with whom you can partner.
11. **Identify** the members of your community who are at higher risk and deliver drowning prevention interventions that target those people.
12. **Provide** education to people in your community including how to recognize a safely loaded boat and a good quality lifejacket. Provide this education in people's first language where possible. Encourage people to share this knowledge through their networks.
13. **Engage** with humanitarian organizations to establish a Global Partnership for Drowning Prevention.

## Conclusion

Drowning is preventable. Migrant and Refugee drowning is a global issue that has many points of primary and secondary prevention. Collective action is required to protect the most vulnerable people in our world. Prevention actions must be made compelling to policy makers, governments, NGOs and result in interventions with impact.

### Acknowledgements:

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**Conceptual formation, drafting, coordination of input:** Stephen B. Beerman

**Contributors to drafting & reviews:** Ed Bean, Barbara Byers, Dan Graham, Tima Kurdi, Dale





# ATTENTION

**all Anglers, Kayakers, Boat users**

**An outbreak of Crayfish plague has occurred in Ireland. Where present, this will kill all native White-clawed crayfish also resulting in consequences for the river ecology.**

The cause is unknown but people are being asked to follow simple biosecurity measures to prevent it from spreading.

**Disinfect clothing and equipment with Virkon or iodine based disinfectant. Boots and nets should be hung to dry. Equipment should be thoroughly dried for 48 hours in sunlight (when possible) before it is used elsewhere. Essential to remove all mud and debris before disinfection.**

 **Report sightings of dead/dying crayfish or non-native crayfish:**  
<http://records.biodiversityireland.ie/record/invasives>

**ALERT: Crayfish Plague Disease**



Protect  
our  
crayfish

## CHECK, CLEAN & DRY

your clothing, waders, boats and equipment before entering and on exiting the river

*Stop the spread of invasive species and protect the sport and river you love*



# INTERNATIONAL LIFE SAVING FEDERATION WORLD CONFERENCE ON DROWNING PREVENTION 2017



By Roger Sweeney IWS

Every two years, the International Life Saving Federation brings together its member organisations and the world's leading researchers, practitioners and policy makers to present and discuss the latest research and thinking in drowning prevention, lifesaving, rescue, water safety, lifesaving sport and related fields at the World Conference on Drowning Prevention (WCDP).

The World Conference on Drowning Prevention, the International Life Saving Federation's flagship educational event, took place in Vancouver, Canada in October. This biennial conference brought together more than 800 delegates involved in research, systems and information on drowning prevention, rescue, lifesaving and water safety promotion. The exchange, debate and development are designed to find ways to reduce death and injury in all aquatic environments worldwide. In short, this is much more than a conference; it is a convergence of people and projects aimed directly at addressing a highly preventable public health challenge. Poster presentations were erected by Brendan McGrath (IWS-Clare) on "The Development Of Permanent Community Based Life Saving Training Centres In The West Of Ireland Through Local Partnerships" and by John Leech (IWS CEO) on "Irish Water Safety's online Primary Aquatics Water Safety Programme (PAWS) for Primary Schools" and "How we Incentivise Local Communities to Operate Their Own Inshore Rescue Boats in Ireland". A speaking presentation was made by Roger Sweeney (IWS Marketing Manager & Deputy CEO) on "Marketing as an Education Tool - A Drowning Prevention Perspective." The infographics on the back cover show the extent of the problem – that over half of the 372,000 people who drown each year are aged under 25, that males are twice as likely to drown and that drowning is one of the ten leading causes of death for people aged 24 and under. Furthermore, drowning is a leading killer of children aged 15 and under, with more drowning than dying from tuberculosis or measles.

From a European perspective, about 35,000 people drown annually, an average of nearly four people every hour. It is the second leading cause of death among 1 – 14 year olds, accounting for as many deaths as asthma, poisoning, violence and epilepsy combined. The adage "boys will be boys" seems to be reflected in the fact that five times as many males as females die from drowning. In terms of how prevention actually works, much of the conference focused on the ten actions that can prevent drowning, being: install barriers to control access to water; provide safe places away from water for children; teach children basic swimming, water safety and safe rescue skills; train people safe rescue and resuscitation; strengthen public awareness and highlight the vulnerability of children; set and enforce safe boating, shipping and ferry regulations; improve flood risk management locally and nationally; coordinate drowning prevention efforts with other sectors; develop a national water safety plan; address priority research questions with well designed studies. In comparison to many countries, we can be proud of our ongoing achievements in developing public information campaigns, teaching swimming, lifesaving and first aid and developing IWS National Strategic Development Plans. Although our drowning rates pale in comparison to worldwide figures, we still average eleven drownings every month – and that's eleven too many. That is why we encourage you to get involved with your local Irish Water Safety Area Committee and share your ideas to prevent needless drowning tragedies.



Photo: L-R: Irish Water Safety's Roger Sweeney (Marketing Manager & Deputy CEO), Graham Ford (President of International Life Saving, the world authority for drowning prevention, lifesaving and lifesaving sport, also serving as the President of Surf Lifesaving Australia) and Martin O'Sullivan (Chairman of IWS) attending the World Conference on Drowning Prevention 2017. Mr Ford requested use of Irish Water Safety's Christmas cinema marketing campaign so that it could be rolled out on TV, cinema and social networks in Australia.



# MYTHS ABOUT DROWNING BEHAVIOR CREATED AND PERPETUATED BY THE MOVIE AND TV INDUSTRY

**Dr. John Fletemeyer**

*Aquatic Law and Safety Institute*

Approximately 1,000 movie and television scenes featuring drowning and drowning behavior were identified and analyzed for accuracy. All but a few were grossly exaggerated and misrepresented a drowning event by portraying a victim violently panicking, thrashing water and yelling for help. Some even showed victims miraculously recovering from clinical death following a couple of rescue breaths from a bystander. In reality, actual behavior and outcome seldom if ever presents this way. Over a four-year period and with the aid of several college student assistants, 406 individuals were randomly selected and shown a three minute "Bay Watch" scene involving a drowning victim that was the subject of a seriously inaccurate portrayal of a drowning event. After seeing the scene, the respondents were directed to select one of three choices--the scene was "accurate," "fairly accurate," or "inaccurate." 56% of the respondents selected either the accurate or fairly accurate choice. In addition to showing individuals the "Bay Watch" drowning scene, respondents

completed a five question survey created to determine if they could accurately identify several behaviors associated with drowning. The results found that 68% could not identify the behaviors commonly associated with a drowning event. From the sample consisting of 406 individuals, a sub-sample was identified consisting of 42 individuals that reported having formal lifeguard training. This sub-sample was compared with the larger sample and only 13% as opposed to 56% were not able to identify behaviors associated with drowning. Findings from this study reveal that the movie and TV industry may be responsible for creating and perpetuating myths among the public about drowning and that when translated to the reality of real life drowning events, may represent a significant underlying reason why so many fatal drownings are unrecognized, especially among adult supervising children. Distractions (reading, talking on a cell phone, socializing, etc) of a supervising adult is cited by the CDC as one of the major contributing causes of drowning among

toddlers. Findings from this study suggests that not knowing how to accurately recognize drowning behavior may be another significant contributing factor responsible for fatal drownings, especially among children. Even among lifeguards, drowning events are sometimes missed. Failing to follow surveillance guidelines such as the 10/20 rule is often credited for this but perhaps as important, is failing to accurately identify a victim in the early stages of drowning. Results of this study indicate the need for better public education programs focusing on how individuals actually drown and not how it is portrayed in the movies. In addition, lifeguard training programs must identify more effective methods to teach how to recognize a drowning event, especially involving children who drown silently. Text books and instructors often rely on figures and photos of drowning behaviors and the effectiveness of this reliance is suspect. Drowning events captured on video should be added to classroom and lifeguard training curriculum.

# RESULTS FROM DENMARK

## MEASURING THE AVERAGE RESCUE TIME IN SURFLIFESAVING

Ivan Tengbjerg Herrmann<sup>1</sup> 1977, København, Denmark

This paper will present the average rescue time for a Danish lifesaving organisation, the North Zealandic Lifesaving Organisation and practically evaluate the data collection standard that has been developed in the paper "Proposal for a standard for measuring the average rescue time in surf lifesaving" by Herrmann et al. (201X). The purpose of enhancing the understanding of lifesaving response times is to make recommendations based on data that can improve response times with aim of improving both rescue effectiveness and cost efficiency. The methodologies used to develop the proposed standard for measuring the average rescue time in lifesaving is the Statistical Value Chain (Herrmann et al. 2013) and the Drowning Timeline (Szpilman et al. 2016). The rescue time is an aggregation of the recognition time and the operation time. The recognition time is measured from when the drowning incident starts until the lifeguard recognises the incident. The operation time is measured from when the lifeguard has recognised the drowning incident until the lifeguard is at the drowning victim. As the actual data are sensitive, all the data has been normalised. The key results are: Roughly 50 % of the total average rescue time is spent recognising that an incident takes place and the other ~ 50 % is spent on operation time. It can be speculated that a few hours of recognition education and training can improve the rescue time relatively more than if the same money for that education and training were spent on faster boats. The measured average rescue time for the organisation is different from the

expectations of both the management and the lifeguards of the organisation: - Both the average measured recognition time and the average measured operation time were twice the time expected by one of the lifeguard managers. - On average the measured recognition time of lifeguards was greater than their own expected recognition time by a factor of 1.7. The largest difference was a factor of 20. - On average the measured operation time of lifeguards was greater than their own expected operation time by a factor of 1.5. The largest difference was a factor of 4.5. Giving the management and lifeguards a more accurate picture of the current performance of the organisation will allow a less biased and more efficient optimization of the lifeguarding service. - The coefficient of variation of the measured recognition time is ~ 142 % The coefficient of variation of the measured operation time is ~ 69 % These above variations suggest that there is a noticeable difference between the lifeguards measured recognition time and also their measured operation time. These variations can be an indication that some lifeguards use a more efficient technique for recognising an incident than other lifeguards. Transferring knowledge from the better performing lifeguards to the less performing lifeguards can support an optimization of the organization's average rescue time. This work is done as a partnership between Q2M2 and the North Zealandic Lifeguarding Service and supported by the Danish Council for Greater Water Safety.

**Always make sure  
an adult is with you  
when angling**



# HOW WE INCENTIVISE LOCAL COMMUNITIES TO OPERATE THEIR OWN INSHORE RESCUE BOATS IN IRELAND

**Mr. John Leech**

Irish Water Safety, Galway, Ireland

The Community Rescue Boats Ireland (CRBI) are a nationwide group of independent voluntary rescue boats which are trained and administrated by Irish Water Safety (IWS). They are normally declared as a resource and make themselves available to the Coast Guard, who respond to emergencies in their area of responsibility on a 24/7/365 basis. These stations have traditionally been set up following drowning tragedies in their communities.

As a result of our work and submissions to the Department of Finance, our Government now runs a scheme for these stations to allow them to apply for refund of their Value Added Tax (VAT) which is 23% in Ireland. This means that the state essentially supports their efforts financially by almost a quarter. The scheme was established in 1985 and was modified to allow stations based on our inland waterways avail of the refund in 2013. Our argument was that 62% of drownings occur at inland waterways sites and that we needed to do more to address this issue.

IWS administers this scheme on behalf of the Government through the Revenue Commissioners in the Department of Finance. In addition, IWS trains their boats crews and coxswains as well as advising them on their establishment and operation and through two annual seminars that we run for them. There are currently sixteen such stations operating in Ireland and we take our standards from the International Maritime Rescue Federation. To qualify for the scheme, they must pass an annual inspection on their station, boats and crews in particular regard to the quality of the station, operational readiness, training, qualifications and equipment. Since it was introduced in to the inland CRBI stations we have seen a decrease in the number of drownings.



Ballinskelligs underway



Derrynane underway

**SENSELESS...** The photo on the right was taken from Ballysaggart pier of two sea anglers in a plastic dingy with no lifejackets. Malin head coastguard radio station was informed of situation and they tasked the Killybegs Coastguard RIB (that was on exercise in the Bay) to make contact with the occupants of the dingy and make them aware of the serious risk to their lives. The photo was taken with a phone through binoculars



Leitrim's Water Safety committee members: Olive Brennan, Dymrna Creggan, Aoife Heeran, Ruth McLoughlin, Kathleen Gilmartin as Sheila Mollahan.





# PULMONARY MECHANICS OF RESCUE VENTILATION

Dr. John Fitz-Clarke

Department of Emergency Medicine, Dalhousie University, Halifax, Canada

## INTRODUCTION

Mouth-to-mouth (MTM) ventilation goes back centuries. The first gas analysis was conducted by Elam and Safar on volunteers in the 1950s. It was later recognized that gastric inflation risked regurgitation and aspiration. There has since been a search for the ideal tidal volume and breath timing, with debate over slow breaths versus fast breaths. Our goal has been to determine the optimal ventilation parameters for adequate oxygenation and minimum gastric inflation.

## METHODS

We conducted a three-phase study into the physiology of rescue ventilation. This involved measuring mouth pressure profiles on an instrumented test lung, calculating victim blood gas levels based on expired air ventilation, and developing a predictive model of gastric inflation with an unprotected airway. We combined these components together to calculate the optimal parameters of rescue ventilation. (1) Ventilation Pressures The shape of actual mouth pressure profiles has never been reported in MTM ventilation. We interfaced a test lung (Michigan Instruments) to a custom-built data acquisition system comprised of pressure and displacement sensors, signal amplifiers, and a USB-based analog-to-digital converter. A soft cushioned face mask was used to simulate the victim's mouth, and airway resistances and lung compliances were set. Health care students were recruited to perform simulated mouth-to-mouth ventilation, and asked to blow fast and slow to a metronome set for 0.5, 1.0, 2.0 sec inflations, with low and high volumes. We measured tidal volumes and mouth and alveolar pressure profiles. (2) Alveolar Gases We developed a predictive model of alveolar gas exchange during rescue ventilation by deriving equations of lung

oxygen and carbon dioxide levels, and calculating alveolar gas exchange between rescuer and victim. The rescuer inhales fresh air and victim receives expired air. Gases pass through both dead spaces and mix in alveoli. The role of lung volumes, tidal volume, frequency, metabolic rate, and shunt were investigated. The target objective of ventilation was victim arterial oxygen saturation of 90 percent. (3) Gastric Inflation A predictive model of lung and gastric inflation was developed incorporating mouth pressure profiles from test lung data. Exceeding lower esophageal sphincter pressure (LESP) causes stomach inflation. Gastric volume equals integrated esophageal flow.

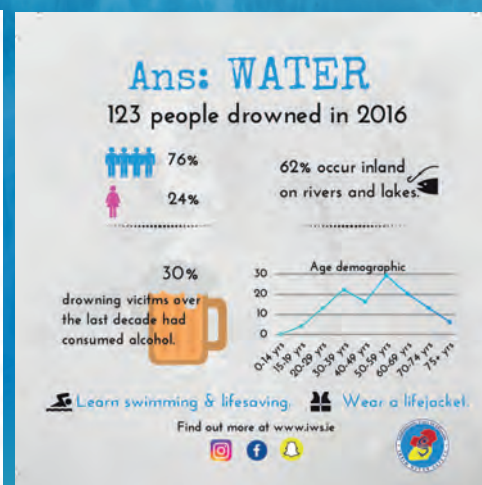
## RESULTS

Mouth pressure profiles were acquired while volunteers blew into the test lung at various tidal volumes and durations. We derived the theoretical relationship between lung ventilation and gastric inflation volume, which depends on mouth pressure, LESP, lung compliance, and airway resistance. Shorter breath times are inadequate for gas exchange, and longer times inflate the stomach. The theoretical optimal inflation time is close to 1.0 sec. Exhaled air MTM tidal volume is 0.7 litres for 90 percent arterial oxygen saturation. Fresh air ventilation requires at least 0.6 litres tidal volume. Larger tidal volumes are necessary for higher target oxygen saturations or presence of shunt.

## CONCLUSIONS

Ideal MTM inflation time with exhaled air is close to 1.0 sec and 0.7 litre tidal volume. This achieves adequate oxygen exchange while minimizing risk of gastric inflation. These results provide a theoretical foundation for defining optimal rescue ventilation.

**100,000  
BEER MATS  
DISTRIBUTED  
TO RAISE  
AWARENESS**



# The ongoing development of permanent community-based Life Saving Training Centers on the West Coast of Ireland.

By Brendan McGrath, IWS Clare

The Local Authorities provide a lifeguard service on populated coastal beaches from June until September. During the off season, local safety provision and rescue is provided by a number of voluntary groups. Overall safety around the Irish Coast is monitored by the Irish Coast Guard. While this service is available on a 24/7 call-out basis, it has a limited permanent presence throughout. The growth in open water activities throughout the year has led to the need for initial rapid response from suitably trained personnel. National and local lifeguard statistics show the number of rescues during the Summer months.

Official statistics for out-of-season water-based incidents were not recorded until the current developments. Until recently these out-of-season rescues and incidents were carried out on an anonymous basis and were only acknowledged through word of mouth. As part of the development of the Life Saving Centers, statistics are now recorded. There is now recorded evidence for seven rescues during the 2016/17 Winter/Spring season. These statistics are now part of all efforts to gain support for the various projects.

A concern by IWS - Clare was that many of the local groups providing rescue response were poorly trained, had low membership, had poor succession plans, were badly funded and had, in some instances, a negative influence over other proposed developments. IWS - Clare was also concerned that, throughout Ireland, many coastal areas have young populations for whom water safety education is limited.

IWS - Clare had the vision, influenced by developments in other parts of the world, of building permanent training centers in populated beach areas. These centers will be run by local residents. Initially the plan was to source suitable buildings/sites as close to the beaches as possible. Big efforts were also to be made to bring existing sub-groups together, each with their own identities and structures, to develop positive synergies and generate economies of scale. Each center will have a different prime focus, depending on its location and specific needs, while the overall provision of education and training will remain a priority. Failures during early efforts (throughout a fourteen year period) highlighted issues to be overcome. These included opposition by local groups and environmentalists. Atlantic storms also caused problems with locations. In 2014 Local Authority personnel combined with renewed local interests in providing modern facilities at our beaches due to our location within a major tourist initiative called the "The Wild Atlantic Way". The vision of 'no drownings' and 'reduced incidents' will be achieved through agreed education and training programs and central administration.

The involvement and co-operation of other existing voluntary groups and Local Government Agencies will be highlighted by the presentation of two case studies. Case Study 1 outlined the successful completion of one permanent Life Saving Training Center in a location with a population of 829 (2016 Census) and with seven interest groups already in situ. Case Study 2 outlined the current development of a centre in a

location with a population of 638 (2016 Census) and with twelve interest groups in situ. Contacts were made, meetings held and talking moved to the practical work of site identification, planning and fund raising. Our first Training Centre was formally opened in 2015 by the President of Ireland and political dignitaries. Fund raising initiatives have ensured that the first training centre is now debt free. Along with our ongoing annual teaching and training programs, our first centre is now being used by local groups (e.g. scout troops, local schools etc). Arising from our meetings and involvements with the Local Authority, our pre-summer schools education program is now combined with Local Authority environmental programs to ensure a broader education about our coastal environment. Our second Training Centre is at the planning application stage and will be complete in 2018. In this second location, a voluntary off-season lifeguard group has been formed and is active from a training and rescue point of view. This group has performed seven crucial rescues during the 2016/17 winter season. A third Centre is currently under consideration in co-operation with our Local Authority. We are in the early stages of negotiating with local interest groups and trying to overcome fears. A site has been identified in co-operation with the Local Authority. Brendan's insights were featured as a poster presentation at the World Congress on Drowning Prevention 2017 in Vancouver, Canada.

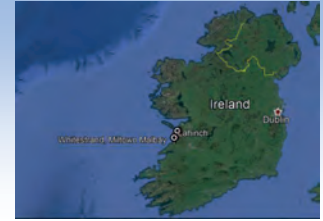
[www.wcdp2017.org](http://www.wcdp2017.org)





## Partnerships Developing Community Based Lifesaving Training Centres in the West of Ireland

Brendan McGrath



**Vision of Irish Water Safety - Clare:** Reduce drowning and incidents with the provision of permanent community based Life Saving Centres in the west of Ireland

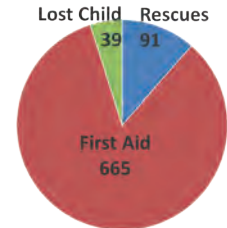


Figure 1. Map of Ireland showing location of both centres in Co Clare on the west coast

### Background

- Seasonal rescue / incident statistics available.
- No out of season rescue / incident statistics available but many are reported
- Many small interest groups are poorly supported, have low membership and little training
- Major populated tourist centres ("Wild Atlantic Way")
- All year water activities

### Seasonal Rescue & Incident Statistics (Jun-Sep 2017)



**Centre Focus:** Influenced by local activities and needs. Each will provide lifesaving training and education, sport of lifesaving development, act as rescue equipment storage points and provide local voluntary rescue services, who will support the seasonal lifeguards and national rescue services.

### Case Study 1: Whitestrand, Miltown Malbay, Co. Clare (Population: 829)



Figure 2. Aerial photo of Whitestrand training centre

#### Facilities

- Large equipment storage area
- New public toilets
- Modern lifeguard station
- Two training rooms
- External warm public showers

#### Process

- Two years of meetings
- Major support of local authority
- Political support
- Built within 1 year

#### Interested Local Groups

- Irish Water Safety - Clare
- Clare County Council
- Irish Coast Guard
- Miltown Malbay Tidy Towns
- "Save the Whitestrand" Group
- Environmentalists
- Localism!

Total Cost: €252,000



Figure 3. Storage area of training centre with lifesaving equipment and rescue boat



Figure 4. President of Ireland Michael D Higgins opening training centre in March 2015



Figure 5. Training centre being used by Irish Coast Guard

### Case Study 2: Lahinch, Co. Clare (Population: 629)



Figure 6. Aerial photo of Lahinch beach with building location highlighted

#### Interested Local Groups

- Irish Water Safety - Clare
- Clare County Council
- Irish Coast Guard
- Red Cross
- Lahinch Seaworld
- Lahinch Golf Club
- Lahinch Rescue
- Five Surf Schools
- AED Group
- Surfer Rescue Group

#### Facilities

- Equipment storage area
- Add on to existing infrastructure
- Voluntary Rescue Centre base

#### Process

- Meetings with interest groups for many years
- Planning permission approved in 2017
- Estimated finish - April 2018

Estimated Cost: €105,000





# National Aquatic Centre recognises IWS Training Facility



From L-R: Helen Ryan (Instructor), Aidan Collins (Instructor/Examiner & NAC Class Secretary, Ann McClean (Instructor/Examiner & NAC Deck Manager) and Naoise Collins (Instructor).

Between the 4 of us we have over 70 years IWS experience across many pools and even more years but the last 10 years in the NAC! Both Helen and Naoise did all their Water Safety at the NAC, progressing from the Safety Awards all the way through to Instructors.

## LEINSTER OPEN SEA SWIMMING

By Brendan Devlin, IWS Louth



Leinster open sea swimming are the organisers of open water swim races along the east coast of Ireland. The swim distance for each race is generally 1.8 to 2.2 kilometers, and all swimmers are required to swim in skins (i.e non wet suit). Points are awarded to all finishers of races on a sliding scale, which are counted towards the swimmer of the year competition. The major swims are the island swim at Irelands eye, the Dunlaghoire harbour swim and the famous river Liffey swim which attracts over 500 swimmers. Open sea swimming improves swimming skill's and swimmers can gain experience in open water under controlled race conditions. This type of experience is valuable in water safety terms as it challanges the swimmer to cope with varying sea conditions and enhances swimming skills. After a rendition of "Molly Malone" on Watling Street bridge, I competed in

the 98th and my first Liffey swim. I found it to be a challenging and rewarding experience. I would encourage Irish Water Safety life guards, surf life savers and IWS instructors to get involved as a swim competer or providing board rescue cover in these open sea events.



## Irish Water Safety LIFEJACKET CAMPAIGN

Water Safety begins with prevention and education. For anglers and boating enthusiasts lifejackets can save lives. This campaign brings that message to the places where it matters most. We aimed to challenge the judgement of the person who thinks that a lifejacket is unnecessary or just a weighty bit of kit that they don't need. In short, all those who enjoy boating or angling on the water engage in some preparation beforehand. They use items to protect themselves and their equipment that are just part of their routine. Things they wouldn't be on the water without. Our marketing campaign aims to disrupt their preparation and journey to the water with messaging on outdoor 48 sheet posters and on radio across the country that urges them to make lifejackets an essential part of that routine. By doing so, we endeavour to make it socially unacceptable not to wear a lifejacket. Look out for the outdoor media at locations near popular fishing and boating spots while the messaging is localised to those specific areas.



Summer at Conaty's Point Lough Ramor Co. Cavan

# Erne Stations Partners with Irish Water Safety in Water Safety Awareness

Erne Stations Partners with Irish Water Safety in Water Safety Awareness. Safety is the number one priority for ESB GM&M business and core to its daily activities, as part of European Safety week, the Erne Stations Partnered with Irish Water Safety to run a Water Safety Awareness Course, "In Hydro plants we are surrounded by water and very aware of water as a hazard, but it's been some years since we actually ran a course on water hazards and rescue techniques" said plant Manager Sinead Treanor, "we contacted Irish Water Safety and they were able to facilitate us with an excellent awareness course that covered the basics". Irish Water Safety is the statutory body estab-

lished to promote water safety in Ireland. Irish Water Safety's water awareness course is part of a strategy to reduce these fatalities, by teaching basic rescue techniques, raising awareness and changing behaviours. A unique aspect of the day was water based training, making use of the local swimming pool, Seamus continued, "the pool session is an important aspect of the course, its practical demonstrations, experiencing movement in the water, simple rescue techniques and aspects of buoyancy aids, lifejacket (PFD) wearing, checking and use, it allows the participants to understand and practice techniques in a safe environment". This



lished to promote water safety in Ireland. Seamus O'Neill of Irish Water Safety explained, "our role is to educate people in water safety best practices, we develop public awareness campaigns to promote water safety, rescue skills and change behaviour to prevent drownings and water related accidents, we are probable best known for water safety courses for schools, training lifeguards and instructors but we run courses for adults, and courses such as this one for people who work on or near water. "This course is designed to raise awareness and cover basic water safety techniques", Seamus added, "we cover Drowning Statistics, Open Water Hazards at a wide range of water based situations and locations. Legal Aspects (HS Legislation) are covered along with Personal Safety, Simple Rescue Techniques, Personal Flotation Device (PFD's) & an introduction to Basic Life Support (BLS), we were delighted to be able to work with ESB in delivering the course". Tragically, an average of 137 people drown each year in Ireland,

course proved very relevant to us on many levels", Sinead Treanor noted, "highlighting the dangers and risks around water activities, we have internal procedures and assessments around working on and over water, the course compliments our approach and connected with staff, as was seen from the good level of participation and engagement in the room". "The pool session was something different for us but it proved very useful, from to moving in water, clothed, using life jackets and poolside use of throw rings, everyone gained experience that is very valuable. As certificated course, the skills gained are of immense practical use to the individual, at work and at home". Erne Stations would like to thank the Donegal Water Safety Committee and Ballyshannon Leisure Centre for their assistance in facilitating the course, and congratulate Irish Water Safety on the excellent ongoing work that the organisation is doing around water safety in Ireland.



# IWS update...



Smiles of pride as another group of swimmers at the Coral Leisure Centre in Ballinasloe add to their skills with Irish Water Safety's Junior Lifeguard programme, available for any Swim Teachers at any pool nationwide. Search Junior Lifeguard at [www.iws.ie](http://www.iws.ie).



Left to right Emily Jane O'Mahony and Rachel Cotter U12 Nippers, Wexford - 2nd and 1st, Inchydoney Nippers, West Cork.



Starting early! Six month old Seán making a splash and enjoying the pool at Tralee Sports Centre in County Kerry.



Alice Doorly takes a few minutes out from a busy day of volunteering at Irish Water Safety's National Awards Ceremony in Dublin Castle to speak to camera about her long commitment to Irish Water Safety and the reasons that she finds the whole experience so rewarding.

# ***Cork Masters retain overall All-Ireland title for the fourth year in a row! – Anne Beechinor***

Following on from their impressive 19 medal win at the World Surf Life Saving Championships, which were held in the Netherlands in September 2016, Cork Surf Life Saving Masters have had another extraordinary year in 2017. Starting with the Indoor Championships in February, the team deservedly scooped the All-Ireland Indoor Trophy having won 36 medals in both Individual and Relay events across all age groups and disciplines. Masters immediately commenced outdoor training for the European Championships and in the coldest waters of the year Cork Masters could be seen regularly, skiing, swimming and boarding from Inchydoney to Duneen. Twelve Masters travelled from Cork to Alicante, Spain in May for the four

day event which incorporated both Pool and Open Water Life Saving competitions. Again Cork proved their metal, adding a further 19 European Medals to their stash. The All-Ireland Open Water Championships were held in Rossnowlagh, Co. Donegal in September, an arduous six and a half hour trek from their training grounds in Clonakilty. Here again, Cork Masters won 18 All Ireland Medals and were crowned overall winners of the Combined Open and Indoor Championships for 2017. What an achievement for a team who train with the minimum of facilities. Equipment is stored in a horsebox as the club do not have access to a permanent Club House. Undeterred, training takes place regardless of such comforts. Even access to training

in a competition pool involves making a five hour round trip to Limerick to take advantage of the 50 metre pool there. The most striking thing about Cork Masters is the sense of teamwork and fun. Being in the Cork club is primarily about challenging oneself to where one needs to be next. Everyone's personal achievements are celebrated regardless of where they are placed in the competition. Training for many is a break from the ordinary to be part of something extraordinary. Irish Water Safety's motto 'every person a swimmer, every swimmer a lifesaver' is certainly palpable amongst the Cork Masters who are just delighted to be part of something bigger than themselves as individuals!



## **Irish Water Safety**

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



# Water Safety Awareness Presentation to Irish Naval Service

On 14<sup>th</sup> November John Claffey who is on the Awareness Course working group travelled to the Irish Naval base in Haulbowline, Co. Cork to speak to the new batch of recruits currently undergoing training there, we were asked to give a safety talk by Lt Chris Morgan, Safety Advisor for the

Naval Service as part of the Defence Forces Health, Safety & Welfare Awareness Week 2017. John presented the awareness course presentation to the recruits and their trainers which was approx. 35 in the group, there was particular interest in the dangers associated with rivers when in flood as they

may be called upon to back up other emergency services as well as basic rescue techniques. There was very good interaction with the recruits and trainers and the feedback was very good with an invitation to return for the next group of recruits.



Learning to keep safe around water – **PAWS** Programme in action at Castlepollard Parochial School.

Submitted by Wendy Gillespie -  
Castlepollard Parochial School,  
Co. Westmeath.



# IWS - Louth

Training Day at Clogherhead Beach, Co Louth



IWS Louth celebrating the retirement of Ita Hamill during our water safety summer week, Ita has taken a step back and to celebrate her retirement we ordered a wonderful cake. A lovely afternoon was had by all.



Louth Irish Water Safety have been included in the Blue Chip Community Fund in our local Tesco Store. Photo right of presentation of cheque for €311.20

IWS Louth - AGM 2017



# Know You're Market

## Targetting At-Risk Groups

by Roger Sweeney

Marketing can be a useful educational tool to change skills, attitudes and behaviours so that drownings are prevented. That said, there are many who are not necessarily interested in swimming and lifesaving and as a result may be hesitant to learn about staying safe in, on or near water. You would be forgiven for presuming that this cannot be the case so we delved a little deeper to find out and commissioned a consumer survey representative of the entire population so that, from a marketing perspective, we could quantify a particularly challenging demographic to target with marketing initiatives. Here's what we found out:



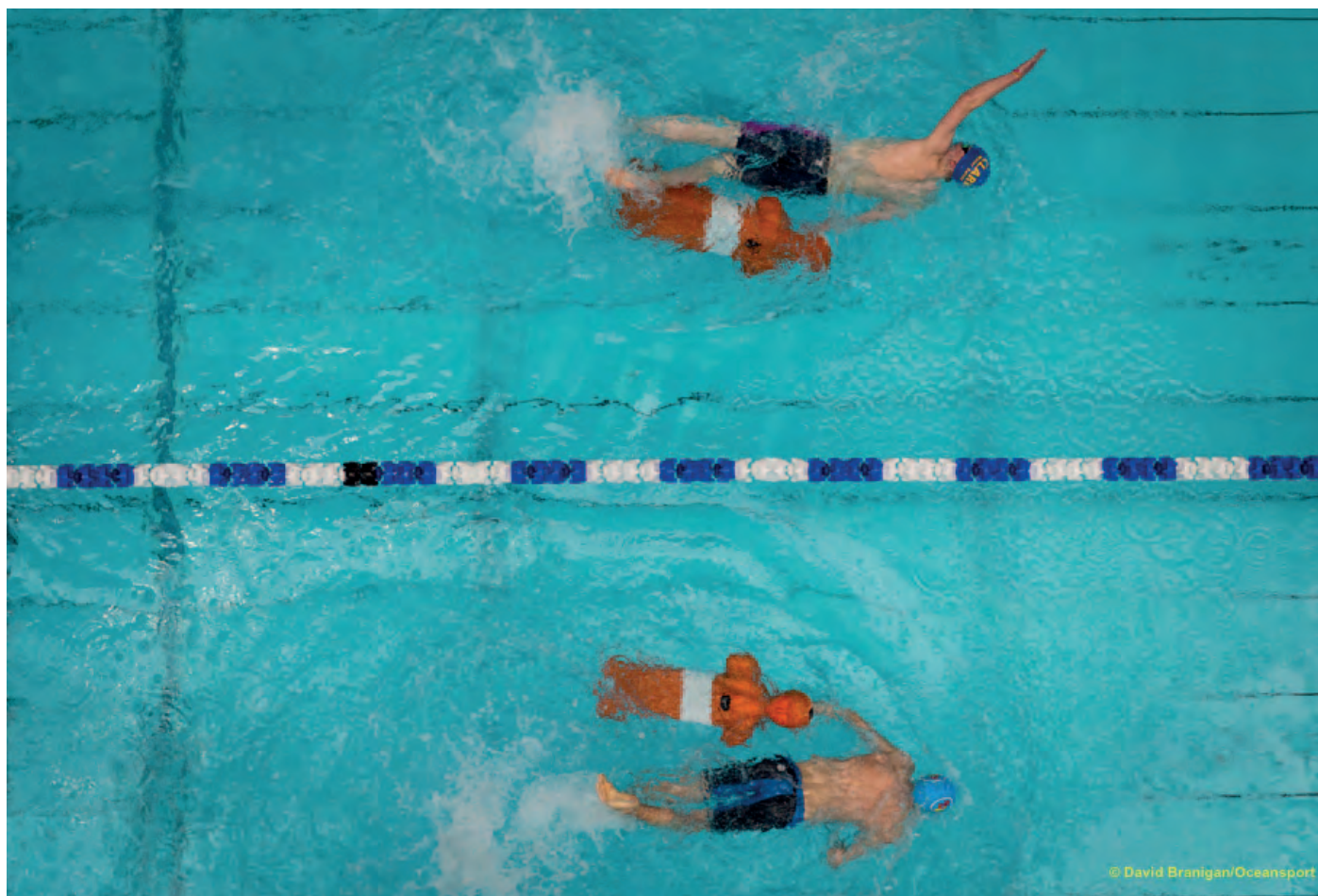
Preparations for three of this year's marketing campaigns took these factors into account, two of which I wrote about in the last edition of Lifesaving, available online ("Don't Let Water Destroy Summer" and "A Lifejacket Protects"). The third campaign featured Olympic rowers Gary and Paul O'Donovan who had won silver in rowing at the Olympics last summer. Known for their light-hearted interviews crediting "steak and spuds" and an ability to "pull like a dog" for their Olympic success, the O'Donovan brothers were ideal IWS ambassadors to appeal to a wide audience including those who may not necessarily have a keen interest in aquatic activities. The authenticity of their commitment, their good humour and the pleasure they so clearly took in their sport lifted the spirits of people not only here at home but also around the world. This positivity paid dividends in the IWS campaign that was purposively non-preachy in its approach and can be viewed on our YouTube and Facebook channels where tens of thousands have already listened to their advice.

The campaign reached out to a population of 4.8m that invariably lives close to water. About two million people - 40% of the population - live within 5km of a coastline that stretches for over 3,000 kms. 40,000



people live within 100 metres of the coast. These people are part of an at-risk group to target with media campaigns, however they are not the only ones at risk as 62% of drownings actually occur inland where our four longest rivers meander for nearly 1,000km, our four largest lakes extend for 900 sq km and our navigable inland waterways stretch for 900km. Time will tell if the O'Donovan brothers' generous partnership with Irish Water Safety will influence the attitudes and behaviours of a population that drowns at an average rate of eleven every month, 80% relatively close to their own homes and 80% male.

# National Pool Lifesaving Championships 2017



Caimin Kavanagh from Wicklow and Conor Mahoney from Clare competing in the Irish Water Safety Stillwater Championships 2017 at the UL Sport Pool in Limerick. Photograph: David Branigan/Oceansport



Conor McInerney from Wicklow competing in the Irish Water Safety Stillwater Championships 2017 at the UL Sport Pool in Limerick. Photograph: David Branigan/Oceansport



Cork's Liam Crowley towing the rescue manikin while competing in the the Irish Water Safety Stillwater Championships 2017 at the UL Sport Pool in Limerick. Photograph: David Branigan/Oceansport





Michael McAndrew from Galway surfaces with the rescue manikin while competing in the Irish Water Safety Stillwater Championships 2017 at the UL Sport Pool in Limerick. Photograph: David Branigan/Oceansport



IWS; water safety; rescue; drowning; sport; competition; swimming; lifeguard; UL; Michael McAndrew; Galway



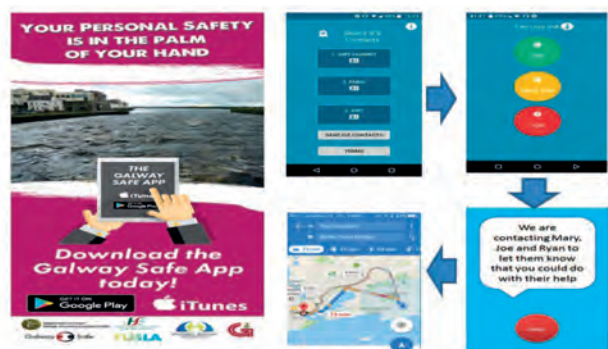
# Galway Safe App

In a lively, vibrant city such as Galway alcohol use often forms part of the social life, especially for students and other young people. Alcohol is often being consumed close to hazardous places such as canals, rivers and the sea and this has given rise to concerns around an individual's personal safety. There is an all too tragic incidence of water tragedies in the waterways of Galway City and in response, the Western Region Drug & Alcohol Task Force have devised a digital app which may assist somewhat in reducing future tragedies in this

area. Its development may very well help to support the health and wellbeing of people on a night out in Galway City.

The Galway Safe App uses GPS technology to send an alert to a person entering designated areas close to the water's edge between the hours of 10pm and 6am, to determine their well being. In the event the person requires support, the app offers the user the opportunity to speak to one of their designated ICE numbers or alternatively the Samaritans and/or the emergency services.

The 'Galway Safe' app is not being promoted as a panacea to resolving deaths by drowning in this area but in supporting the initiative, we hope that its development can make some difference in supporting the health & wellbeing of vulnerable people on a night out in Galway City. If know any students and young people living in Galway City, please prompt them to consider downloading the app and "together, let's bring drownings down."



**Galway Safe App.** Download your personal ICE contacts; alerts you when you may be in a risky situation; links to support agencies; enables friends or emergency service to find you as quickly as possible.

Galway Safe



Supporters of the Galway Safe App include representatives from Irish Water Safety, Gardai, Fire Services, RNLI, NUIG, GMIT and TUSLA.

EUROPEAN JUNIOR  
LIFESAVING  
CHAMPIONSHIPS



IRELAND 2018



website live now!

[www.lifesavingejc2018.ie](http://www.lifesavingejc2018.ie)

**In 2018 Ireland will proudly host the European Junior Lifesaving Championships. The event will take place in the West Of Ireland along The Wild Atlantic Way at the University of Limerick 50m pool and at Kilkee beach in Co Clare.**

Check out our new website for the event  
- [www.lifesavingejc2018.ie](http://www.lifesavingejc2018.ie)

The Irish Water Safety website [www.iws.ie](http://www.iws.ie) is also currently being completely redesigned and will launch in the early part of the New Year with new features to make your online experience more user friendly.

# Dún Laoghaire Rathdown County Council & Sandycove Bathers Association team up to save lives

by Peter Keating, Water Safety Development Officer at Dún Laoghaire Rathdown County Council.

Sandycove Bathers Association presented dlr County Council with a potentially life saving defibrillator device. An Cathaoirleach, Cllr Tom Murphy accepted the generous gift on behalf of the Council, which was put in place at the 40 Foot Bathing area by Council staff from the Municipal Service Dept Beaches Section. The defibrillator was able to be gifted to the Council by the fundraising efforts of Sandycove Bathers Association, in particular Ger Kennedy, who has taken part in a number of charity fund raising sea swims in order to reach the funding target. An Cathaoirleach said "I would like to pay tribute to the generosity of the Sandycove Bathers Association, especially Ger Kennedy, President Fred Espey and Honourary Secretary Maurice Byrne. Their civic minded gesture could very well be the gift of life to a bather in difficulty and I would like to commend everyone connected with the Association for their hard work and commitment to their community."



Defibrillator device provided by Sandycove Bathers Association



L-R, Peter Keating, Environmental Enforcement Officer, Dún Laoghaire-Rathdown County Council. Ger Kennedy, Sandycove Bathers Association. Maurice Byrne, Honorary Secretary, Sandycove Bathers Association. Fred Espey, President, Sandycove Bathers Association. Councillor Tom Murphy, Cathaoirleach of Dún Laoghaire-Rathdown County Council. Dave Mooney, Beach Supervisor, Dún Laoghaire-Rathdown County Council. Tommy Ryan, Sandycove Bathers Association. Photo by Peter Cavanagh Photography



40ft Bathing Place, Sandycove - A group of hardy souls were pictured at the installation of a defibrillator at the 40ft bathing place sponsored by the Sandycove Bathers Association and maintained by Dún Laoghaire-Rathdown County Council. Photo by Peter Cavanagh



40ft Bathing Place, Sandycove - Pictured at the installation of a defibrillator at the 40ft bathing place sponsored by the Sandycove Bathers Association and maintained by Dún Laoghaire-Rathdown County Council were, left to right, Councillor Tom Murphy, Cathaoirleach of Dún Laoghaire-Rathdown County Council. Mary Connolly, Sandycove Bathers Association. Fred Espey, President, Sandycove Bathers Association. Photo by Peter Cavanagh



# FLAGMOUNT 50 YEAR CELEBRATIONS

by Clare WSAC

Lough Graney is the largest lake in County Clare, nestling on the southern slopes of the Sliabh Aughty mountains, in a very picturesque area in the North East of the county. It is the setting of Brian Merriman's epic poem in Irish "Cuairtán Mheain Oiche". It is also the place where, for 50 years, water safety classes have taken place for two weeks every summer in an unbroken sequence. In 1967 a local shop-keeper and county councillor, the late Tommy O'Mara, instigated the lessons at the pier in Flagmount on the eastern shore. As the years went by Clare Water Safety Association (now known as Irish Water Safety, Clare) became the body responsible for the swimming and lifesaving lessons. Since 1967 various local volunteers have worked hard to ensure the continuation of the lessons. This involved liaising with Irish Water Safety, Clare to ensure that instructors and equipment would be available at Lough Graney for the last week of July and the first week of August each year. It continues to involve

the commitment of the local organisers has doubly paid off. As well as ensuring countless local children have learned the vital skills of swimming and life-saving, the numbers attending has ensured that many past pupils are becoming available to return as instructors. This is a very rewarding trend and eases the load for everybody involved. There has always been a tradition of participation and fun as being important elements of the Flagmount lessons. After two hard weeks of learning, often in inclement weather (picture the scene of younger kids hugging hot water bottles) and with only very basic changing facilities, testing takes place on the final Friday. Then all participants and their parents enjoy a lake shore party with hot chocolate and a variety of tasty treats! This is a highlight which is greatly enjoyed by the kids and their parents/guardians who row in by providing food and assisting with the party and the clean-up. To celebrate the 50<sup>th</sup> Anniversary a special celebratory event

given a massive welcome as they swam to the shore, accompanied on the home stretch by current life-saving students. John and Ken then unveiled a specially commissioned stone bench, inscribed with the Irish Water Safety logo and other suitable inscriptions to mark the 50<sup>th</sup>. All proceeds from the swim went to Raheen Hospice, near Scariff, which provides a fantastic local service. Local organisers Kathleen McNamara and Frances Brady, with their hard-working committee, were honoured by the presence of John Leech, Chief Executive of Irish Water Safety Association. John spoke very eloquently and his passion for water safety as a vital life-skill was clearly evident. He was fulsome in his praise for the Flagmount committee for their commitment to keeping the lessons going and for organising such a wonderful event. John also spoke on Scariff Bay Community Radio whose outside broadcast unit spent the day on the lakeshore. He made some very generous presentations on behalf of Water Safety Ireland and he in turn was presented with a suitable memento of the day. Other special guests included Clare McGrath Clare County Council Water Safety Officer; Patrick O'Grady Chairperson of Irish Water Safety Clare; Sinead Mortell secretary of Irish Water Safety Clare and local councillor Pat Hayes. The attendance really appreciated a visit from the Irish Coast Guard's Rescue 115 Helicopter which is based in Shannon. They posted a very nice thank you for the welcome they received on the "Flagmount Swimming Lessons" facebook page. Specially designed tee shirts were printed to mark the occasion and they are in great demand by children and adults of all ages. The organisers appreciate the support of Lough Graney and District Angling Club and the numerous volunteers who assisted in so many ways in the organisation of such a unique event. Irish Water Safety Clare was outstanding in its support also and this is much appreciated. Finally, it is fitting to praise the magnificent contribution of a small band of committed volunteers who have ensured the continued success of water safety lessons in Flagmount and the passing on of such important skills to countless children and young people. Here's to the next 50 years!



taking registrations, fees, publicity and ensuring the instructors have every facility required. Occasionally it was difficult to get instructors as Flagmount is a very rural village and a little bit isolated in comparison to the busy resorts on the west coast of Clare. Nevertheless, the determination of the local organisers ensured that instructors were found every year. Indeed the local secretary once provided lodgings in her own home for two young instructors who came all the way from Cavan in a year in which Clare instructors could not be found. Meals for instructors are also provided when required. Thankfully,

was organised for Saturday 29<sup>th</sup> July at Flagmount pier. A variety of water-based and on-shore activities were set up by the organising committee. These included paddle boarding, kayaking, zorbing, swimming, novelty water games for the children, boat racing, live music, refreshments and a barbeque. Flagmount was en-fete for the weekend and there was a fabulous attendance as the weather, thankfully, obliged. A highlight of the day was a charity swim, the full length of the lake, 3.1 miles (5km), by two local men John O'Mara and Ken Collins who had themselves learned their swimming at the pier. They were

# IRISH WATER SAFETY - KILDARE



IWS Kildare - Trainee Instructors (26 participants) course held in Kilcullen Co. Kildare in December 2017



IWS Kildare Jean Mahon, Hon Treasurer receiving 15 year service award from Philip Keleghan, Vice Chairperson in December 2017



Gold Award Winner, Hanna Begley - Instructor IWS Kildare with President Des FitzGerald University of Limerick.

Hanna received the gold award for completing over 60 hours of volunteering between September and May of the college year 2016/2017.

## Calling all members of IWS...

### All Memberships expire on the 31st of Dec 2017

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](http://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.



# WSDO Conference

by John Leech, CEO



The Annual Water Safety Development Officers Conference 2017 was hosted jointly by Waterford County Council and Irish Water Safety. There were a number of interesting speakers over the two days. They included Matthew Sills (IWS Medical Officer) on jelly fish stings and their effects; Buddy Cuddihy on the role of the Surf Rescue Boat as a tool to improve Lifeguarding on our busy Surf Beaches; our Chairman Martin O'Sullivan on Risk Assessments in Swimming Pools and the new International Lifesaving Federation standard that will be used in Ireland and Oisín McGrath and Matthew Kelly of Drone SAR on the use of Drones as an aid to lifeguarding on beaches. This demonstration was completed on Tramore Beach from the Lifeguard Training Centre. It was particularly interesting and it demonstrates the depth of talent that we have in Irish Water Safety (IWS). The use of drones was trialled at Spanish Point during the bathing season with partners Clare County Council and Drone SAR working on this pilot project together. There were some positive results and a number of issues raised from the project which will help us develop them further. One thing for sure, they are here to stay for the moment and other Lifesaving organisations around the world are also trialling them. One of our field visits this year was to Waterford Airport where we met the crew of the Coast Guard SAR helicopter, Rescue 117. It is a Sikorsky 92 which replaced the Sikorsky 61 helicopter which had operated for many years previously. There was an obvious air of poignancy following the tragic loss of the crew of Rescue 116 off Blackrock Co Mayo in March of this year. Rescue personnel from many organisations and agencies all feel the enormous loss of these 4 dedicated Helicopter Crew who had saved so many lives during their careers as SAR pilots and air crew.

Ár Dheis Dé go raibh a h-anam.



## 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/>

**Irish Water Safety** ...Know what you're getting into...[iws.ie](http://paws.iws.ie/)...



# 1 STOP THE SPREAD



## ANGLERS

Are you unknowingly spreading invasive species on your watersports equipment and clothing?

For more information go to

<http://invasivespeciesireland.com/what-can-i-do/check-clean-dry/>

2

Invasive plants and animals harm the environment, reduce the quality of fishing and spread disease. Please help to stop them by following the Check, Clean, Dry code:



**Check your equipment and clothing** for living plants and animals. Pay particular attention to areas that are damp or hard to inspect.



**Clean and wash all equipment, footwear and clothes thoroughly.** If you do come across any plants and animals, leave them at the water body where you found them.



**Dry all equipment and clothing** - some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.

**Disinfect your equipment and clothing** with Virkon or an iodine-based disinfectant or hot water (over 40°C) following a 24 hour drying period.

3

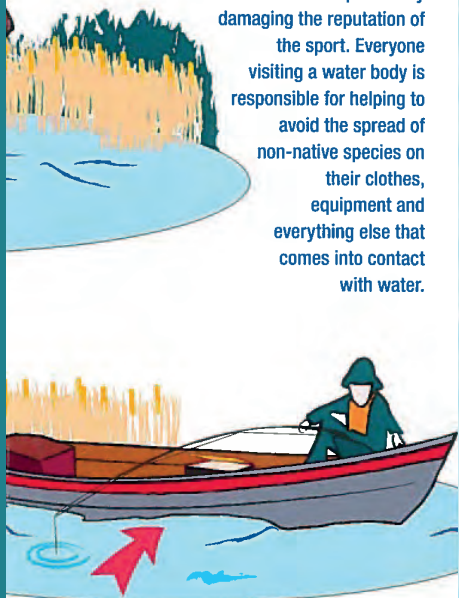


Remember to check and clean these places



4

While most anglers are vigilant about the risk of spreading non-native species and diseases, there is a real risk that those that aren't could accidentally spread these organisms, harming the environment and potentially damaging the reputation of the sport. Everyone visiting a water body is responsible for helping to avoid the spread of non-native species on their clothes, equipment and everything else that comes into contact with water.



For more information go to

<http://invasivespeciesireland.com/what-can-i-do/check-clean-dry/>

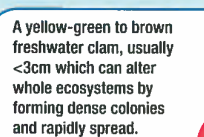
5

Just a few of the invasive species that can cause problems in our waterways:



KILLER SHRIMP

This large shrimp (up to 3cm) is a voracious predator of other invertebrates and can survive up to 15 days in damp conditions.



ASIAN CLAM

A yellow-green to brown freshwater clam, usually <3cm which can alter whole ecosystems by forming dense colonies and rapidly spread.



FLOATING PENNY-WORT

This plant can grow up to 20cm a day! Look out for its shiny leaves (up to 7cm wide) with a crinkled edge.

Pests and diseases such as "fish louse" and "Crayfish plague" cause extensive suffering and mass fish kills and can even lead to fishery closures.



FISH DISEASES

6



The Check Clean Dry campaign was launched in Ireland in 2017 following mass kill of the protected White-clawed crayfish by the crayfish plague.

The main aim of the campaign is to draw attention to the need for aquatic biosecurity measures to prevent the spread of this and other problem species.

The Check Clean Dry campaign is supported by a range of organisations including:



An Roinn Ealaíona, Oidhreachta, Oritrial Ríegionach, Tuisle agus Gaeltachta  
Department of Arts, Heritage, Regional, Rural and Gaeltacht Affairs

An Agency within the Department of Agriculture, Environment and Rural Affairs  
[www.danr.ie](http://www.danr.ie)

NIEA Northern Ireland Environment Agency

National Biodiversity Data Centre  
Documenting Ireland's Wildlife

catchments.ie

For more information go to

<http://www.biodiversityireland.ie/crayfish-plague/2017>

Report dead crayfish and invasive species:

<http://records.biodiversityireland.ie/record/invasives>



# Surf Rescue National Championships 2017



Donegal's Orlaith Fogarty and Sinead O'Kane carry Dearbhla Moore competing in Rescue Tube event during the annual Irish Water Safety Surf Rescue Championships 2017. A series of competitions staged over ten hours featured 260 athletes in Senior and Masters divisions representing ten counties. Co. Clare remained undefeated as overall winners. Saturday 23rd September 2017, Rossnowlagh, Co. Donegal. Photograph: David Branigan/Oceansport



Wicklow's Luke Finlayson competing in the Rescue Board event during the annual Irish Water Safety Surf Rescue Championships 2017. A series of competitions staged over ten hours featured 260 athletes in Senior and Masters divisions representing ten counties. Co. Clare remained undefeated as overall winners. Saturday 23rd September 2017, Rossnowlagh, Co. Donegal. Photograph: David Branigan/Oceansport





Start of a distance swim event during the annual Irish Water Safety Surf Rescue Championships 2017. A series of competitions staged over ten hours featured 260 athletes in Senior and Masters divisions representing ten counties. Co. Clare remained undefeated as overall winners. Saturday 23rd September 2017, Rossnowlagh, Co. Donegal: Photograph: David Branigan/Oceansport



Cork's Caimin Crowley and Callum Holding carry Ryan Cotter competing in the Tube Rescue event during the annual Irish Water Safety Surf Rescue Championships 2017. A series of competitions staged over ten hours featured 260 athletes in Senior and Masters divisions representing ten counties. Co. Clare remained undefeated as overall winners. Saturday 23rd September 2017, Rossnowlagh, Co. Donegal: Photograph: David Branigan/Oceansport



# Irish Water Safety Annual Awards 2017

## 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.*

Anna Byrne, IWS Kildare has been involved in water safety since the early 1960's, when she was a member of the original Water Safety section in the Irish Red Cross. In 1967, Anna became an Instructor and 11 years later became an IWS Examiner. In 1977 Anna was encouraged to start water safety classes in Celbridge which she did - and since then there has been a vibrant water safety class present. In 1970, Anna was a member of Dublin WSAC, but in 1979 moved to Kildare WSAC. Since joining the Kildare WSAC, Anna has been member of the committee numerous times, held posts such as Vice – chairperson and PRO and today is a committee member and deck manager for the Celbridge class. Anna has also worked at national level and was secretary of the education commission for three terms, during which time assisted with the development of IWS child protection procedure, Pool lifeguard modules (within FETAC programmes) and the PAWS programme. Other roles have included Swimming Tutor, Disability Tutor, IWS Risk Assessor, PLG provider and AED provider. Anna is still an active member, delivering water safety courses, examining in Kildare and surrounding counties. Anna has previously received Gold Bar to SMH - 40 year of service. IWS Kildare WSAC are delighted like to nominate Anna Byrne for the Award of Governor.



## 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.*



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan IWS Chairman present Mary Foster, Carlow with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan IWS Chairman, present Philip Kelaghan, Kildare with an IWS Long Service Award

## 30 Years of Service



Michael Ring TD, Minister for Rural & Community Development (left) and Ronnie Horan, Irish Water Safety Council-member present Des Leeson, Tipperary South with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Ronnie Horan, Chairman of the IWS Rescue Commission present Alice Doorly, Dublin with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Ronnie Horan, Chairman of the IWS Rescue Commission present Liam Mulvihill, Ballybunion CRBI with an IWS Long Service Award

## 20 Years of Service



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present David O'Brien, Tipperary South with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Michelle Gaynor, Carlow with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Alma Clancy, Dublin with an IWS Long Service Award



# 15 Years of Service



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Daniel McGarrigle, Donegal with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Daniel McGarrigle, Laois with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Ann Marie Maher, Laois with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member present Ann Carroll, Wexford with an IWS Long Service Award

# 10 Years of Service



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member with Ronnie Horan, Chairman of the IWS Rescue Commission present Susan Corcoran, Kildare with an IWS Long Service Award



John Leech CEO, Irish Water Safety (left) with Martin O'Sullivan Chairman Irish Water Safety present Bridge Scott, with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (centre left) and Seamus O'Neill, Irish Water Safety Council-member with Ronnie Horan, Chairman of the IWS Rescue Commission present Mairead Hill, Dublin with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Seamus O'Neill, Irish Water Safety Council-member with Ronnie Horan, Chairman of the IWS Rescue Commission present Brendan Devlin, Louth with an IWS Long Service Award



# SEIKO JUST IN TIME AWARDS



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Co. Clare's Roisin Cahill and Bernard Cahill



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Cork's David Slattery and Sean Slattery (Cork)



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Co. Kilkenny's Eoin Bolger and Bernard Cahill



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Limerick's Des Fitzgerald



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Mullingar Gardai Kathleen Glynn and Robert Ryland



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Waterford Garda Michelle Power



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to the three Michael Lyons from Carlow



Dublin Castle, Wednesday 29th November 2017: Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Carlow's Garry Maddock and Joseph Middleton



# MEDIA APPRECIATION AWARDS



Michael Ring TD, Minister for Rural & Community Development and Roger Sweeney of Irish Water Safety presents a Media Appreciation Award to Anne-Marie Geraghty of Limerick's 95FM



Michael Ring TD, Minister for Rural & Community Development and Roger Sweeney of Irish Water Safety presents a Media Appreciation Award to Gillian Mills of Inshore Ireland



Michael Ring TD, Minister for Rural & Community Development (left) and Roger Sweeney of Irish Water Safety present Ann Marie Maher, Laois with an IWS Long Service Award



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, Chairman of Irish Water Safety (right) present the Seiko Just In Time Award to Sligo Garda Stephen Fahy, Adam McGoldrick and Garda James Conneely



Michael Ring TD, Minister for Rural & Community Development and Roger Sweeney of Irish Water Safety presents the Primary School of the Year Award to Dunboyne Senior Primary School

# IWS Volunteer of Year 2017

## Mr Philip Keleghan



Michael Ring TD, Minister for Rural & Community Development (left) and Martin O'Sullivan, IWS Chairperson present Philip Keleghan, Kildare with an IWS Long Service Award

IWS Kildare highly recommend Philip Keleghan for "IWS Volunteer of the Year" award. Philip has over 40 years of voluntary service to IWS. During this time Philip has been an exemplary role model. Philip firstly is an active Water Safety Instructor, instructing classes several times a week from Safety 1 through to the National Pool Lifeguard Award to training the next generation of IWS Water Safety Instructors. He has a great rapport with children, teenagers and their parents that attend Irish Water Safety classes. He is passionate about teaching and passing knowledge on to others. Many thousands have achieved IWS awards with Philip's teaching, coaching and encouragement. Philip is not only a Water Safety Instructor but is an IWS Examiner, Swimming Tutor, IWS CFR Instructor, Fundraiser, Organiser, Pool Lifeguard Provider and previously Risk Assessor and Sports Referee. Philip is an accomplished sports athlete competing in both the pool and

on the beach over the past 40 years, and taken home some All Ireland medals in that time, more recent Philip has been inspiring others in Kildare to take up the sport of Surf Lifesaving in Kildare!. He is a founding member of the IWS Kildare Surf Lifesaving and Water Safety training facility at Blessington Lakes. At committee level, Philip is currently working to develop an Inland Water Safety and Lifesaving Training Centre at Blessington Lakes. Philip has been a valued member of IWS Kildare area committee for too many years to mention and he is currently the Vice Chairperson and Designated Liaison Person. Previously Philip has held many roles including that of chairperson. In 2017, Philip was appointed to the Council of Irish Water Safety, where no doubt he will bring his drive and passion for water safety & lifesaving to the table. Philip is a member of the Information and Communication Technology Working Group for 2107 and previously for a

number of years was a member of the IWS Swimming commission. Philip is generous with his time and gives it freely to progress, educate and train the members of the public in knowledge and awareness of dangers of the aquatic environment. Philip is a strong supporter of the Primary Aquatic Water Safety Programme, and his encouragement and support of local volunteers in Kildare has ensured thousands of local primary school children have received "Water Safety Awareness" talks in months leading up to the summer holidays, in past number of years. Philip is loved and respected by the entire volunteer IWS team in Kildare and this is reciprocated nationally for his commitment, knowledge, passion and integrity in his approach to water safety. Philip nomination as "IWS Volunteer of the Year" recipient had IWS Kildare's highest recommendation



# Charles Thomson Award - Cork County Council

This Award is presented by IWS, the Royal Life Saving Society (RLSS) Ulster Branch and Republic of Ireland branch 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 is being presented to the Local Authority that has done most to promote Water Safety on the island of Ireland between 1st January 2016 and 31st December 2016. Their initiatives during this time included:

- A Beach Lifeguard Facebook Page to educate the public on beach safety, provide beach reports, share water safety alerts e.g. jellyfish landings.
- Safety Days for Schools, with six held during 2016, catering for 200 children.
- A Water Safety Awareness Flag for Primary Schools. To date there are 123 flags at County Cork Schools. This initiative ran alongside the Irish Water Safety primary schools' programme.
- The establishment of a Junior Water Safety Officer in each school, each of whom followed a handbook developed by the Water Safety Development Officer to ensure that activities around water safety awareness took place in each of the schools throughout the school year in preparation for the summer holiday season when children are most at risk of drowning.
- Water Safety Workshops for schools at County Libraries and Swimming Pools.
- Water Safety Education Talks and delivered at Beachguard Stations during the bathing season. Some 900 people participated in 2016.
- Ringbuoys inspections were conducted and uploaded to Irish Water Safety's ringbuoy tracking website [www.ringbuoy.ie](http://www.ringbuoy.ie)
- Irish Water Safety Risk Assessments were conducted at bathing areas, Blue Flag beaches & Green Coast beaches.
- Lifeguarding initiatives included:  
Beach Lifeguard Induction Day; A Senior Beachguard Workshop; Online multiple choice Continuous Professional Development for Lifeguards; an Inter Beach competition and the provision of AEDs and radios for Beachguard Stations.



Michael Ring TD, Minister for Rural & Community Development (centre left) and Martin O'Sullivan, Chairman of Irish Water Safety (centre right) with Brendan Donohue, Royal Life-Saving Society (right) present the Charles Thomson Award to Cork County Council ....to Cork County Council's (L-R) Tim Lucey, CEO Cork Co Co, Cllr Declan Hurley, Mayor of County Cork and Caroline Casey, Water Safety Development Officer Cork Co Co

# Sports persons of the year awards



Michael Ring TD, Minister for Rural & Community Development (left) and Clare McGrath, Irish Water Safety Sports Commission present Waterford's Odhran Savage with the IWS Sports Person of the Year Award

Odhran is a Member of Irish Water Safety - Waterford, a leaving certificate student and a Waterford Co Co Beach Lifeguard. Member of Waterford Junior Boys team that won the National Junior Surf Championships. Member of the Irish team that competed at the European Junior Lifesaving Championships, in Belgium, where Odhran won the following medals for Ireland: Gold – surf swim, Silver – board rescue, Bronze – 90m beach sprint.



Michael Ring TD, Minister for Rural & Community Development (left) and Clare McGrath, Irish Water Safety Sports Commission present Clare's Lily Barrett with the IWS Sports Person of the Year Award

Lily Barrett is a member of Irish Water Safety - Clare, a Student in UL and a Clare Co Co Beach Lifeguard, member of the Co Clare ladies team to win both this year's National Senior Surf Championship and the National Senior Stillwater Championship titles and the overall "Presidents Trophy". Member of the Irish team at the European Lifesaving Championships in Belgium at which Lily won the following medals for Ireland: Gold- Board Race, Silver- ladies Ocean relay, Bronze- ladies Oceanwoman, and Bronze- board rescue.



# Dan O'Connell - A Celebration of 40 Years' Service to Lifesaving

Photographs by Ben Kelly



Philip Keleghan, IWS Council Member presenting Dan O'Connell IWS Examiner his 40 year service award in October 2017



Philip Keleghan pins the gold service bar to Dan's medal.



Mike O'Brien IWS Instructor with Dan O'Connell



Dan O'Connell with family members on this very special occasion



Mae Leonard IWS Instructor with Dan O'Connell



Dan O'Connell with IWS Kidare water safety family who celebrated with Dan







IWS Kildare Surf Lifesaving last session of the Session September 2017

Students from the Institute of Technology that completed the IWS level 1 aquatic teaching for People with Disabilities award. Forty six students successfully completed the award this year. The courses are delivered in Tralee by lecturer and IWS tutor Eileen Sayers.



# Irish Water Safety

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



# Swim Week 2017, Gorey, Wexford

Photograph By Paula Kavanagh



Swim week (2017) Swims Ones on their first day with instructor Aisling Lyons. Kilmuckridge, Gorey, Wexford) which has been successfully running for approx 30 years organised by Wexford Water Safety and Kathleen O'Connor & Ann McQuery.

## LIFEJACKET

THE NAME SAYS IT ALL

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

 **Irish Water Safety**  
Sábhailteacht Uisce na hÉireann


**iws.ie**

## Enrol your child to become a Junior Lifeguard

**NEW AWARD**

- INCREASE SAFETY AWARENESS IN POOL ENVIRONMENT
- DEVELOP PERSONAL SKILLS
- EASY-TO-LEARN INTRODUCTION TO LIFESAVING
- TAUGHT BY QUALIFIED SWIM TEACHERS
- CONTAINS CHILDREN'S ACTIVITIES
- PROGRESS THROUGH 5 CERTIFICATES ALL INCLUDED

**ENQUIRE AT YOUR  
LOCAL SWIMMING POOL**

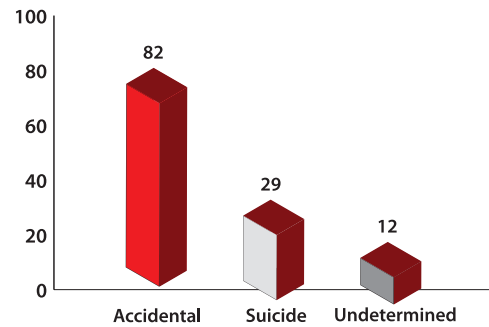
 **Irish Water Safety**  
Sábhailteacht Uisce na hÉireann

Certified by the statutory body



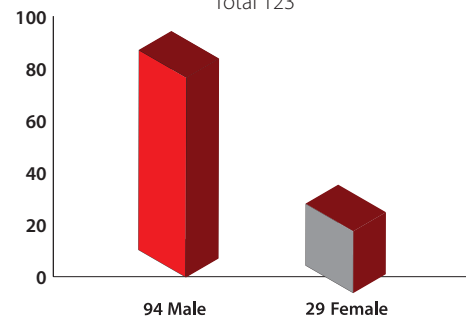
### 2016 Drownings by Cause

Total 123



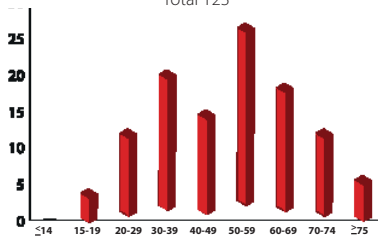
### 2016 Drownings by Gender

Total 123



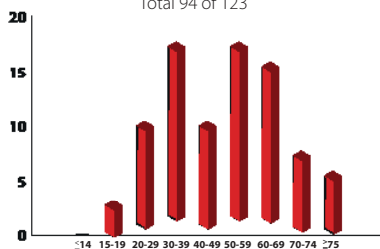
### 2016 Drownings by Age

Total 123



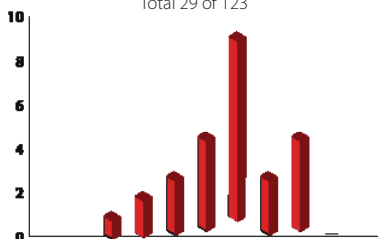
### 2016 Male Drownings by Age

Total 94 of 123



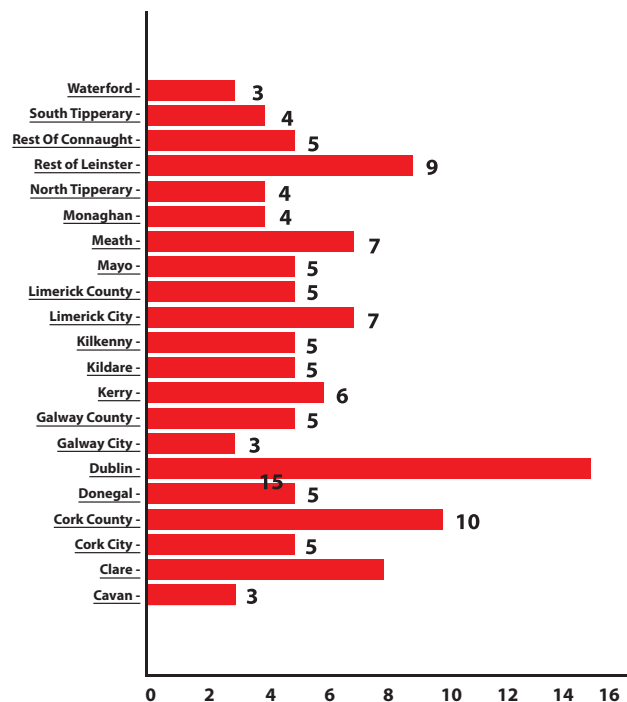
### 2016 Female Drownings by Age

Total 29 of 123



### 2016 Drownings by County

Total 123



LEARN MORE - VIEW ANNUAL REPORT ONLINE AT [WWW.IWS.IE](http://WWW.IWS.IE)



# **GLOBAL REPORT ON DROWNING**

## KEY FACTS

**372 000**  
people die  
from drowning  
**EVERY YEAR**



**OVER HALF**  
of all drowning  
deaths are among  
those aged  
**UNDER 25**  
**YEARS**



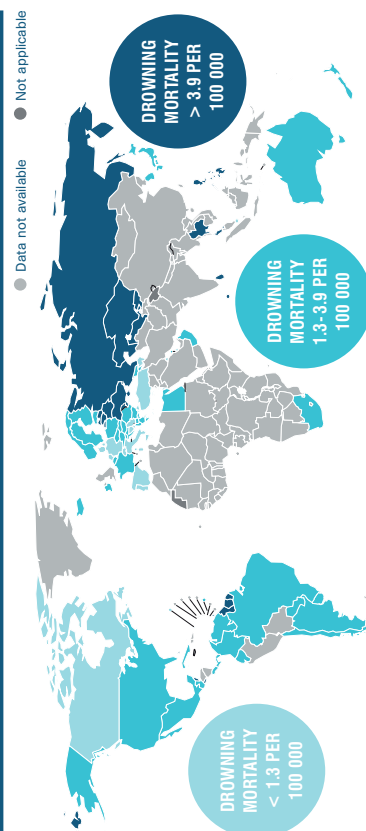
**MALES**  
**ARE TWICE**  
**AS LIKELY**  
to drown  
as females



Drowning is  
one of the  
**10 LEADING**  
**CAUSES OF**  
**DEATH**  
for people aged  
**1-24 years**



## DROWNING RATES



## A LEADING KILLER OF CHILDREN

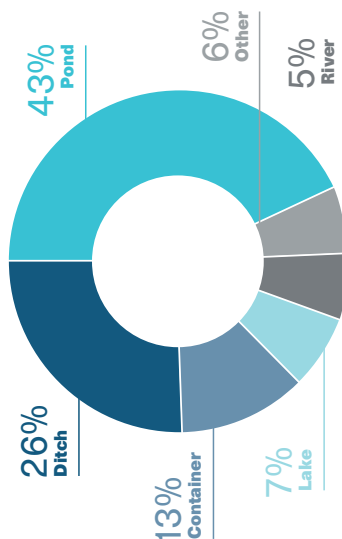
Number of deaths for children under 15 years

<b>TUBERCULOSIS</b>	69 648
<b>MEASLES</b>	125 813
<b>DROWNING</b>	140 219
<b>HIV</b>	199 071
<b>MENINGITIS</b>	217 550

## RISK FACTORS

### LIVING AROUND WATER

Wherever there is water, there is the threat of drowning



Place of drowning of Bangladeshi children under 5 years

**YOUNG CHILDREN**  
The highest drowning rates are among children aged 1-4 years



**FLOOD DISASTERS**  
Extreme rain fall, storm surges, tsunamis or cyclones



**TRANSPORT ON WATER**  
Especially on overcrowded or poorly maintained vessels



## PREVENTIVE ACTIONS

**Install BARRIERS**  
controlling access to water



**Provide SAFE PLACES**  
(for example, a crèche) away from water for pre-school children, with capable child care



**TEACH**  
school-age children basic **SWIMMING, WATER SAFETY AND SAFE RESCUE SKILLS**



**TRAIN**  
bystanders in **SAFE RESCUE AND RESUSCITATION**



**Set and enforce safe BOATING, SHIPPING AND FERRY REGULATIONS**



**IMPROVE FLOOD RISK MANAGEMENT**  
locally and nationally



World Health Organization

WWW.VIOLENCE-INJURY-PREVENTION/GLOBAL\_REPORT\_DROWNING