



# TARRTHÁIL LIFESAVING

THE OFFICIAL MAGAZINE OF IRISH WATER SAFETY

IN SECONDS, WATER  
CAN STEAL A LIFE.



OUR HOTTEST SUMMER – OUR LARGEST CAMPAIGN

**€4.00**

2018 ISSUE NO. 9

**A NEW FLEET OF RESCUE BOATS  
IRELAND'S NATIONAL DROWNING PREVENTION STRATEGY  
RESCUE CHAMPIONSHIPS – POOL and BEACH  
WATER SAFETY FOR PRIMARY SCHOOL CHILDREN**



Summer 2018 ISSUE 9

Cover: New IWS summer 2018 water safety campaign "In seconds water can steal a life"

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Tarrtháil / Lifesaving - Irish Water Safety

# A message from the Chairman



As Chairman of Irish Water Safety (IWS), I take particular delight in greeting all the members of IWS. I wish to thank you and to acknowledge the tremendous voluntary work you undertake nationwide throughout the entire year.

I especially wish to highlight the excellent work of our Summer Weeks Organisers who were fully engaged in ensuring that the IWS Summer Weeks were delivered successfully throughout the country.

What a glorious summer it has been!

Apart from the excellent weather that we have enjoyed, this summer has also been described to me as the "Liam Neeson Summer." His mellifluous tones were heard all through a very successful National Water Safety Awareness Week. We continued to listen to him promote water safety into the summer months and the public reaction was even better than we expected.

Our safety campaign with Liam was closely followed by a video interview in which a local hero, Martin Cullinane, spoke about saving two children from drowning. It was not a dramatic video as so many are these days yet his heartfelt reaction to seeing two children in difficulty resonated with the public to such an extent that the short video had 300,000 views in just a few weeks. It certainly reflected the importance of constant uninterrupted child supervision and the need for swimming and lifesaving classes as an intervention to save lives from drowning.

A World Health Organisation (WHO) report firmly recommended that drowning needs targeted attention and that every country should develop a National Drowning Prevention Strategy. Irish Water Safety has done just that. Ours is a strategy that identifies five Strategic Drowning Prevention Pillars. They highlight the step changes needed to bring the number of drownings in Ireland down.

Our ambition is to cut the numbers of drowning fatalities in Ireland by 50% over the next ten years. The pillars upon which we base this objective can be read by accessing the strategy document at [www.iws.ie](http://www.iws.ie).

Ireland has just hosted the 2018 European Junior Lifesaving Championships for the very first time. The event took place in the University of Limerick's 50m pool and on the beach and in the ocean at Kilkee, Co Clare. I extend my sincerest congratulations to Ireland's top Junior Lifesavers who won 20 gold medals, 16 silver medals and 8 bronze medals at the event, the very time that. Ireland placed 2nd in Europe in the beach competitions and 5th in the overall combined pool and beach competitions. I also extend my congratulations to the Organising Committee for running such a successful event. The sport of lifesaving is the fastest growing aquatic sport in Ireland at present. Irish Water Safety's Team Ireland has been very successful over the past number of years, bringing home a haul of medals and setting European and World records.

The good news from 2017 is that the number of drownings has come down significantly. 109 is still far too many drownings but is clearly heading in the right direction. The message that we should make water safety part of the national conversation has struck home. But we cannot and must not ease up on the many messages we have highlighted this summer. The prevention message is crucial and parents are central to the conversation.

It is by working together that we will save lives and bring drownings down.

Martin O'Sullivan  
Chairman, Irish Water Safety

## General Data Protection Regulations 2018

The General Data Protection Regulations 2018 (GDPR) came into force on the 25th of May. Here are some of the ways in which the regulations may affect you and for more information on GDPR visit <http://gdprandyou.ie>.

### General Data Protection Regulations (GDPR) Policy for Water Safety Area Committee (WSAC) 1st May 2018

#### Who has access to personal data?

Officers of the Committee, Instructors, Examiners, Treasurers, Trainee Instructors, Local Organisers, Course Organisers, Class Secretary's & Cert Secretary's Coaches & Team Managers as appropriate.

#### How long should their information be retained for?

- Instructors should only have access to personal information for the duration of course and its administration.
- Examiners should only have access to personal information for the duration of the examination and processing of results.
- Lifesaving Certificates should be shredded or deleted as appropriate after 3 years
- Swimming Certificates be shredded or deleted as appropriate after 3 years
- Treasurers should ensure that Financial Statements and Accounts are carefully maintained for 3 years and then shredded or destroyed after 7 years.
- The Chair shall sign off an IWS GDPR Compliance form on behalf of the WSAC to confirm that the WSAC is GDPR compliant at the AGM each year. This shall be with effect from the 2019 AGM's. This should be handed to the IWS Council Representative at the AGM. Should this form not be completed then the WSAC shall not be in receipt of their Annual Grant from IWS.

#### Special Circumstances

- Personal Information in regard to voluntary service of individuals should be retained in minutes and records of the WSAC for the purposes of validating their service in order to allow them be recognised for the IWS Service Awards.
- Minutes of meetings should be retained and archived for historical purposes.
- For Historical reasons National Records in Lifesaving Sports are retained indefinitely.  
Personal Information on candidates who did not succeed with Trainee Instructor examination can be retained for three years.
- Should a member or member of the public wish to exercise their "Right to be forgotten" i.e. to have all their personal data removed from IWS records, then please contact the Data Protection Officer at IWS Head Quarters.
- Travel & Subsistence forms shall be retained on the WSAC records for 3 years.
- Accident/Incident Report Forms to be retained for 3 years

## Irish Water Safety Privacy Notice

The following information in relation to Privacy Rights is being provided to you as outlined in the General Data Protection Regulation (GDPR). Irish Water Safety processes personal information for the purposes of the administration of and conduct Irish Water Safety related activities. The purpose of this document is to inform you of the following:

- (a) any personal information you give us will be used,
- (b) by whom
- (c) for what purpose.

If you require any information regarding Data Protection and how your data is processed by Irish Water Safety, please contact us at:

- Tel: 091 564400
- Email: [dataprotection@iws.ie](mailto:dataprotection@iws.ie)
- Post: Data Protection Controller, Irish Water Safety, The Long Walk Galway

#### What information is held by Irish Water Safety?

The information held by us may include:

- Data to identify you, including your personal contact information
- Other personal details provided by you necessary to use our services, e.g. qualifications, certificates; course results
- Information which you have agreed to give us in using our services, e.g. Garda vetting data, membership history etc.
- A history of your contacts with Irish Water Safety and your service interactions





### **Who is the Data Controller for my data?**

Irish Water Safety are Controllers of your Personal Data. Irish Water Safety can be contacted at the details above.  
What is the purpose of processing my Personal Data?

Irish Water Safety processes personal information to administer and conduct Irish Water Safety related activities. This includes WSAC affiliation, membership and competitions (if you compete), competition results, regional / national / international squads, disciplinary processes, communications and notifications of Irish Water Safety events, personal proficiencies, training and coaching qualifications and compliance related requirements (including vetting and insurance). This list is not exhaustive and will include other less common data from time to time. We may also keep you informed of Irish Water Safety news, activities and events.

### **Will anyone else receive a copy of my Personal Data?**

Your Personal Data can only be accessed by Irish Water Safety administration and data processors acting on our behalf under contract. We have taken steps to ensure any data held with third-party data processor companies are carefully managed with appropriate technical and organisation controls to ensure the security and integrity of data in place in accordance with GDPR obligations. Hard Copy Data, which is not a soft copy or electronic data is stored in secure cabinets in Irish Water Safety offices, accessible only by relevant staff.

### **How long will your Personal Data be stored for?**

Your Personal Data held by Irish Water Safety is subject to legislation and the regulatory rules we must follow set by authorities (e.g. Garda Vetting Bureau (GVB)) and is dependent on the type of data and the reason for which it is held. In exceptional circumstances we may retain Personal Data after the specified period if we decide that it is strictly necessary to do so where legal obligations arise, for the establishment, exercise or defence of legal claims or otherwise in accordance with the Data Protection Commissioner guidelines (e.g. for child welfare issues).

### **How can I obtain a copy of the Personal Data held by Irish Water Safety?**

You have the right to request a copy of all of your Personal Data and can do so by contacting Irish Water Safety at: [dataprotectionofficer@iws.ie](mailto:dataprotectionofficer@iws.ie). This information will be provided to you within one month.

### **What are my privacy rights relating to my Personal Data?**

In accordance with GDPR you have the right to have your Personal Data updated, rectified, or deleted if you so wish. You have the right to object to your Personal Data being processed and to withdraw your agreement to processing - You can do so by contacting Irish Water Safety.

Where can I get further information? Further information regarding your rights can be obtained through the Office of the Data Protection Commissioner, Canal House, Station Road, Portarlinton, Co. Laois, or on the website [www.dataprotection.ie](http://www.dataprotection.ie)  
How do I make a complaint or report a breach?





# PROFILE OF IRISH WATER SAFETY



**IRISH WATER SAFETY** - the statutory, voluntary body and registered charity established to promote water safety and reduce drownings in Ireland.

Our focus is on Public Awareness and Education. Tragically, an average of 127 people drown in Ireland each year, eleven every month. We strive to reduce these fatalities by increasing water safety awareness and by changing attitudes and behaviours so that our aquatic environments can be enjoyed with confidence and safety.

## WHAT WE DO:

### 1. Education:

- An education syllabus that teaches swimming, lifesaving, water confidence, safety, survival, rescue skills and basic life support;
- Courses are provided nationwide to the general public and also to children as part of the primary school curriculum in classrooms, pools and open water nationwide;
- Many qualifications such as our Pool and Beach Lifeguarding Awards are recognised internationally;
- Beach Lifeguards are trained and tested by our examiners for the Local Authorities prior to the annual summer season each year;
- Trained Lifesavers compete in provincial and national Lifesaving Championships and at International level;
- Risk Assessments on bathing areas and waterways nationwide that may pose a particular risk to the public, in order to make them safer;
- Train and examine rescue boat crews for the Community Inshore Rescue Services and administer associated VAT refunds.
- Water safety training for those working near aquatic environments in the public and private sector.



# PROFILE OF IRISH WATER SAFETY

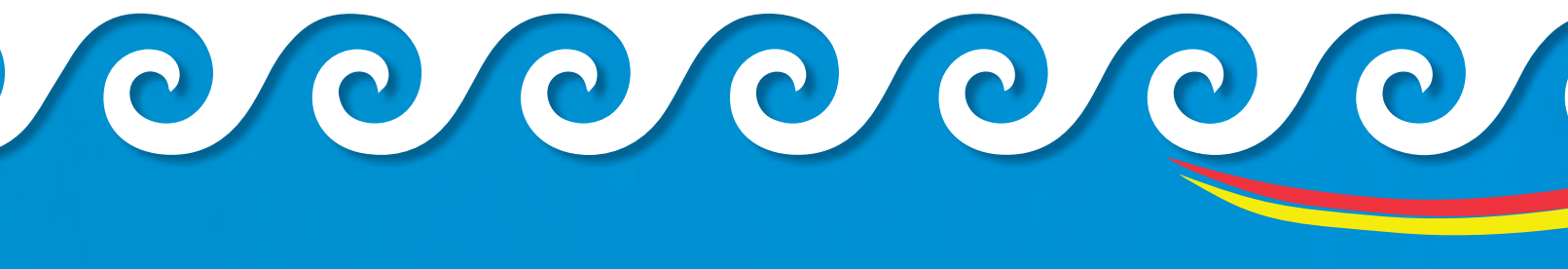
## 2. Promotion:

- Research, analysis and publication of drowning statistics that inform policy and enable effective targetting of those at risk of drowning;
- National and local media to build a public awareness of coastal and inland water safety;
- Publications, courses, advice and campaigns in print and online that promote water safety and target at risk groups in all aquatic activities so that the public adheres to best practices;
- Supporting the work of over 4,800 volunteer members and those volunteering and commercially delivering swimming, lifesaving and basic life support training;
- A National Water Safety Awards Ceremony that includes the “Seiko Just-In-Time” Rescue Award and other awards that recognise volunteerism and partnerships that promote water safety at national and local level.



## 3. Partnerships:

- Local Authorities, state agencies, private enterprises and coroners on matters relating to water safety, the provision of Public Rescue Equipment and Lifeguarding locations nationwide;
- The Marine Safety Working Group and the Irish Marine Search and Rescue Committee to promote maritime safety;
- A range of organisations to help reduce the high number of drownings by suicide;
- Conferences, lectures and demonstrations to Local Authorities, Government Agencies, NGO's, schools, Colleges and members of the public.





# IRB - FOURTEEN NEW BOATS ARRIVE IN IRELAND



*Tom Parry, Zodiac Technical Advisor, Simon McGarrigle, IWS Sports Commission and Buddy Cuddihy, IWS IRB Commission*

Irish Water Safety's new fleet of rescue boats were visible on beaches and waterways throughout the country this summer and several of them were used to provide safety cover at both the National Surf Lifesaving Championships and at the European Surf Lifesaving Championships. These are specially designed boats for use in rescue situations in the surf, on our beaches and coastlines. 'With these boats we are equipping our lifeguards to be able to patrol and respond to emergency situations in a quicker manner to ensure the safety of all swimmers,' said Martin O'Sullivan chairman Irish Water Safety. Finol Oil continue its support for Irish Water Safety again this year through their sponsorship of Total Two-Stroke marine grade oil for the fleet.



**Irish Water Safety**  
Sábháilteacht Uisce na hÉireann



# Team Ireland wins 44 medals at the European Junior Lifesaving Championships

Ireland's top Junior Lifesavers have won 20 gold medals, 16 silver medals and 8 bronze medals at the European Junior Lifesaving Championships. Ireland placed 2nd in Europe in the beach competitions and 5th in the overall combined pool and beach competitions.

The European Junior Lifesaving Championships was held in Ireland for the very first time. The pool events took place in the UL Sport Arena (11th - 12th of September) and the beach events took place at Kilkee Beach (13th - 15th of September).

## Medal Winners Were:

### Gold:

- Aisling Barry, Tara McEvoy, Sean Slattery and Noel Shannon won Gold in the Simulated Emergency Response Competition (SERC).
- Aisling Barry and Tara McEvoy won Gold in the Line Throw.
- Amy O'Brien and Emma Kristiansen won Gold in the Board Rescue Relay.
- Aisling Barry, Aoife Madigan, Emma Kristiansen and Sarah Morrisson won Gold in the Beach Relay
- Callum Holding, Ryan Cotter, Sean Slattery and Turlough Barrett also won Gold in the Beach Relay
- Ryan Cotter, Sarah Morrisson, Tara McEvoy and Turlough Barrett won Gold in the Lifesaver Relay.

### Silver:

- Dylan O'Brien, Noel Shannon, Ryan Cotter and Sean Slattery won Silver in the Rescue Tube Relay.
- Dylan O'Brien and Turlough Barrett won Silver in the Board Rescue Relay.
- Sarah Morrisson won Silver in the Beach Sprints.
- Amy O'Brien won Silver in the Ocean Woman.
- Amy O'Brien, Aoife Madigan, Emma Kristiansen and Sarah Morrisson won Silver in the Ocean Woman Relay.
- Callum Holding, Dylan O'Brien, Ryan Cotter and Turlough Barret won Silver in the Ocean Man Relay.

### Bronze:

- Callum Holding, Dylan O'Brien, Noel Shannon and Ryan Cotter won Bronze in the 200m Medley Relay.
- Ryan Cotter won Bronze in the Ski Race.
- Dylan O'Brien won Bronze in the Surf Race.
- Amy O'Brien won Bronze in the Board Race.
- Turlough Barrett also won Bronze in the Board Race.

"We all worked really well together as a team and we're so happy that we did so well on home turf, the atmosphere was amazing!", said competitor Amy O'Brien who won 2 team medals and 2 individual medals. "I'm delighted to be going home with 4 medals, especially the Silver in the Ocean Woman Competition".

"The best performance ever by an Irish team at an international competition", said Triona McMenemy, Ireland Coach. "The athletes train so hard all year round and it was so great to have the competition on home ground this year and topping it off with 44 medals is amazing. We are so proud of them!".

The championships simulate real-life rescue situations that Lifeguards can expect to encounter and pits the best Junior Lifesavers from around Europe against each other in a series of gruelling water rescue scenarios in both pool and beach environments.

The European Junior Lifesaving Championships is an annual event open to those aged 18 and under and it's organised under the aegis of International Lifesaving Europe (ILSE) which controls the sport worldwide. The sport of lifesaving exists to encourage lifesavers to maintain the skills, drills and physical fitness required for performing their lifesaving duties. The sport is truly multi-disciplined and takes place in the pool, on the beach and in the ocean. It has close ties to swimming, athletics, kayaking, rowing, surfing and power boating and is based on the equipment and skills that lifeguards use to perform lifesaving rescues.

Junior lifesaving competitors typically become top Lifeguards, patrolling beaches and pools in Ireland and abroad. It is a special sport such that it gives so much back to the community.



Lots more images on Facebook and <http://lifesavingejc2018.ie>



# A SURPRISING LIFESAVING ROLE

By Morgan Fagg, Madrid, Spain

I awoke one cold morning to drive a friend to work, stopping at her house, a crowd had gathered around a young Athlone woman. "She's not breathing", they seemed to say, in unison. I quickly got down on the cold street and checked for signs of life. She was cold to the touch as the crowd looked on helplessly. My friend came out of her house and I calmly apologised, that she was going to be late as I couldn't drive her to work. I leaned in over the young woman who I recognised as a patron of the old Urban District Council's swimming pool in Retreat, my ear over the woman's mouth to listen for breathing, my eyes looking to her chest to see if her diaphragm was rising and falling as air was inhaled and exhaled, all the time my ear was close to her mouth, hoping to feel her breath if she was actually breathing. It is taught to children

as LOOK, LISTEN and FEEL but as I looked on, I couldn't see her chest rise or fall nor hear or feel breath coming from her mouth, when all of a sudden, I both smelled alcohol and heard a deep intoxicated snore coming from the young woman on this cold Athlone street. Unlike, the attentive crowd looking down on the 20 something year old girl, I was at the cold face, so to speak and my calmness was in part only due to a very effective refresher course I had recently attended in Athlone Regional Sports Centre. Each year Water Safety courses are held in Athlone and Mullingar with other useful lifesaving courses being offered in the community in First Aid and CPR. On a cold morning in Athlone, a young woman was met by a concerned group who called 999. Both Gardai and an ambulance arrived to help her, each ready to help to try and

save a life. We each have a part to play within our community and I am delighted to congratulate the outgoing editor of the Athlone Topic, Seán Ó Dómhnaill who is to receive a National Award from Irish Water Safety for his part in highlighting water safety at a local level. The Community and Social Responsibility Award is being presented at the IWS Awards ceremony in Dublin Castle on November 29th with recipients receiving their awards from Mr Michael Ring TD, Minister for Rural & Community Development. After several years of writing bylines and deadline it is great to see Seán Ó Dómhnaill honoured with an award for offering Irish Water Safety, a lifeline. Learn to swim, take a First Aid course, give blood or a throw a quid into the RNLI box in Sean's Bar, someday, someone might just need your help.



Wexford Mayor Jim Moore with volunteers and competitors of the 2018 Wexford International Lifesaving Competition with prizes presented by local Volunteer Nancy Ryan.





# IWS Basic Life Support Syllabi format change - February 2018

Information for Instructors and Examiners The IWS BLS awards have been realigned towards the Student Handbook of the Pre-Hospital Emergency Care Council (PHECC) Cardiac First Response Community Award PHECC is the independent statutory agency with responsibility for standards, education and training in the field of pre-hospital emergency care. IWS Instructors will see that the biggest change is the removal of complex theory across all three BLS award levels. Both international and national best practice for lay responders is about recognising cardiac arrest and starting the chain of survival with CPR and alerting Emergency Medical Services (EMS) On average 5,000 people die each year in Ireland from an out of hospital cardiac arrest. On average 80% 4,000 of these cardiac arrests take place at home. The PHECC CFR Student Handbook provides all the theory that is required for BLS 1-3 and the CFR Community Award. WSAC / Instructors should arrange that every student gets a handbook, by any possible means (but not through photocopying) Students should be encouraged to bring the handbook home and discuss what they are learning These Changes to the BLS Syllabi come into effect from 1<sup>st</sup> February 2018

Instructors will have 3 months up to end of April 2018 to familiarise themselves with and change over to the new BLS Awards format.

Paul Murphy, Lifeguard Commission  
Colm Dempsey, PHECC Working Group



## BASIC LIFE SUPPORT 1 AWARD

### AIM:

To ensure that Candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) and ability to use an Automated External Defibrillator (AED) in order to sustain life.

### SINGLE RESCUER SKILLS

PREREQUISITES: None.

AWARD: Certificate.

VALIDITY: 2 Years

TEST ITEMS	GUIDELINES
1. Understand Chain of Survival	1. As per CFR Student Handbook
2. Scene Safety	2. As per CFR Student Handbook
3. Recognition of Cardiac Arrest – non breathing / Agonal gasps	3. As per CFR Student Handbook
4. Understand how to call for help 112/999 & send for an AED	4. As per CFR Student Handbook
5. Demonstrate mouth to mouth/mouth to barrier device resuscitation	5. Ideally instructors should have barrier devices available for student use. Students who do not wish to do mouth to mouth should be instructed in hands only CPR.
6. Demonstrate Basic CPR Skills	6. Correct hand position and reasonable compression depth, achieving a basic CPR skill
7. Turn on AED and follow voice prompts	7. If possible instructors should arrange more than one type of training AED to show examples of different wording used, but in effect the same message given.

N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

## BASIC LIFE SUPPORT 2 AWARD

### AIM:

To ensure that Candidates have the necessary skills and knowledge relating to Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). To place an unconscious breathing victim into the Recovery position

### SINGLE RESCUER SKILLS

PREREQUISITES: BLS 1 AWARD

AWARD: Certificate.

VALIDITY: 2 Years

TEST ITEMS	GUIDELINES
1. All skills and knowledge in BLS1. (Good CPR Skills)	1. Candidate should be able to demonstrate good CPR skills, correct hand position, correct depth of compression, recoil without hands leaving the chest and maintaining a consistent rhythm
2. Basic understanding of ventricular fibrillation	2. As per CFR Student Handbook
3. Understand definition of death – reasons not to start CPR	3. As per CFR Student Handbook
4. Recognise ROSC (Return of Spontaneous Circulation)	4. As per CFR Student Handbook
5. Precautions when using an AED	5. As per CFR Student Handbook
6. AED Maintenance	6. As per CFR Student Handbook
7. Patient Handover & Patient Care report form filling	7. As per CFR Student Handbook
8. Demonstrate Recovery Position where there are no obvious traumatic injuries	8. As per CFR Student Handbook

N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

## BASIC LIFE SUPPORT 3 AWARD

### AIM:

To provide comprehensive BLS & AED Skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with foreign body airway obstructions in conscious and unconscious victims.

### SINGLE RESCUER SKILLS

PREREQUISITES: BLS 2 AWARD

AWARD: Certificate.

VALIDITY: 2 Years

TEST ITEMS	GUIDELINES
1. All skills and knowledge in BLS1 and BLS	1. As per CFR Student Handbook
2. Demonstrate effective CPR skills for child and Infant	2. As per CFR Student Handbook
3. FBAO – Demonstrate Foreign Body Airway Obstruction skills for Adult, Child and Infant who are conscious victims	3. As per CFR Student Handbook
4. Demonstrate FBAO skills for Adult, Child and Infant who are unconscious victims	4. As per CFR Student Handbook
5. Demonstrate FBAO skills for when dealing with either pregnant or obese victims.	5. As per CFR Student Handbook
6. Answer questions on any aspect of Basic Life Support Theory	6. Theory drawn from the CFR Student Handbook
7. CISM – Understand Critical Incident Stress Management	7. As per CFR Student Handbook

N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

## CARDIAC FIRST RESPONSE COMMUNITY

### AIM:

To bring IWS Personal to a higher level of professionalism in the area of Basic Life Support, Cardiopulmonary Resuscitation, Automated External Defibrillation, Choking Response Solutions, Aspirin Administration, Chain of Survival, Critical Incident Stress Management, CFR Report Writing, Cardiac Arrest & Heart Attack, Stroke (FAST) Assessment, Definitions of Death & CISM.

THEORY LEVEL: High

SKILL LEVEL: High

PREREQUISITES: BLS 1 - 3

AWARD: Certificate.

VALIDITY: 2 years.

### TEST ITEMS

1. All skills and knowledge in BLS 1, BLS 2 and BLS 3 (Skill Test Stations) (Skill Sheet)
2. Stroke (FAST) Assessment
3. Aspirin Administration
4. CFR Report Writing

Course Registration Form to IWS HQ 14 Days in Advance

Fee Payable to IWS HQ

Course Material from [www.phecc.ie](http://www.phecc.ie)

N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

# *IWS Kildare -*

## Beavers Go Lifesaving



Beavers Scouts Wood Colony , 4th Kildare Naas receiving their "Beavers Go Lifesaving" certificate and badges.



4th Carlow, Scout Beavers, Leighlinbridge receiving their "Beavers Go Lifesaving" certificate and badges.



# IWS Kildare

New inflatable RIBS arrived just in time for the season...





# IWS Louth

Promoting Water Safety in Marches Shopping Centre, Dundalk...



Arlen Donnelly & Ciara Lynch



Sinead & Clodagh Kneel



Catherine Lynch & Majella Donnelly



Justin O'Hagan & Liam Corrigan

## WATER SAFETY AWARENESS...

Courses specifically for people working near water



Wicklow County Council with Irish Water Safety Trainers  
John Claffey and Breda Collins



Poulaphuca Reservoir Awareness Course



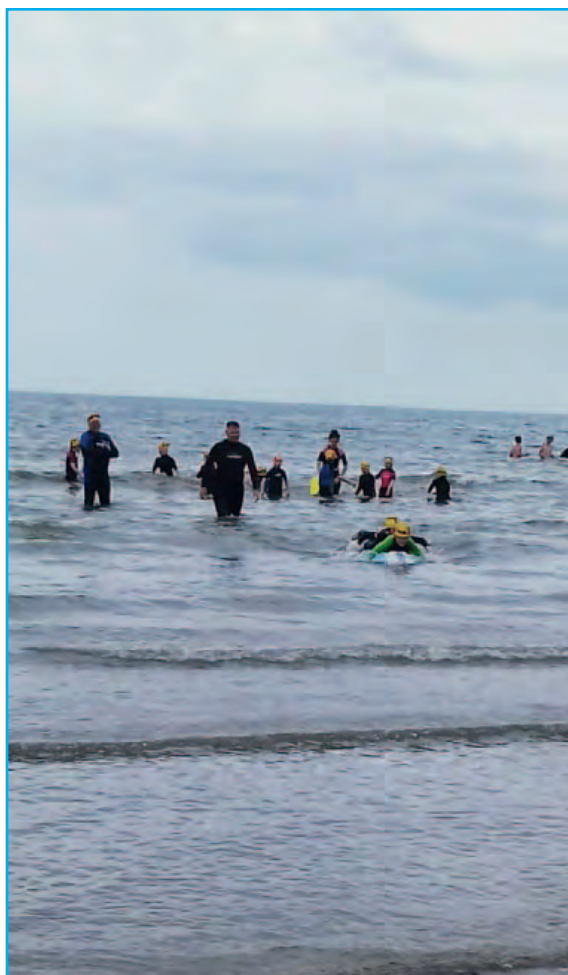
Meath County Council course with Breda Doherty  
and John Claffey.



Tom Mackey delivering expertise in Carlow



# *IWS Louth* Water Safety week - Clogherhead





# IWS Wicklow



Wicklow as busy as ever, surf lifesaving training is well under way. Very little break from a very successful pool season. Nipper team competes in the National Aquatic Centre with eight juniors, youths, seniors preparing for the national trials in July. The sport has grown and parents are getting involved and purchasing equipment.



Father and daughter purchase new boards, Wicklow WS ran a Level 1 coaching course in June with 19 parents from Wicklow and 9 parents from Wexford, a good sign for the sport to have new people involved.

# ELEVEN DROWN IN IRELAND EVERY MONTH

## - National Drowning Prevention Strategy launched to target at-risk groups.

*by Roger Sweeney*

On the 23<sup>rd</sup> of May, the Minister for Rural and Community Development, Mr Michael Ring, T.D. and Irish Water Safety launched Ireland's National Drowning Prevention Strategy at Grand Canal Quay, Dublin. It sets out how Irish Water Safety aims to reduce the number of drownings in Ireland by targeting at-risk groups, particularly children. The Strategy also sets out a clear vision with real and achievable goals in the areas of education, awareness, training, intervention and action. It maps out how all stakeholders can actively play their part in bringing the number of drownings in Ireland down further. It prioritises key drowning prevention issues in all aquatic environments and also addresses the World Health Organisation's (WHO) firm recommendation that drowning prevention needs targeted action.



*Minister Ring launches Ireland's National Drowning Prevention Strategy, joined by IWS Council Members Karen Morton and Anastasia Ward (seated L-R) and (L-R) Philip Keleghan, with Roger Sweeney, IWS Deputy CEO and Martin O'Sullivan, IWS Chairman.*

Announcing the strategy, Minister Ring said: "Our waters are an amazing resource yet 127 people on average lose their lives to drowning on them each year. Ireland's

National Drowning Prevention Strategy sets out a clear and achievable vision to halve that number by 2027.

"There needs to be greater awareness of the danger that our waters present and on how to prevent drownings. In 2015 there were 122 drownings compared to 165 deaths on the road. However there is far greater public awareness of road safety than of water safety."

We have more than 3,000 km of coastline, over 12,000 lakes and our 5 longest rivers measure over 1,000 km. By focusing on education, awareness, training, intervention and action this 10 year strategy can help us to halve the amount of drownings in our waters. This goal is achievable. Just look at how road deaths have decreased in recent years largely through increased public awareness and behavioural change. Last year road deaths in Ireland reached a record low of 158 compared to 458 deaths twenty years ago.

Martin O'Sullivan, Chairman of Irish Water Safety said: "This strategy has the potential to significantly reduce drownings in Ireland because it is built upon the hard work, vision and insight of all our members, volunteers and associated partners. It employs learning from all over the world and from every corner of Ireland to set out a clear action plan that will elevate water safety in Irish culture. That's something that will benefit this generation and every generation to come."

For Irish Water Safety, it marks a pivotal moment that creates an opportunity to elevate the many and complex causes of drowning so that water safety becomes a more central part of the national conversation. Making small changes in how we all act in, on or near water can have a huge impact for everyone. This strategic document will help the public do just that.





Rialtas na hÉireann  
Government of Ireland

An initiative within the Department of Rural and Community Development.



# IRELAND'S NATIONAL DROWNING PREVENTION STRATEGY



Michael Ring, TD

Minister for Rural &  
Community Development



**Irish Water Safety**

*Sábháilteacht Uisce na hÉireann*

“By making water safety a part of the conversation, we make it part of our culture. I believe that will have huge benefits for us all.”



Martin O'Sullivan

Chairman – Irish Water Safety

I'm asking you to play your part. Embrace this plan and join with us in making these goals a reality. Help make water safety a bigger part of the conversation.

Together we will save lives.

SCALING UP EFFORTS TO BRING DROWNINGS DOWN



# OUR MISSION

Through education, training and action, we will foster a culture that encourages safer attitudes and behaviours in all those who live, work and play on or near water in Ireland.

## AN ACHIEVABLE GOAL

Together we can reduce drownings in Ireland by 50% by 2027 and in doing so make our waters safer for the highest risk populations, groups and communities.

This is Ireland's National Drowning Prevention Plan. Developed by Irish Water Safety, it is a blueprint to save lives and reduce the number of drownings in Ireland by 50% by 2027. It is also a statement of what we can achieve when all our stakeholders combine their efforts with a shared focus.

For our volunteers and our committee members; for our lifeguards, teachers and trainers; for our strategic partners and for every member of the general public; this plan is a rally call to promote a culture of water safety in Ireland for good.

Together we can bring drownings down.



# Scaling up efforts to bring drownings down

FIVE DROWNING  
PREVENTION PILLARS  
FOR CHANGE



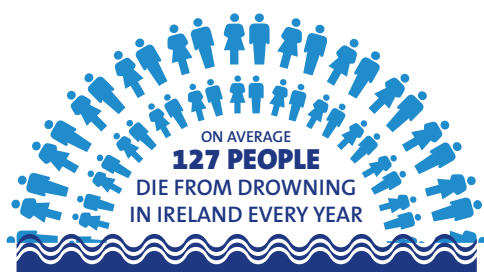
## EDUCATION

Ensure every child in Ireland has the opportunity to learn basic water safety skills in both primary and secondary schools.

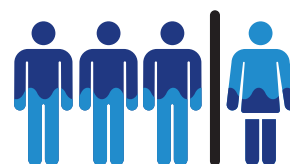


## AWARENESS

Give targeted attention to all aspects of drowning prevention on both a national and community level.



THE ECONOMIC  
COST OF  
DROWNINGS  
IN IRELAND IS  
**€254M EACH YEAR**



IN IRELAND, THERE ARE  
**3 TIMES** MORE MALE  
DROWNING FATALITIES  
THAN THERE ARE FEMALE

*These five pillars frame the key changes Irish Water Safety will affect in delivering against Ireland's National Drowning Prevention Plan.*



**3**

## TRAINING

Increase the number of trained experts in Community Water Safety, Rescue Boat, Lifeguarding, Pool Safety and Swim Instruction.



**4**

## INTERVENTION

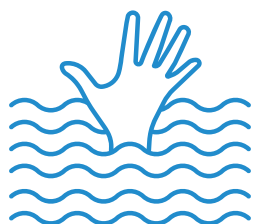
Promote, maintain and enhance public drowning prevention equipment and environments.



**5**

## ACTION

Challenge all volunteers and stakeholders to take ownership of Ireland's National Drowning Prevention Plan and play their part in delivering against it.



IRELAND'S  
DROWNING  
DEATH TOLL IS  
MORE THAN  
**TWO THIRDS**  
OF THAT ON  
ALL OUR ROADS



GLOBALLY THERE ARE APPROXIMATELY  
**42 DROWNING DEATHS,**  
EVERY HOUR, EVERY DAY.  
**372,000 PEOPLE EVERY YEAR.**







# EDUCATION

*Ensure every child in Ireland has the opportunity to learn basic water safety skills in both primary and secondary schools.*

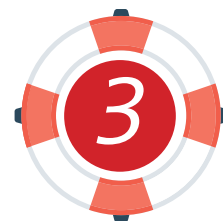
AMBITION	DELIVERY
<b>FOSTER A GREATER LEVEL OF WATER SAFETY AWARENESS</b>	<ul style="list-style-type: none"><li>› Work with the Department of Education to promote awareness of Water Safety at primary and secondary levels</li><li>› Lead the implementation of a comprehensive integrated Water Safety certified education programme in at both primary and secondary levels</li></ul>
<b>INCREASE THE OPPORTUNITIES FOR LEARNING</b>	<ul style="list-style-type: none"><li>› Apply new techniques and initiatives to Water Safety awareness and education which are both interactive and age-appropriate</li><li>› Translate our education &amp; awareness material for non-national &amp; minority groups</li><li>› Continue to develop a corps of suitably trained personnel to support Irish Water Safety</li></ul>
<b>ENSURE EASY ACCESS TO TEACHING RESOURCES</b>	<ul style="list-style-type: none"><li>› Review the library of teaching programmes for all IWS Courses</li><li>› Translate our education &amp; awareness material for non-national &amp; minority groups</li><li>› Adopt digital technologies to make educational packs more available</li></ul>

# AWARENESS

*Give targeted attention to all aspects of drowning prevention on both a national and community level.*



AMBITION	DELIVERY
<b>INCREASE IRISH WATER SAFETY’S CORE KNOWLEDGE BASE</b>	<ul style="list-style-type: none"><li>› Analyse drowning statistics to identify at-risk groups with a view to reducing the number of drowning fatalities</li><li>› Conduct research &amp; development on drowning prevention</li></ul>
<b>STREAMLINE AND ENHANCE PUBLIC AWARENESS COMMUNICATIONS</b>	<ul style="list-style-type: none"><li>› Develop effective marketing, media, online and print campaigns</li><li>› Produce guidelines to assist media depict positive images and behaviour and to help them to avoid showing unsafe water safety behaviour in advertising &amp; media</li><li>› Establish a communications policy for Irish Water Safety</li></ul>
<b>TARGET ALL AT RISK GROUPS</b>	<ul style="list-style-type: none"><li>› Continue to promote the wearing of lifejackets to reduce boating accidents and drownings</li><li>› Assist the development of further strategies to help reduce suicide through drowning</li><li>› Promote awareness of Water Safety amongst those traveling overseas</li></ul>



# TRAINING

*Increase the number of trained experts in Community Water Safety, Rescue Boat, Lifeguarding, Pool Safety and Swim Instruction.*

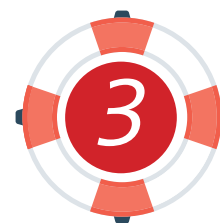
## AMBITION

**IMPROVE  
THE QUALITY  
OF TRAINING  
NATIONALLY**

## DELIVERY

- > Develop and standardise Lifeguard training and rescue boat training to international best practices
- > Review all lifesaving syllabi by 2020
- > Promote IWS as the sole recognized statutory provider of professional lifeguard services
- > Review and promote a code of conduct for all Surf Lifesaving Athletes
- > Periodically review, update and develop all swimming syllabi and awards
- > Continue to roll out IWS Swim Awards
- > Continue to develop rescue boat training with the Community Rescue Boats Ireland (CRBI), National Maritime College of Ireland (NMCI) and other relevant organisations
- > Develop coaching structures and training in accordance with Coaching Ireland's Development Programme
- > Instruct, train and certify IWS personnel to best International practice
- > Maintain a College of Referees of sufficient size to meet the needs of lifesaving as a sport in Ireland and to meet our international commitments





## AMBITION

## DELIVERY

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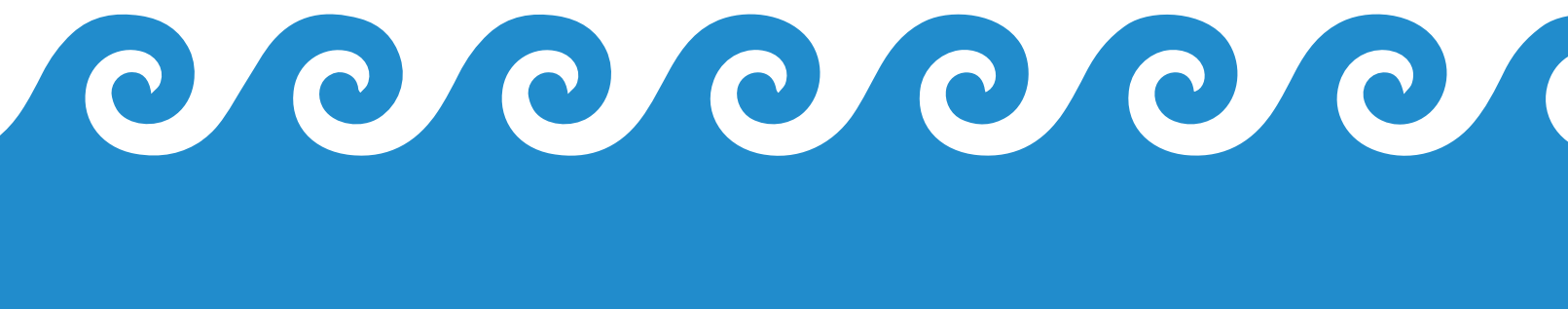
### INCREASE THE AVAILABILITY OF TRAINERS AND INSTRUCTORS

- > Increase the number of instructors for summer weeks and winter training programmes nationwide to ensure more children are trained in pool and open water safety
- > Continue to train a corps of Pool Lifeguard Providers who can deliver requisite courses nationally, both voluntarily and commercially
- > Ensure enough lifeguards are trained to meet market demand
- > Review the syllabi for internal education programmes and simplify the structures to deliver an increase in availability of examiners and instructors
- > Encourage increased participation in lifesaving as a sport

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### INCREASE THE TYPES OF WATER SAFETY TRAINING AVAILABLE

- > Implement the Open Water Safety Awareness course for the aquatic workplace to help promote safer working environments
- > Assist the development of further strategies to help reduce suicide through drowning
- > Continue to develop Cardiac First Responder (CFR) training programmes under Pre Hospital Emergency Care Council (PHECC)





# INTERVENTION

*Promote, maintain and enhance public drowning prevention equipment and environments.*

## AMBITION

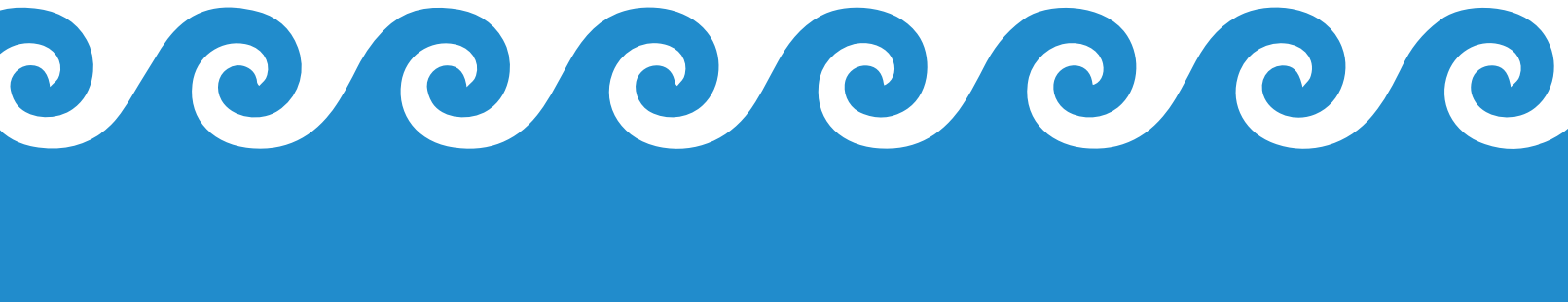
## DELIVERY

### IMPROVE PUBLIC RESCUE EQUIPMENT

- > Promote the maintenance of public rescue equipment by local authorities and site owners
- > Continue to develop the on-going inspections of Community Rescue Boats Ireland stations in order to promote best practices
- > Continue to encourage WSAC's to purchase vehicles and lifesaving equipment to support the work of our members.
- > Continue to carry out usage tests on rescue equipment to ensure high standards

### TAKE A PROACTIVE APPROACH TO DROWNING PREVENTION

- > Promote the erection of the ISO Sign for wearing lifejackets at all slipways, harbours and piers in Ireland to help advise the public to wear them when going afloat
- > Continue to encourage WSAC's and local authorities to build Lifesaving Training Centres
- > Support the ongoing Risk Assessment Programme for open water sites







# ACTION

*Challenge all volunteers and stakeholders to take ownership of Ireland's National Drowning Prevention Plan and play their part in delivering against it.*

## AMBITION

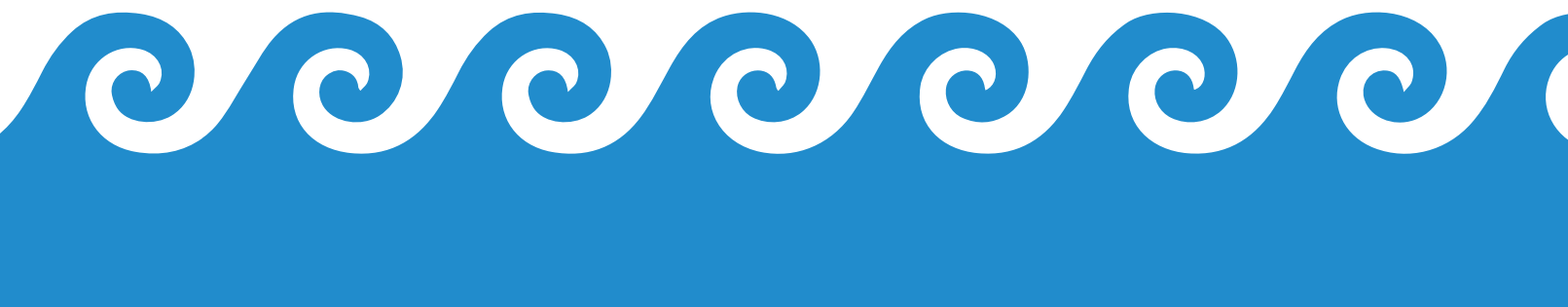
## DELIVERY

### STRENGTHEN AND GROW OUR BASE OF VOLUNTEERS

- > Support and assess the promotional work of volunteers through promotional, sponsorship & marketing to help increase their participation in activities.
- > Develop and support the volunteer base of IWS and develop policies to increase our membership
- > Support Volunteers to reach their full potential

### FOSTER STRONGER PARTNERSHIPS AND BETTER COMMUNICATION

- > Continue to develop a stronger relationship with Local Authorities
- > Develop strategic partnerships with common interests in promoting water safety in all aquatic environments.
- > Improve and expand communication channels between the Council, the Executive and IWS members
- > Maintain our affiliations with other international lifesaving organisations
- > Support the role of the Water Safety Development Officer within IWS, Local Authorities & WSAC's





## JUST IN TIME...



'It was a Sunday morning and we decided to go for a walk in the woods to have a picnic. I asked could I take Max with me as I'm his Godfather. We went to feed the ducks.'

*'Scary moments. Milliseconds is all it took. We thought we had done the best thing possible by going up where there was railing. We had small children.'*

'You could see Max, he was looking for a piece of bread but he leaned over the railing a bit.'

*'I had hold of him all day by the hood. But when he bent down to get the bread I let go and he went over the railing and once his balance went, he flipped.'*

'I turned away for a second and I heard this big splash!'

*'I remember see Michael's two hands grab the railing and he jumped straight in.'*

'The water was cold so I was gasping straight away. I tried to touch the bottom but it was too deep. So, I grabbed Max with one hand and pushed him up over my head and tried to swim. I didn't want my sister coming home to a tragedy!'

**'I was glad Max didn't go up to heaven where my other granddad is.'**

MICHAEL LYONS VI,  
MICHAEL LYONS VII,  
MICHAEL LYONS VIII (Age 5)

SHARE THEIR STORY  
'JUST IN TIME' AWARD WINNERS 2017



# JUST IN TIME...



'Where the football team got in at the beach, it's actually the most dangerous part. There's a very strong rip current that flows from the beach out to sea. They would've been about chest height in the water and would've been sucked off their feet straight out.'

*'Usually the surfers use the current to get out to the waves. And then it's very useful. But when you don't know how the current works then it's very dangerous. You wouldn't think, when you go in the water just to cool down your calf muscles that you'd get pulled out to the Sea.'*

'Most of the lads weren't strong swimmers at all. They had no experience working with water. If you're going somewhere, find out the local knowledge. Try to keep an eye for currents, calm areas on the sea. They might look the safest. But the rips are what cause the majority of problems.'

Honestly, respect the water because you never know what will come out of it.'

OWEN MURPHY, FRIEDERIKE ROST & FERGAL MULLER  
SHARE THEIR STORY  
'JUST IN TIME' AWARD WINNERS 2017



'I was off duty, driving home from work. I was in the middle lane of traffic going over the bridge in Waterford City. I saw a man in distress enter the water. So, I immediately abandoned my car and ran to the nearest life buoy.'

When I got to the river's edge, the river was very fast flowing. I rang 999, the Coast guard. Told them what was happening that they needed to get there quick.

I got to the life buoy and threw it in. He wasn't so determined to grab it. But I persuaded and persuaded and he got it. I just kept persistent with him. You know "swim... swim!" And he did. Thank God, he did.

But you know, if that life buoy hadn't been there, with that current, the outcome would have been different!

GARDA MICHELLE POWER SHARES HER STORY  
'JUST IN TIME' AWARD WINNER 2017





# LIFEGUARDS TO THE RESCUE

By John Leech, CEO

There have been 54 drownings so far this year that we are aware of. This is 9 more than for the same time last year. Our view is that this is as a result of the spike we had in drownings back in late May and early June when we lost 10 of our citizens in 15 days due to that spectacular weather we had. In 2013 when we had two weeks of fine weather in July we lost 13 citizens in 14 days. Whilst these figures are truly awful, it is encouraging to note that with our public awareness campaigns we lost 5 people in July, significantly less than in 2013 when we lost 15 in total for the month of July on our island nation. So we are encouraged to note that the public have been paying attention to the campaigns and are talking personal responsibility around water during their various activities.

The lifeguards continue with their good work on our beaches, rivers and lakes. They have

made some very effective and impressive rescues during this wonderful summer. We have received returns from 14 of the 20 Local Authorities that provide Lifeguard Cover so far. Without this cover there is no doubt that we would have significantly more drownings around our coast. We are most grateful to the Local Authorities who employ these lifeguards and keep our beaches safer. Records submitted so far show that there were 211 people rescued during the summer; 196 children were reunited with their parents or guardians by lifeguards; 2,775 people were administered first aid by the lifeguards; 17,067 accidents were prevented and advice was given to 58,321 members of the public. So I think you will agree that they earned their crust this year. We can draw many conclusions from these figures but one that stands out to me is that children should not have to be reunited with their parents

or guardians. Lifeguards here in Ireland and around the world notice that parents bring their phone to the beach to take photos but then engage in social media when they are no longer supervising their children. Please keep your social media off our beaches and look after your children. Children drown silently and only in seconds.



As part of the Water Safety Development Officer's Conference, Acting Station Officer Charlie Cavanagh shows WSDOs some of the equipment used in Limerick river rescues.

## RIVER LEGEND

Athlone man, Patrick McDonnell swam the Shannon for various charities, becoming the second man and first Irishman to do so. Patrick McDonnell is a lifeguard and instructor with Birr Leisure centre and a former lifeguard at Athlone Regional Sports Centre. Patrick was not difficult to spot thanks to a red and yellow swimming hat given to him by Irish Water Safety. His solo swim was supervised at all times by a canoeist and various sub aqua clubs along the way.

The Shannon is three times the length of the River Liffey and he completed the 245km long swim over two weeks. Congratulations to Patrick for making history!





# CLONGOWES POOL LIFEGUARD COURSE

By Jack Hilliard



**In recent weeks Jack Hilliard has been one of 40 boys, who are taking Lifesaving lessons in our new swimming pool as part of the Transition Year programme of activities. The lads are training for a Pool Life Guard Course over the year, which will allow them to be Life Savers. Mr. Philip Keleghan from Irish Water Safety takes the boys twice a week for two hours through this tough but very rewarding course and they are thoroughly enjoying it...**

'It's easy to see why the lifesaving course is so respected as it's quite difficult to do but at the same time it's a very rewarding experience. I feel our group has progressed well and everyone seems to enjoy it. The general feedback from the lads is that the sessions are tiring but they're glad to have the opportunity to learn such a vital skill that will stand to them later in life. This wouldn't be possible without our instructor, Philip, a volunteer from Irish Water Safety, who has truly put in a great effort in training us.

Philip's attention to detail is remarkable; he always keeps us on our toes and is a key part as to why the course is so interesting. The amount of techniques we have learnt so far is staggering and is certainly a lot to take in, but I think we are getting the hang of it. Everytime we step into the pool there's a new challenge, an obstacle to surmount. It's hard but I don't think it should be easy and I know it'll be worth it in the end when we could have the chance make a difference to someone in the real world.

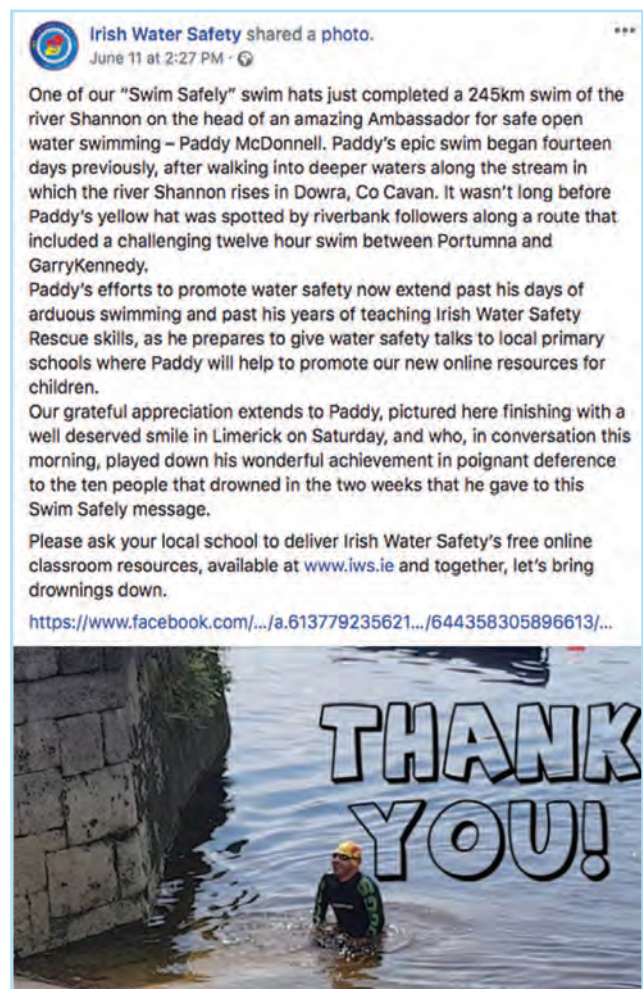
We have been privileged to be one of the first groups in the school to use the new pool and I have to say it was definitely worth the wait. I'll admit for most of the last year it was hard to picture that the concrete foundations could turn into something so impressive. The structure fits seamlessly beside the Sports Hall and complements the whole complex very well. The inside of the building is modern with the pool overlooked by a balcony that leads into an open space behind it. The pool is great and also includes a hydrotherapy pool which will be great for recovery after competitive sports and games. The pool design has been a great success and a great addition to the school; the whole school has been buzzing with excitement about it and it has exceeded our expectations.

*Pictured above are; Killian Fitzpatrick, Sam Lumb, Diarmuid McCormack*

# IWS ON SOCIAL MEDIA

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

<https://twitter.com/IWSie>







*The IWS Water Safety Development Officer's Conference included a visit to the University of Limerick Sports 50m Pool.*





# IWS Dublin



Conor Wright is presented with a token of appreciation from Dublin Fire Brigade for him being there when help was needed. Conor is a lifeguard at Swan Leisure in Rathmines and spotted a man in difficulty in the pool. On taking the man from the pool he noticed that he was turning blue and not breathing. Conor began CPR and directed the centre's team to activate their emergency plan. A Fire EMS tender from Dolphin's Barn and Ambulance from HQ responded to the incident. Conor was nominated by Station Officer Justin Burns, for stepping up to the mark without hesitation. The patient went on to make a full recovery. Conor is the first recipient of this coin for a water rescue.



Conor receiving his Instructor Cert from Alice Doorley Dublin Examiner



Conor receiving his Medal from Dublin Fire Brigade



Conor and his family



## IWS Dublin at Nutgrove Fire Station Open Day, April 2018



No superhero's were hurt in the making of this comic strip....but if they don't have a Lifejacket on when on the water they will be....



# In Seconds, Water Can Steal A Life

## Marketing interventions to reduce drownings

Roger Sweeney

The spell of good weather this summer will be recalled for years as a time when thousands flocked to our beaches and waterways. It was a reminder of just how fantastic a resource we have, especially when the sun shines. Sadly, it has also been a time of tragic loss. In two weeks of good weather, ten people drowned accidentally in Ireland. Their lives stolen in seconds. National Water Safety Awareness Week began with a reminder to us all of how vital it is that we make water safety a bigger part of the national conversation. On radio, actor Liam Neeson graciously voiced a campaign to highlight the importance of extra vigilance, especially at this time of year. In print and outdoor, a photo of a lone child walking towards the shoreline as water damage fades her from view created an arresting image designed to resonate with parents everywhere, and remind them of the need for constant supervision. Our digital and social channels broadcast a series of heartfelt films in which rescuers told their stories to emphasize the many and unexpected ways that people find themselves in difficulty. This multi-faceted campaign aimed to spur us all on to be more aware of the very real and often unseen dangers that water poses. If we can be more



*Irish Actor Liam Neeson accepts a Community & Social Responsibility Award (the IWS logo set in Connemara marble) from Irish Water Safety's Roger Sweeney for kindly agreeing to be an IWS Water Safety Ambassador for 2018.*

conscious about water safety, together we can bring the number of drownings in Ireland down. View the films and hear Liam Neeson's campaign at [www.watersafety.ie](http://www.watersafety.ie). As our record summer continued, we stepped up efforts to shake people out of their complacency and deliver

# IN SECONDS, WATER CAN STEAL A LIFE.

NATIONAL WATER SAFETY AWARENESS WEEK - JUNE 18 - 24



**Irish Water Safety**  
Sábháilteacht Uisce na hÉireann

FOR ADVICE VISIT **IWS.IE**



# SWIM WITHIN YOUR DEPTH. STAY WITHIN YOUR DEPTH.



**Irish Water Safety**  
Sábháilteacht Uisce na hÉireann

FOR ADVICE VISIT **IWS.IE**

*Some of the messages that appeared on billboards nationwide and on digital display*

# ALWAYS WEAR A LIFEJACKET ON OR NEAR WATER.



**Irish Water Safety**  
Sábháilteacht Uisce na hÉireann

actionable tips and advice to reduce the number of drownings in Ireland. In a hard-hitting radio ad, we answer the question 'What does it feel like to drown?' The ad describes the physical process of drowning. It's not something ever discussed. More importantly, it's something NO ONE SHOULD SUFFER. Outdoor and digital display supported the radio campaign with a series of simple rules that should be engrained in all who enjoy our waters. The fact is that most drownings are preventable. So, it's vital that we all make water safety a bigger part of the national conversation. If you have ideas on how to build awareness, please read our Ten Year National Drowning Prevention Strategy online and send me your ideas to rogersweeney@iws.ie.

Together we really can bring drownings down.



*Liam Neeson takes time out from recording to leave no doubt as to his particular set of skills!*



*"Keep up the good work Irish Water Safety" – Liam adds his support to Ireland's Ten year Drowning Prevention Strategy*





- **IN SECONDS WATER CAN STEAL A LIFE**
- **TALK TO YOUR CHILDREN ABOUT WATER SAFETY**
- **FOLLOW THESE SIMPLE TIPS AND ENJOY EVERY MINUTE TOGETHER ON OUR BEAUTIFUL BEACHES, RIVERS AND LAKES THIS SUMMER.**

CHILDREN LOVE THE WATER SO TEACH THEM THESE LESSONS.

1. SWIM WITHIN YOUR DEPTH. STAY WITHIN YOUR DEPTH.
2. SWIM AT LIFEGUARDED WATERWAYS, LISTED ON OUR MAIN SITE.
3. ALWAYS WEAR A LIFEJACKET WHEN ON OR NEAR THE WATER.
4. ALCOHOL IS A FACTOR IN 1/3 OF DROWNINGS. DON'T MIX IT WITH WATER ACTIVITIES.

## Just In Time – YouTube and Facebook videos

*As part of the marketing campaign for 2018, a series of heartfelt films were recorded in which brave rescuers told their stories to highlight the many and unexpected ways that people find themselves in difficulty in water. For example, Martin Cullinane, pictured below, spoke about rescuing two young children from drowning. His story received nearly 300,000 views in three weeks. Watch this and others at [www.watersafety.ie](http://www.watersafety.ie).*



**Irish Water Safety**  
Sábháilteacht Uisce na hÉireann



ALCOHOL IS A FACTOR  
IN 1/3 OF DROWNINGS  
NEVER MIX IT WITH  
WATER ACTIVITIES

FOR ADVICE VISIT **IWS.IE**



**Irish Water Safety**  
*Sábháilteacht Uisce na hÉireann*

As part of our summer campaign, 250,000 beer mats were distributed to 250 pubs around Ireland. Posters were mounted in washrooms to highlight the fact that alcohol is a factor in one third of drownings.





**Irish Water Safety**

Sábháilteacht Uisce na hÉireann

## PERSONAL FLOTATION DEVICES

### A GUIDE TO LIFEJACKETS & BUOYANCY AIDS.

#### What is a personal flotation device (PFD)?

This is a generic term used to describe lifejackets and buoyancy aids. The main difference between lifejackets and buoyancy aids is that a lifejacket is designed to turn an unconscious person face up on entering the water.

A buoyancy aid is not guaranteed to do this and is as the name describes, an aid to keeping you afloat.

#### Wearing Personal Flotation Devices.

It is vital to wear personal buoyancy or a lifejacket when afloat or if your activity takes you near the water. You must ensure that it is the correct size, properly fastened and that you understand how to operate it. Wearing an appropriate personal flotation device can give you extra time for the search and rescue services to find and rescue you.

#### Caring for your PFD.

Your PFD could save your life, so it is important to look after it. You should have it serviced in accordance with the manufacturer's recommendations. On a regular basis, you should visually check the PFD for wear and tear, especially at the folds, straps and fastenings. If used in salt water, you should regularly wash out your PFD with fresh water and allow to dry fully before repacking. Ensure you disarm any automatic inflation mechanism before washing your PFD to avoid accidental inflation.



#### Buoyancy of Lifejackets.

Buoyancy is measured in Newtons – 10 Newtons equals 1kg of flotation. There are 4 European standards for personal flotation devices, which must all carry the CE mark:



1. 50 Newtons buoyancy aids with are only for use by swimmers in sheltered waters when help is close at hand. They are not guaranteed to turn a person from a face down position in the water.



2. The 100 Newton buoyancy aid is for those who may still have to wait for rescue but are likely to be in sheltered and calm water.



3. The 150 Newton lifejacket is for general offshore and rough weather use where a high standard of performance is required.



4. The 275 Newton lifejacket is primarily for offshore and extreme conditions and those wearing heavy protective clothing.



5. IMO / SOLAS approved lifejackets are generally used for abandoning ship and are not intended for everyday use as they are generally bulky.

# IWS Cork





### The right PFD for you?

The most suitable type for you will depend on the type of activity and the distance you are likely to be from the shore.

- **Foam-only** personal flotation devices provide buoyancy at all times. They may be bulky, but in addition to providing buoyancy, they often provide additional protection against wind and cold.

- **Air-only** lifejackets are likely to be the most compact and comfortable and may be **automatically inflated** on entering the water or inflated manually or orally. Spare gas cylinders and automatic inflation mechanisms should be carried. It is recommended that all personal flotation devices are fitted with a whistle, light and retro-reflective strips and should have under-leg straps.

**Under-leg strap** is a very important feature especially for children to ensure a secure fit and prevent child from slipping out of the PFD.

- For some sports such as jet skiing, water skiing, dinghy sailing, windsurfing and canoeing, specialised personal flotation devices are available which are specifically designed to suit these sports.

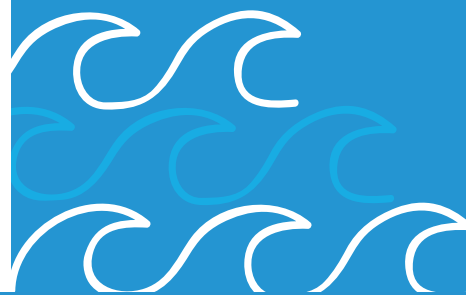


## PROTECT YOURSELF IN THE WATER



Ensure that you and your crew wear your PFD's whenever you are on the following

- Lakeshore
- Quays
- Marinas
- Canals
- Open Boats
- Decks & Docks
- Rivers
- Reservoirs







School visits during National Water Safety Week , spreading the good word always a success .  
(Joan Morton visiting St. Coen's National School Rathnew, Co. Wicklow.)



Preparing for registration for Swim & Safety weeks which is running now in Wicklow town for thirty five years plus, our instructors are up and ready with our young helpers & trainees .  
Let's hope this lovely weather stays for the next few weeks .



Wicklow lifeguards are frequently called on to cover numerous charity events , but never before involved in breaking world records the charity for " Dip in the nip" for female cancer, raised lots of money, world media and managed to break the world record for ladies bearing all in the sea for five minutes and more . Photo shows the 3,000 plus ladies, Maghermore , Wicklow .



# A DAY IN THE LIFE OF A SWIMMING TEACHER



Hi my name is Grainne Mc Grath, I am a wife and a mother to a five year old autistic amazing boy and a very boisterous little 2 year old girl. I have been full time self employed for one year. My business is called splashing to swimming. I have been an instructor for 19 years. I actually don't remember ever not knowing how to swim but at the same time I've never been to swimming lessons. There is no pool around my area of Skerries north Co Dublin and my parents never drove. So I walked to the sea ever day in the summer and someone must of thought me. So as the years went on and I trained as a personal trainer part of my course was lifesaving. But I found myself giving tips to some of the weaker swimmers and the teacher noticed and put me on a teachers swimming course. And I was hooked. I became hooked on teaching I read all sorts of books "swimming smooth" and "Bob Bowman's" book. I even became a gymnastics coach and that help understand positioning and diving and tumble turning. I had and still have a fire in my belly for everything aquatic related. As I said before there is no pool in my area, so I have to drive to Drogheda Co. Louth every day to hire a pool.

So every day I start work at three and I finished at seven. This is so I can be at home for my kids in the morning and then be at home to put them to bed at night. I do that Monday to Thursday and Friday is day off but not away from the pool as I bring my kids swimming on Friday and yes they are both mermaids. Saturday is the day I work from 8am to 5.30pm. I only teach swimming one to one's max one to three. I find kids and adults come along faster and enjoy the lesson more when there in the water actually swimming and not sitting on the deck for half a lesson getting cold. So I do that up to 10am and then I half my breakfast and answer texts and mails and set out lesson plans for later on. I start again at 12.00pm and continue one on one's until 2.30. Then I have my junior life savers. They are from 8-16 years old and we do 45mins on land covering all safety questions and recovery position, CPR and even roll play. Then it's off to the pool for 45mins to practice not swimming but rescue strokes, every kid that's swims knows the four competitive stroke but may not of come across the side stroke or inverted breaststroke or the different entries and why and where they are done. The

kids do three terms of six weeks and on the final term they are brought to see the local coastguards train and launch the boats and see them do spinal board training and get to ask all the question about water and currents and about hyperthermia. All the coastguards are fantastic with the kids and delighted to show the next generation of heroes around. Just to make sure the standard of teaching is at its best. We like to keep the standard of teaching very high, so we are lucky to have Niamh a mother of three swimmers with us. Here is a little about all she contributes.

I am a registered general nurse with 22 year's experience. I am also a (PHECC) Pre Hospital Emergency Care Council registered First Aid Responder and Cardiac First Responder Instructor. I have assisted in the Junior lifeguard programme since Oct 2016. Consolidating the children's knowledge in their final levels following instruction from their lifeguard coaches in scene safety, infection control measures and quality CPR (Cardio Pulmonary Resuscitation). A recap of all their basic skills is initiated followed by practical sessions on resuscitation practice on CPR mannequins, Adult, child and infant. All children are given adequate opportunity to practice their CPR skills. Questions and answer sessions are provided to dispel any myths the children may have regarding CPR and to inspire them to confidently use their new skills if required. Niamh Watson RGN, BSc. Nur, NEBOSH Cert. Occupational Health & Safety.

The final day of the course is the graduation all candidates receive certificates which are presented to them by the coastguard with a small key ring with rubber gloves and a mask to protect the face if needed during CPR. Some of the kids say a few words as they collect their certs. To say what they enjoyed most and what their favourite part was and what they have learnt. As an instructor not only do I see skills been mastered but confidence building and friendships made. And none of this would be possible without the dedication of all the parents bringing the children every week and understanding the importance of water safety and life skills. And to the coastguards and Niamh our nurse. Who volunteer their time to bring home the message of water respect. Big thanks to Jean O'Reilly and Jayne O'Neill for helping with the classes.



# NATIONAL SURF LIFESAVING CHAMPIONSHIPS

## CLEAN SWEEP FOR CLARE LIFEGUARDS AT NATIONAL SURF LIFESAVING CHAMPIONSHIPS

Clare retained their dominant position as National Surf Lifesaving Champions at this year's National Surf Lifesaving Championships, Curracloe Beach, Co. Wexford, on Saturday, 1st of September 2018.

Lifesaving athletes from ten Counties competed in a series of events that tested their Lifeguarding skills. The competing Lifesavers from Clare dominated the event, winning eight of the ten events.

Participants from ten counties nationwide competed in Junior, Senior and Masters events. Events are based around core lifesaving skills including speed, strength, endurance and equipment handling. The championships are hosted at a different location each year and attracts hundreds of participants and spectators annually.

Clare retained their overall titles in both Men and Women's Junior and Senior events while the Cork and Wicklow teams were closest runners-up. Waterford were the winners of the Masters event on the day but Cork were the overall Masters Champions with the highest combined scores.

In addition to the overall prizes for both Men and Women's competitions, Clare Ladies also won the prestigious President's Trophy, awarded annually for the best combined performance in the beach competition and the Pool Rescue Championships that were held at the University of Limerick Sporting Arena in February 2018.

"Clare's strength in heavy surf clearly stands to their credit while the team continues their strong tradition as Ireland's 'spiritual home' of the lifesaving sport in this country," commented Clare McGrath, Water Safety Development Officer (WSDO) for County Clare and Chair of Irish Water Safety's National Sports Commission.





# NATIONAL SWIM TUTOR COURSE

Candidates had a very intensive weekend where they were tested on course organisation, Lecturing, their technical knowledge and presentation skills. Our Trainee Tutors came from all over Ireland, ranging from Galway to Dublin and Cork to Meath to take part in this course. IWS have been teaching swimming since 1945 where Harry Gillespie and a number of other interested persons approached the Irish Red Cross with a view of establishing water safety in Ireland due to the high drowning figures nationwide. In 2015 the swimming commission of Irish Water Safety updated our Teaching syllabus to better reflect our mission statement: IWS mission statement: Every person a swimmer, every person a lifesaver. Below is a picture of IWS latest Trainee Tutors, having successfully completed their first step in the swimming teachers tutor programme at the Creggan Court Hotel, Athlone on the 13th, 14th and 15th of April.



Back: Matthew Campbell, Colin Lowth, Cormac Wickham, John Farrell (Course Tutor), Gerry Brennan, Henry Mullen, Ciaran Seawright, Donal Horgan, Shane O'Brien, Tom Mackey (Course Tutor)  
Middle: Siobhan Ni Laocha, Clive Seawright (Course Tutor). Front: Eleanor Burke, Cara Reilly, Brid Graham, Orla Leddin, Lola O'Sullivan, Deirdre Webster (Course Tutor), Breda Collins (Course Tutor), Noreen Mackey (Admin Support). *Brendan McGrath (Course Tutor – not in photo).*

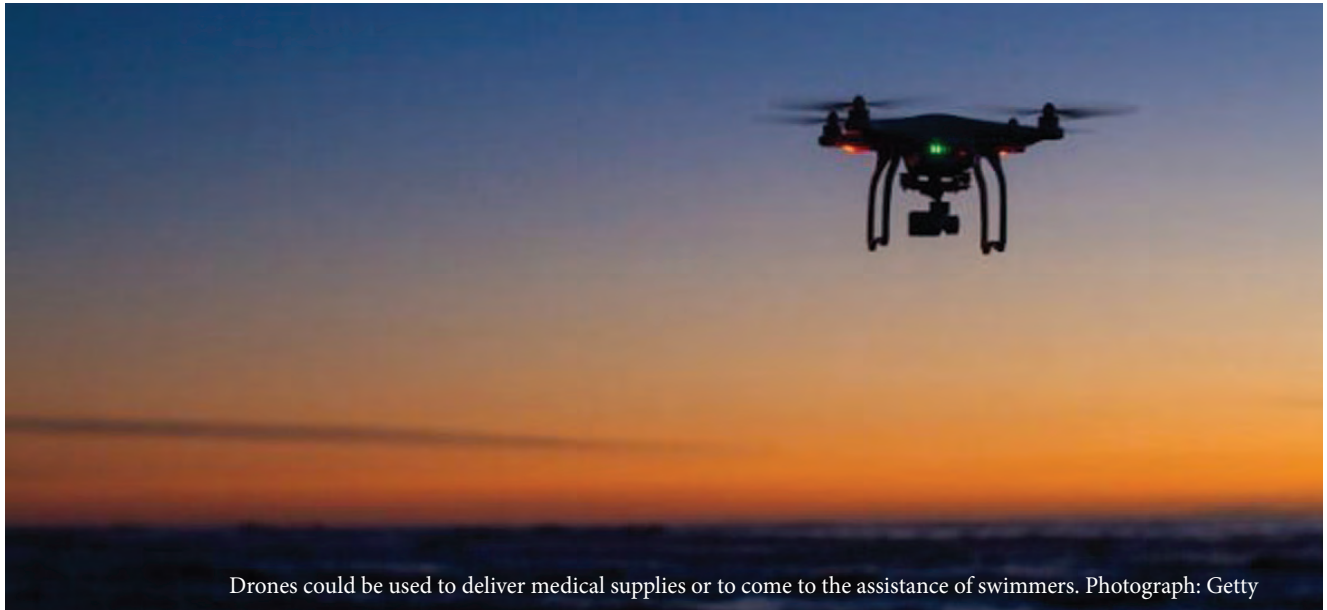


SAY HELLO AND  
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THE PLOUGHING...



# Drone research project could help swimmers in difficulty

U-Flyte aims to develop new systems that would allow drones fly longer distances



Drones could be used to deliver medical supplies or to come to the assistance of swimmers. Photograph: Getty

IRISH TIMES: Mon, Mar 26, 2018, 10:48

Barry Roche

A new €6 million research project which will assist the development of drone technology to perform tasks such as delivering essential medical supplies or coming to the aid of swimmers in distress has been launched in Waterford today.

U-Flyte, a collaboration between researchers at Maynooth University and a number of industry partners, aims to develop computer systems to overcome current restrictions that limit the distance over which drone operators can fly their machines.

Drone operators, unless they have secured special permission, are limited to maintaining their drones within a 300m circumference and within sight at all times.

Drone operators are also limited to flying no higher than 120 metres and while these guidelines are necessary, they restrict the wider development and uptake of drone applications and services – not only in Ireland but also across the globe, said Dr Tim McCarthy from the Maynooth University Department of Computer Science and National Centre for Geocomputation.

U-Flyte's aim is to tackle the current global log-jam impeding the wider development of drone operation and the roll-out of commercial services by providing the research, data and case studies to guide agencies in allowing drones to safely fly further and higher than the current limits, he said.

"Drone technology has the potential to be used for a wide range of practical applications, from the simple delivery of online shopping, to capturing data for maps of farms, forests, lake and coastlines, and providing security surveillance in vulnerable areas," said Dr McCarthy.

"Experts even foresee drones being used to transport life-saving medical supplies, or coming to the aid of swimmers, making search and rescue operations safer and more efficient than ever before. However, new research is required to ensure that drones can operate safely and securely.

Irish Coast Guard director Chris Reynolds said "drones have the potential to make it easier to collect data along our coastlines, and even aid in search and rescue operations. "



# IWS Kilkenny



Toby Tallent Captain: Megan Kelly presented by Gary Knox



Toby Tallent Winning Team:  
Cliona Teehan, Laoise Holland,  
Megan Kelly, Leah Kelly  
and Gary Knox



Water Safety Awareness: Mary O'Sullivan and Gary Knox.



Water Safety Awareness: Philip O'Neill and Gary Knox.



# IWS Kilkeny

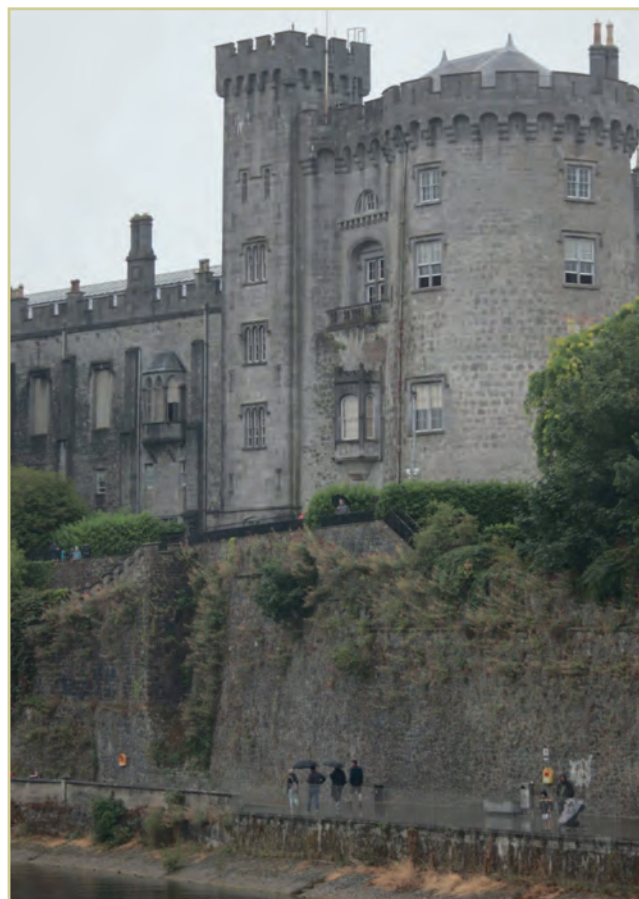


Kilkenny Water Safety Committee, (Back L-R): Lisa Power, Syl Knox, Philip O'Neill, Breda Collins, Eimear Dooley, Liam Dooley, Sue Cook, John Claffey and Donal Higgins.  
Front L-R: Mary O'Sullivan, Tom Keating, Gary Knox, Chairman; Michael Gaule Jnr and Joan McLoughlin.



Kilkenny Juniors: (Winners of the Jim French Cup) Naomi Trait, Brogan McAviney, Collette Allen - Wexford Water Safety, Alex Maher, Louise McInerney.





Kilkenny Water Safety in action.





# IWS Wicklow

## operation TRANSFORMATION

Hundreds of thousands of viewers watched as the five leaders on RTE television's Operation Transformation all gained ground with their fitness goals but also gained confidence in water thanks to support from Irish Water Safety Lifeguards. Feel your fitness levels rise by taking swimming and lifesaving classes with Irish Water Safety - classes that give you the confidence to enjoy our waterways safely.

Irish Water Safety trained Lifeguards gave Operation Transformation's five leaders some peace of mind for this week's challenge. Thanks to Cormac Marnane, Niamh Fitzpatrick, Joan Morton, Luke Finlayson, Nicole Devitt, Thomas Keogh, Emily Clarke and Patrick Keogh, all trained by our volunteers in Wicklow.

"Know What You're Getting Into" by learning swimming and lifesaving skills





# NATIONAL POOL RESCUE CHAMPIONSHIPS

An increase in participation around the country led to a 22 per cent jump in entries for Irish Water Safety Sport's annual Pool Rescue National Championships this weekend (University of Limerick Pool, 11th & 12th February 2018). A total of 380 competitors plus coaches and officials from 12 counties delivered 14 hours of competition that saw Co. Clare emerge dominant in four out of the five team series. Several world and Irish records were broken over the weekend including Norma Cahill from Clare in the 100-metre Rescue Medley who took two seconds off the World Masters record to set a time of 1.28". Her daughter Roisin also set a national record in the same event. Earlier, Norma was unlucky to miss setting a new world time in the 100 metre Obstacle event by just half a second. Cork were also to the fore in the results, winning the overall Masters series ahead of Waterford and Wexford while also placing third in both the Senior Mens and Junior Girls series. "The turnout for the 2018 championship is a result of huge efforts by county teams in attracting more people, especially youth into this growing sport," commented Clare McGrath, Chair of the IWS Sports Commissions, "Thousands of people take part in IWS events annually, both in pools and open water and sport plays a critical role in our national drowning prevention strategy."





# PAWS IN THE POOL

## PAWS 1

**PREREQUISITES:** Classroom PAWS

**DRESS:** Swimsuit, Armbands allowed

**COURSE CONTENT / TEST ITEMS:**

**Oral test on personal safety in and around water focusing on hygiene and rules of the local pool**

**Entry and exit from the water using steps / ladder**

**Show ability to immerse face in water**

- Blowing bubbles
- Picking up lightweight objects from bottom of pool with eyes open

**In shallow water, demonstrate confidence, balance, rotation and recovery by:**

- Walking to a rhythm, changing direction on a heavy beat

- Negotiating a person or obstacle
- Floating and Sinking - Blowing bubbles with their mouth and nose, while keeping their head in the water, heading objects around floating objects

**Playing simple games such as 'Ring-A-Ring A Rosy'**

**Jumping, Side-stepping, Running**

- Jump across pool
- Side-step across pool
- Run across pool

**Demonstrate push and glide in prone position. With arm bands**

**Regain standing position**

**Demonstrate propulsion with the aid of a kickboard or other suitable support**

## PAWS 2

**PREREQUISITES:** Classroom PAWS , PAWS 1

**DRESS:** Swimsuit - Students are allowed to wear armbands for instruction but not for the exam

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water and floatation.**

**Entry by sitting, turning and sliding into the water**

**Exit from the water getting out with support**

**Jumping, Side-stepping, Running**

- Jump across pool
- Side-step across pool
- Run across pool

**Demonstrate push and glide in prone position**

- Regain standing position.

**Swim 5m prone**

**Swim 5m supine**

**Show ability to turn from prone to side to supine**

**Show ability to turn from supine to side to prone**

**Floating forming wide and narrow shapes in prone or supine position**

**Throwing or catching a ball, including a one-arm throw**

**Play**

## PAWS 3

**PREREQUISITES:** Classroom PAWS, PAWS 2

**DRESS:** Swimsuit - No armbands to progress to this level

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards**

**Entry by jumping into the water (pool depth required to 1.8 metres)**

**Demonstrate push and glide in prone position**

**Regain standing position**

**Swim 10 meters front crawl**

**Swim 10 meters back crawl**

**Rolling over from prone to side to supine**

**Play**

## PAWS 4

**PREREQUISITES:** Classroom PAWS, PAWS 3

**DRESS:** Swimsuit

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water**

**Swim 15 meters front crawl**

**Swim 15 meters back crawl**

## PAWS 5

**PREREQUISITES:** Classroom PAWS, PAWS 4

**DRESS:** Swimsuit

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards**

**Swim 20 meters front crawl**

## PAWS 6

**PREREQUISITES:** Classroom PAWS, PAWS 5

**DRESS:** Swimsuit

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards**

**Entry by simple or standing dive (pool depth required to 1.8 metres)**

## PAWS 7

**PREREQUISITES:** Classroom PAWS, PAWS 6

**DRESS:** Swimsuit

**COURSE CONTENT / TEST ITEMS**

**Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards**

**Standing dive (pool depth required to 1.8 metres)**

**Swim 25 meters front crawl**

PRIMARY  
AQUATICS  
WATER  
SAFETY



TO GET INVOLVED IN TEACHING:  
 EMAIL: **PAWS@IWS.IE**  
 OR LO CALL: **1890-420 202**

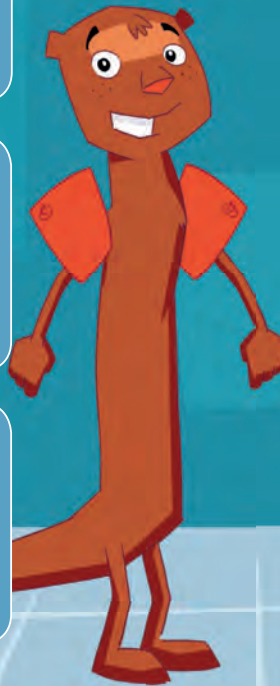


Introduce 10 meters breaststroke  
 Show ability to tread water for 15 seconds  
 Show ability to link shapes to form sequences  
 Swim 5 meters inverted breaststroke  
 Play

Swim 20 meters back crawl  
 Swim 20 meters breaststroke  
 Swim 10 meters inverted breaststroke  
 Show ability to tread water for 30 seconds  
 Show ability to glide to bottom of pool  
 Demonstrate reaching and throwing rescue  
 Play

Swim 25 meters front crawl  
 Swim 25 meters back crawl  
 Swim 25 meters breaststroke  
 Swim 5 meters side stroke  
 Swim 10 meters inverted breaststroke  
 Show ability to tread water for one minute  
 Play

Swim 25 meters back crawl  
 Swim 25 meters breaststroke  
 Swim 10 meters side stroke  
 Swim 15 meters inverted breaststroke  
 Show ability to tread water for one minute  
 Feet first surface dive  
 Play



## PAWS 8

PREREQUISITES: Classroom PAWS, PAWS 7  
 DRESS: Swimsuit, T-shirt  
 COURSE CONTENT / TEST ITEMS  
 Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards  
 Standing dive (pool depth required to 1.8 metres)  
 Swim 50 meters front crawl

Swim 50 meters back crawl  
 Swim 50 meters breaststroke  
 Swim 15 meters side stroke  
 Swim 20 meters inverted breaststroke  
 Show ability to tread water for one minute wearing a t-shirt  
 Surface dive  
 Feet first surface dive  
 Play

## PAWS 9

PREREQUISITES: Classroom PAWS, PAWS 8  
 DRESS: Swimsuit, T-shirt to be worn throughout exam  
 COURSE CONTENT / TEST ITEMS:  
 Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards  
 Standing dive (pool depth required to 1.8 metres)  
 Swim 50 meters front crawl  
 Swim 50 meters back crawl  
 Swim 50 meters breaststroke

Swim 15 meters side stroke  
 Swim 25 meters inverted breaststroke  
 Swim 5 meters butterfly  
 Scull feet first 10 meters  
 Show ability to tread water for one minute wearing a t-shirt  
 Surface dive  
 Feet first surface dive  
 Demonstrate reaching rescue  
 Demonstrate throwing rescue  
 Play

## PAWS 10

PREREQUISITES: Classroom PAWS, PAWS 9  
 DRESS: Swimsuit, T-shirt and trousers to be worn throughout exam  
 COURSE CONTENT / TEST ITEMS  
 Oral Test on personal safety in and around water, focus on hazards of water and correct procedure for dealing with hazards  
 Standing dive (pool depth required to 1.8 metres)  
 Swim 50 meters front crawl  
 Swim 50 meters back crawl  
 Show ability to tread water for one minute wearing a t-shirt and trousers

Disrobe to swimming togs  
 Swim 50 meters breaststroke  
 Swim 20 meters side stroke  
 Swim 25 meters inverted breaststroke  
 Swim 10 meters butterfly  
 Scull feet first 10 meters  
 Surface dive  
 Feet first surface dive  
 Demonstrate reaching rescue  
 Demonstrate throwing rescue  
 Play



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