



## **Irish Water Safety (IWS)**

### **Lifesaving Sport Development Plan 2017-2020**

#### **Supported by Swim Ireland (SI)**

---

#### **Background:**

In 1948 it was decided that Ireland would introduce a sport of lifesaving based on the skills used in lifeguarding. In 1950 the President of Ireland, Sean T. O'Ceallaigh presented a trophy to the IWS for competition between the counties of Ireland. This award, "The President's Trophy", is still the premier award associated with the IWS Lifesaving National Championships. These championships are now divided into two sections (pool and surf) and include nippers (8-14yrs), juniors (14-18), seniors and masters.

International Life Saving (ILS) is the governing body for the Sport of Lifesaving worldwide. International Lifesaving Europe (ILSE) is the governing body for all European events and developments. Currently, 168 countries are affiliated to International lifesaving, of which IWS is one.

During the 1990s IWS underwent the process of adopting the internationally recognised rules and events and are now fully compliant with all international standards including those of officiating and delivery. IWS now have consistent podium finishes at the major international events. Events at IWS Sport of Life saving competitions include the following:

#### **Open Surf Events:**

- Surf Swim
- Can Buoy Rescue Race - team
- Board Rescue Race - team
- Oceanman/woman Relay Race - team
- Board Race
- Surf Ski Race
- Beach Flags Race
- Ocean Man/Woman
- 90m Beach Sprint
- 4 x 90m Beach Sprint Relay

#### **Pool Events:**

- Staged Incident
- 100m Manikin Tow
- 100m Manikin Carry
- 50m Manikin Carry
- 200 Super lifesaver
- 100m Medley
- 4 x 50 Obstacle Relay
- 4 x 50 Medley Relays
- 4 x 25m Manikin Relay

Lifesaving Sport membership continues to rise in Ireland. There are now approx 1300 competitors. Like many other sports, IWS is faced with the challenge of retaining Nipper & Junior competitors through to Senior level.

#### **Irish Water Safety & Swim Ireland Partnership:**

While SI is primarily involved in the development and promotion of aquatic sports and IWS is primarily involved in promoting water safety, both parties recognise the growth in popularity and the potential of the Sport of Life Saving. This is a sport which encourages lifesavers to develop and improve the essential physical and mental skills required to save lives in the aquatic environment. It is agreed between the parties that this is an area of the aquatics that should be developed further and be formally recognised as the aquatic Sport of Life Saving. SI as the National Governing Body of the Aquatics has recognised this. While the IWS will lead the development of the Sport of Life Saving, SI have agreed to co-operate to further the promotion and development of this Sport. SI and the IWS have entered into an agreement to develop a medium to longer term plan for the development of the Sport of Lifesaving. This document outlines this Development Plan for the period 2017-2020. The implementation of the Plan will be led by the IWS and supported by SI.

### Overall Aim of this Development Plan:

The initial plan, 2013-2016, focused on the introduction, standardisation and development of the Sport of Lifesaving. The 2016-2020 strategy focuses on continued growth and increased development of High Performance within the sport. The Development Plan will provide structure and focus for the continuing development of the Sport of Lifesaving in Ireland towards its full potential.

By carrying out the work outlined in the Development plan, it is envisaged that more swimmers will be attracted into the Sport of Lifesaving, as well as the provision of a structure for senior competitors who wish to compete at an elite level.

### Goals:

The development plan is divided into three main goals:

1. To develop a closer relationship between IWS and SI which will provide a framework for the further development of the Sport of Lifesaving, by using all available expertise and experience within both organizations.
2. To promote the Sport of Lifesaving through publications, media , websites and social networking sites
3. To further develop talent pathways which will help identify and support Sport of Lifesaving participants and which will enable high performance lifesavers to develop and maximize their potential. These development pathways will include competitions, coaching, education, support and participation.

Objective	Action	Timeframe
<b>Goal 1. Develop a closer relationship between IWS and Swim Ireland</b>		
Further develop a partnership with Swim Ireland and affiliated aquatic clubs.	Meet with SI and develop links with SI clubs to encourage their swimmers to participate in the Sport of Lifesaving.	Before end of 2017.
To hold Life Saving Sport events at Swim Ireland Galas	Work with SI to explore the option of including demonstration lifesaving events at SI galas.	End of 2019.
Review IWS / SI websites to ensure all competition results are displayed	Agree common links and ensure results and achievements are posted on the websites of both organisations.	End of 2018.
Develop Assistant, Level 1 & 2 Sport of Lifesaving coaching awards aligned to similar SI award structures.	Agree a plan of work with Swim Ireland to develop cross organisation courses.	End of 2019

<b>Goal 2 : Improve communication with all members to increase awareness of lifesaving sport</b>		
Improve profile of Sport of Lifesaving on IWS website	Arrange access to IWS website to update with results, courses, training camps etc.	In place with ongoing developments.
IWS to circulate Newsletter & E-mail bi-annually	Communication officer appointed by IWS commission with a view to increased media communications.	In place with ongoing developments
Develop Social Networking (Facebook & Twitter) to increase awareness of the Sport of Life-Saving.	Facebook & Twitter page set up and updated regularly by Communication Officer. E-mail accounts for commission members. Sport officers details being made available on website for ease of communication	In place with ongoing developments
Maintain Irish member on Euro sports commission	Ensure updated information is from the European Sports commission and visa versa.	Seamus O'Neill appointed for new 3 year term to ILSE Sport Commission. Clare McGrath appointed a member of the European College of Referees.
Increase involvement of the sport at University level	<ul style="list-style-type: none"> <li>• LS Sport events to be held at University Inter-varsities, officiated by sport commission members.</li> <li>• IWS equipment available for use.</li> <li>• Ensure all results are posted on IWS website</li> </ul>	In place but further developments are ongoing.
Formal recognition of International achievements.	Hold a Presentation and Awards dinner after Nationals each year. Honour international competitors and coaches. Sports Person of the year awards to be included in the annual IWS National Awards Ceremony.	In place and ongoing.
<b>Goal 3. Talent pathway/Squads: to identify and support Lifesaving Sport swimmers and to enable high performance lifesavers to develop and maximize their potential. This includes the areas of competitions, coaching, education support and participation.</b>		
Produce coaching manuals	<ol style="list-style-type: none"> <li>1. Develop links with SLS GB and SLS Australia to help development of full coaching manual.</li> <li>2. Work with Coaching Ireland &amp; Swim Ireland to ensure all coaching standards conforms to Coaching Ireland/Swim Ireland standards</li> <li>3. Coaching course to be recognised for CPD with SI accreditation.</li> </ol>	2015- Agreement with SLS GB  Draft awards to be developed by end of 2019.
Coaching courses delivered annually	To deliver and roll out 3 coaching courses per year	From end of 2019.

Develop CPD programme	<ol style="list-style-type: none"> <li>1. Provide a suitable CPD program to support long-term athlete, coach and official development.</li> <li>2. New three tier Squad Structure to be launched</li> <li>3. Create pathways for top national officials to international levels.</li> </ol>	<p>Ongoing Official upskilling.</p> <p>March 2018.</p> <p>Ongoing</p>
Sports Commission to develop an updated national Squad structure which will have a clear pathway from regional to international standards.	<ol style="list-style-type: none"> <li>1. Arrange appropriate training and access to sport science.</li> <li>2. Work with SI to develop dual organisation preparation.</li> <li>3. Select teams for international events based on IWS selection procedure.</li> <li>4. Review squad selection procedures</li> </ol>	<p>Ongoing</p> <p>March 2018.</p>
Increase safety at events	Ensure rescue crews are properly trained and available.	June 2018.
Maintain Irish records	<ol style="list-style-type: none"> <li>1. Continue to maintain Irish records for local and National teams.</li> <li>2. Irish Records certificates to be issued</li> </ol>	Ongoing
IWS to seek to increase support from Local Authorities through Lifeguard programme	Build relationships with WSDOs, to increase support for training and competition.	Ongoing.
Run inland venue competitions	To develop inland counties, Sports commission to investigate possible venues. Organise mentoring programme between stronger & weaker counties.	End of 2019.
Increase number of competitions on offer	<ol style="list-style-type: none"> <li>1. Deliver additional regional competitions across the country to provide additional competition in preparation for Nationals.</li> <li>2. New inter regional competition – pool and surf.</li> </ol>	End of 2020.
Prepare National competition calendar	<p>Calendar to be prepared for:</p> <ul style="list-style-type: none"> <li>• National Sen/Jun Stillwater</li> <li>• National Nipper Stillwater</li> <li>• Regional Nipper open water x 3</li> <li>• Regional Nipper still water x 3</li> <li>• National Nipper/Junior open water</li> <li>• National Senior/Junior open water</li> <li>• Inter regional squads competition.</li> </ul>	Annually
All National competitions to have qualified referees and run to international standards.	<ol style="list-style-type: none"> <li>1. Hold pool and open water courses annually to ensure referees are fully trained</li> <li>2. Prepare register of training and monitor.</li> <li>3. Maintain list of those who are up to date.</li> </ol>	Ongoing.
Increase the number of qualified of referees	Expand the college of referees by working with all counties to nominate 2 candidates to attend referee courses.	Ongoing

Increase finalists and medals at International competitions	<ol style="list-style-type: none"> <li>1. Specific annual performance targets to be met.</li> <li>2. Increase and increase podium finishes at European and World Championship events.</li> </ol>	Ongoing
To hold the European Junior Championships in Ireland in 2018	To undertake feasibility study into viability of running European Junior Championships. Subcommittee of Sports commission to investigate costs, pool availability, beach risk assessments.	European Junior Championships scheduled for Ireland in September 2018.
Annual review of all Selection Procedures with IWS	Study selection, appeals and procedures to ensure all appointments are fair and transparent	March 2018.

### Development of Annual Operational Plans

Annual operational plans will be prepared annually on the basis of this 4 year development plan together with an annual budget. These plans will be agreed and approved by both organisations. It is accepted that the above goals may evolve or require minor amendments during the defined term.

END