

PRESS RELEASE

09/09/22

195 LIFEGUARDS TO COMPETE IN NATIONAL CHAMPIONSHIPS
Best Lifesavers in Ireland to challenge each other in Donegal this weekend
Sat 10th Sept 2022, 9am – 5pm
Rosstown Beach, Co Donegal

Ireland's top Lifeguards will compete at Water Safety Ireland's National Surf Lifesaving Championships at Rosstown Beach, Donegal from 9am, Saturday 10th Sept.

Competitors will gather from counties nationwide and will include competitors from Ireland's International Lifesaving Team who will compete in the World Lifesaving Championships in Italy later this month.

Competitors at the National Championships will have their skills tested in events that simulate emergency swimming rescue scenarios. Teams will fend off strong competition from the fittest Lifeguards nationwide in this gala of lifesaving - the most significant life saving competition in Ireland. Ireland's best Lifesavers will contend with the challenging open water conditions on the Donegal coast to rescue potential "casualties" in testing swim races, rescue board races and other events, which culminate in exciting finals throughout the day.

Commenting on the additional challenges of open water competitions, the Chairman of Water Safety Ireland Clare McGrath is confident of the team's readiness for the challenge. "Athletes will not only compete with each other while using their life saving equipment but also with the open water conditions of Rosstown Beach as they vie for National Championship medals."

"The Sport of Lifesaving has been developed to improve the standard of life guarding in Ireland. The skills they have honed will demonstrate their lifesaving skills that can be such an important lifeline in an emergency. Many competitors work as Lifeguards and rescue hundreds of people at risk of drowning."

"Water Safety Ireland trains Lifeguards employed by local authorities at beaches, lakes, rivers and pools nationwide. We encourage the public to learn to swim and enroll in one of the many courses nationwide in the valuable skills of water survival and lifesaving.

Take your family down to these Championships and enjoy a festival of lifesaving that may very well encourage you or a member of your family to learn these lifesaving skills."

Ends.

Water Safety Ireland, www.watersafety.ie

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