



# TARRTHÁIL LIFESAVING

THE OFFICIAL MAGAZINE OF IRISH WATER SAFETY



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2014 ISSUE NO.1

Volunteer of the Year 2013  
Water Safety Awareness  
New Life Governor  
Community Rescue Boats Ireland  
Sports News





#### SUMMER 2014 ISSUE 1

Cover Photograph:  
A lifebuoy on the coast of Kerry,  
Ireland.

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## Dear members and friends of Irish Water Safety

I wish to acknowledge the great work carried out by members nationwide throughout the year and extend every good wish to those volunteers who give their time to teach swimming and lifesaving at our beaches, lakes and rivers. This voluntary commitment certainly addresses part of our mission "Every person a swimmer, every person a Lifesaver".

Yet there are many other persons who at present do not have plans to take swimming and lifesaving skills training and could benefit from nuggets of water safety knowledge. Our wide range of leaflets and posters give this advice to a range of at-risk groups such as those walking, on holidays, boating, on farms and visitors to inland and coastal waterways. Your assistance in imparting such knowledge to adults and children makes you a Lifesaver too.

Last July's hot spell resulted in an unprecedented number of drownings which brought home to many people the dangers of all aquatic environments - inland and coastal. A similar warm spell this year may very well see a repeat of the tragic consequences associated with risky behaviour at our wonderful waterways.

It is clear from the wide range of locations in which people drown that all sectors of the population are at risk. National Water Safety Awareness Week and the programme of summer weeks nationwide are examples of how many of you already engage with your community. At local level, your assistance in highlighting these events to your local media would be of great benefit.

Please - make contact with your Water Safety Area Committee. Identify opportunities in your area to raise awareness in the months ahead by targeting people at risk in every county nationwide. We have the printed resources but at the end of the day, you - a Member or Friend of Irish Water Safety - are the key resource.

Let's all impart the knowledge and change attitudes to ensure all come home safely.

**Breda Collins, Chairman Irish Water Safety.**

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# Community Rescue Boats Ireland

Colm Dempsey, IWS – Wicklow



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

As a result of a tragic canoe accident off the beach in Tramore in 1962 where three youths lost their lives, a Committee was established under the auspices of the Irish Red Cross "Water Safety Service" to investigate the possibility of placing a Community Inshore Rescue Boat on station in Tramore. At that time, the RNLI was researching a new prototype lifeboat for inshore rescue. This prototype lifeboat was the forerunner to the well-known "D Class" inshore lifeboat that is currently used extensively by the RNLI around the coasts of the Ireland and the United Kingdom. These fast inflatable boats proved very successful and the first one to be stationed in Ireland as a Community Inshore Rescue Boat was at Tramore in 1963. This was followed by the establishment of an RNLI Inshore Lifeboat

Service in Tramore one-year later in 1964. Since then, Tramore has both an RNLI Inshore Lifeboat and a Community Inshore Rescue Boat.

The second community station to be established was in Bundoran, County Donegal in 1974. This was as the result of local effort spearheaded by Frank O'Kelly with the assistance of Tramore Sea Rescue and Irish Water Safety. (Bundoran is now a RNLI lifeboat station.)

In the following years, particularly along the West Coast of Ireland several Community Inshore Rescue Boat Services were established. In order to assist these services the Government agreed that Value Added Tax (VAT) Refund could be granted by the Department of Finance – Value Added Tax (Refund of Tax) (No 18) Order, 1985. (S.I. No 192 of 1985).

The refund was granted on condition that the Services met an acceptable rescue standard agreed between the Department of Finance and Irish Water Safety, making Irish Water Safety the Community Inshore Rescue Boat Certifying Authority for the purpose of Revenue Commissioners VAT Refund.

In 1972, a Committee of the Irish Water Safety Association, albeit on an ad hoc basis, looked after the interests of the Community Inshore Rescue Boat Services in Ireland. This Committee assisted in training and the provision of equipment for those who needed help, aided by the generosity of the Royal National Lifeboat Institution. It was not until the establishment of the Irish Marine Emergency Service in 1991 (now the Irish Coast Guard) that a formal group was established to provide governance, grant aid, advice and assistance to Community Inshore Rescue Boat Services. The Group, now titled the "Community Rescue Boat Ireland Advisory Group (CRBIAG), is chaired by the Assistant Director, Operations, of the Irish Coast Guard. The other members of the Advisory Group are drawn from Irish Water Safety and the Royal National Lifeboat Institution. Once a Community Inshore Rescue Boat Service is accepted for VAT Refund status they may apply to the Irish Coast Guard to be assessed for "Declared Facility" status. Both the granting of "Vat Refund" and the status of "Declared Facility" are conditional on providing and maintaining the Rescue Boat Service to acceptable standards.

The number of services nationwide eligible for VAT refund is now 14, based at the following locations: -

- Ballinskelligs, Co. Kerry
- Banna, Co. Kerry
- Bantry, Co. Cork
- Bunmahon Co. Waterford
- Cahore, Co. Wexford
- Carna, Co. Galway
- Corrib/Mask Lakes, Co. Galway
- Derrynane, Co. Kerry
- Limerick City (River Shannon)
- Mallow River Rescue, Co. Cork
- Schull, Co. Cork
- Tramore, Co. Waterford
- Waterford City River Rescue
- Waterford Marine Search & Rescue





# Kathleen O'Hanlon

## LIFE GOVERNOR OF IRISH WATER SAFETY

A dedication to a life of Water Safety



DUBLIN CASTLE, 19th NOVEMBER 2013

Kathleen O'Hanlon is awarded Life Governorship of IWS and her grand-daughter Lillie Mae Beeton receives her Seal Level 2 by Fergus O'Dowd TD Minister of State at the Department of Communications, Energy & Natural Resources and Environment, Community & Local Government and Breda Collins, IWS Chairman at the Irish Water Safety Association annual awards ceremony in Dublin Castle.

Photograph: David Branigan/Oceansport.

Kathleen O'Hanlon has dedicated her life to water safety from the early nineteen sixties when she started water safety classes at Lambs Lake outside Monaghan Town in the Red Cross Lifesaving classes. Kathleen was instrumental in the formation of a strong Water Safety Area Committee in Monaghan and assisted in teaching classes in St. Davnet's Hospital pool. Kathleen progressed from instructor to examiner and for many years was the only examiner in Co. Monaghan. In addition to teaching classes and examining in Monaghan she also examined classes in counties Cavan and Louth.

She teaches water safety classes and organises and teaches Swim Teacher courses, Pool Lifeguard courses and Primary School Teachers in-service courses. She was secretary of Monaghan Water Safety Area committee for more than twenty-five years and has been the only certificate secretary in Monaghan since 2000. At present she is Treasurer and has been a fund-raiser since Monaghan WSAC was established. When Monaghan pool closed in early 2001 she immediately got classes up and running in The Four Seasons Hotel Leisure Centre. She was to the forefront in getting a new pool built on the old pool site and this opened in 2006.

Her dedication to Water Safety was acknowledged in 2011 when she received a County Monaghan Rehab Person of the Year Award. As the Master of Ceremonies said on the night "There are very few in Co. Monaghan that have learned to swim that had not been influenced by Kathleen O'Hanlon. We are delighted to honour her as a Life Governor of IWS.

## DATES FOR DIARIES 2014

### 9th August

Ulster/Connacht Open Water Nippers  
ROSSES POINT, SLIGO

### 9th August

Munster Open Water Nippers  
INCHYDONEY, BEACH, CORK

### 10th August

Leinster Open Water Nippers  
BRITTAS BAY, WICKLOW

### 30th & 31st August

National Open Water Nippers & Juniors  
CLARE

### 7th September

National Open Water Seniors & Masters  
WICKLOW.

### 13th September

World Masters, Juniors & Seniors  
MONTEPELLIER, FRANCE.

### 28th September

IWS Member's Seminar

### 18th October

Examiners Conference

### 17th November

National Awards Ceremony



Back Left to Right: Pat Aylward, Ann Kearns (Sec), Donal McNamara, Kathleen Long, Breda Flynn. Front Left to Right: Breda Aylward Lynch, Mayor of the day and Kevin Pyke.

# Back to the Future

Kevin Pyke, IWS - Kildare

I was standing on the pool-side in Rockwell College, expectantly, somewhat anxious, scrutinising my Intermediate group as they were being examined by the stern-faced examiner, Peter from Carrick-on-Suir. This was the final part for me to become an Irish Water Safety Instructor. I needed them to pass this test, which thankfully they did. That was in 1987 and the Clonmel section of South Tipperary Water Safety was thriving, with weekly children and adult classes and many regulars travelling in from areas such as Carrick-on-Suir, Ardfinnan and Dungarvan.

It's January 2014 and I have been treading water, in my clothes, for about three minutes now. I think I am doing it perfectly well but, for some inexplicable reason, the water level keeps moving, with breath-impeding regularity, from my shoulder line to my mouth line. Bizarre, right! Oh, and by the way, what my instructor is now interpreting as a grimace of pain is, partially, a grin because I can't really believe that I am once more partaking in water safety classes, through Kildare branch, albeit this time as a participant. Nearly 30 years later!

In the intervening years there's been a lot of living, moving location, changing jobs, marriage and raising of children. Yet, there remained a deeply embedded connection to water safety and the recollection of the camaraderie

and good-humour of fellow instructors and class participants. Which of us cannot recall vividly that time you witnessed one of your adult students take their first dive and come up beaming with joy and excitement, particularly as no more than 8 weeks previously they couldn't swim a width of the pool? For all these reasons and more I encouraged my four children to take up swimming and water safety classes and to then go further and develop their leadership skills, to give something back to their community. Now Edel, Gráinne and Conor are qualified Lifeguards and/or Water Safety Instructors and this has stood them well, each in their turn.

Thanks to Kildare Water Safety and the enduring motivation of committee members (re-read as persistent nagging by Philip and Leo) I have joined up. It came about quite easily. I was a willing victim to the charms of their encouragement and of the wonderful open-water facility located on Blessington Lake water front. Thanks to this and a cheap 'shorty' wet suit I started to learn about rescue boards and skis during the summers of 2012 and 2013. Out on the water, Thursday evenings, after work, and at weekends as well, who could not feel alive, with the glint of a summer's evening sun reflecting off the water; hearing the sound of water slipping aside and gurgling underneath your rescue board; listening to the ceaseless, cheery banter of a mixed group

of children, teenagers, young adults and not so young adults? All followed by a cup of warm tea and brownies for afters. (Let's leave the midges at the lake shore out of this blissful scene for now!) Such was my enthusiasm for outdoor water safety that I travelled to Curracloe as part of the Kildare Water Safety team for the Irish Water Safety Outdoor Championships in September 2013. Correctly categorised as a 'Master' in age, but not in skill, my enthusiasm clearly exceeded my ability, though I did manage to stay on the rescue board, complete the course and not finish last, gaining much needed points for our team. Having breached my weak defences, I have now also commenced indoor classes and I can see a pathway to becoming a Water Safety Instructor once again.

Were you, like me, once involved? Have you been silently wondering 'what if' to yourself, harbouring some doubt that you could possibly get in among a group of Transition Year Students? Is it just me or are they a separate breed unto themselves? Well, then, here is my invitation to you. Be the best mature student you can be. Check it out, get a cap, goggles, togs and towel – I can't believe I really forgot that last item! Find out when Water Safety classes will next commence in your area. It's a great workout but more than that it's just sheer good fun. Will you join me and go back to your future?!



# GMIT Outdoor Education Students undertake Water Safety Training

*Pauline Jordan, IWS - Mayo*



GMIT Outdoor Education Students undertaking  
Endurance 2 Training

Water Safety Skills are a necessary element for students of the B.A in Outdoor Education at GMIT's Mayo Campus. Students of the degree programmes undertake weekly training in Water Safety, with many of the final year students attaining their Beach Lifeguard Certificates or the Surf Instructor Beach Award.

The awards of Irish Water Safety complement the training the students receive in emergency procedures, with many of the graduates going on to pursue careers as water sports instructors, in the numerous Outdoor Education and Adventure centres throughout Ireland and abroad. Employers are very keen to hire graduates who can manage such activities with the upmost safety and are confident in the knowledge that graduates are adequately equipped with the skills and experience to deal effectively with any incidents that may arise. Currently final year students of the B.A in Outdoor Education are in training for their Beach Lifeguard Awards, they are looking forward to the longer hours of daylight and milder temperatures, when they can hone their skills in the open waters of Clew Bay.



James Mc Loughlin Examiner, Mayo Water Safety keeps a watchful eye on  
CFR candidates at GMIT.



GMIT Outdoor Education students practice their 'Huddle' in  
Endurance 2 Training



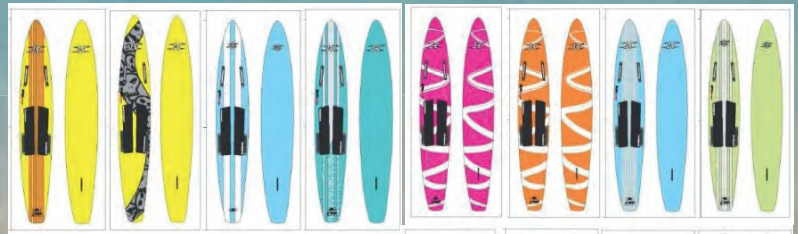
# Childsplay Surf Gear

## Hurricane M-Tech Boards

Constructed using the latest EPS/VAC Mould Epoxy Technology the M-Tech Racing Board is the ultimate all round performance lifesaving paddle board. The advanced M-Tech construction means it is built to last. The board has a fine polish which offers minimal hydro resistance and extremely comfortable knee pads and handles.

### Features

- Carry Groove
- 4 Handles
- Kneepads
- 4 sizes, Junior, Senior up to 80kg, Senior 80+kg & Rescue



## Open Water Equipment

A range of Open Water Sports Equipment

- Wetsuits in 3/2mm & 5/3mm, from Junior to XXL.
- Waterway Glass Fibre Fins
- Aropec Rubber fins, size Junior to XXL.
- Aropec Triathlon suits
- Aropec Base & Compression Layers



## Hurricane S-Tech Boards

The S-Tech range of boards are designed by Hurricane Surf and are made to an excellent standard.

The stringer-less core has an inner glass layer for strength & rigidity, covered with a soft EVA layer followed by a slick bottom.

### Features:

- Carry grooves on both sides
- Rubber nose & tail protectors
- Neoprene covered handles
- Available in 4 colours Pink, Red, Yellow & Blue
- Available in 4 sizes Nipper, Junior, Senior & Rescue



## Open Water Sports & Rescue Equipment

[www.childsplaysurf.co.uk](http://www.childsplaysurf.co.uk)

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Mob. (+44) (0) 7973 168574



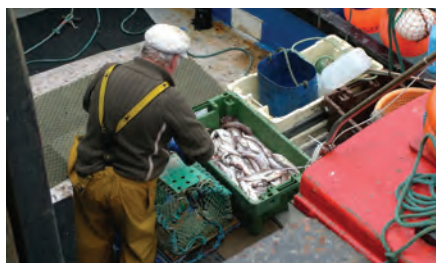
# Water Safety Awareness in the Work Place

*Martin O'Sullivan, IWS - Cork*

Irish Water Safety has recently extended its safety message to a new audience notably that of the workplace. Over the last two years courses and awards have been developed and delivered to provide training in water safety awareness for those working at or near water.



The extension of the water safety message from sporting, recreation, the home and the farm to now include the workplace is a natural progression considering the number of workers involved in water based activities. Many bodies, including



local and central government and private agencies, continually deal with hazards associated with water. Whether it is freeing blocked bridges, sampling water quality on beaches, building sandbag dams to protect homes, working in marine engineering construction projects or in water supply and sewerage treatment plants, the danger is all around.

Irish Water Safety has over the years delivered courses to workers in different organisations on an ad hoc basis. While these courses were well delivered and well received there was no agreed national prospectus. In 2012 a working group under the rescue commission starting compiling all of the water safety information already available which consisted of the many manuals and material from previous courses. They developed some additional material to provide a manual and presentations for use in these water safety awareness at work courses. A provider's course was then advertised on the IWS website and twenty three candidates attended in July 2013 in Roscrea. These IWS accredited personnel will both provide and assess the courses for external organisations and companies, on a professional basis.

The Awards are divided into General and Site Specific Levels. The General Course is lecture room based and gives a broad view of the issues. It consists of a presentation of water safety and introduces drowning statistics, general hazards, legal and health and safety aspects, personal safety, simple rescues and an introduction to personal flotation devices. To date general courses have taken place for government bodies such as the Office of Public Works, the Department of Agriculture, Food and the Marine, Cork, Kerry and Limerick county councils and Dublin Zoo. Over four hundred workers have attended these courses which have been well received. They are now available to all local authorities and public and private organisations in the future.

The Specific Courses aim to enable personnel to work safely in a specific aquatic environment. The Specific Courses will be both lecture room, pool and aquatic environment based and it is hoped will be available for a number of site specific locations in 2014.

There is no doubt that the timing of these courses in 2013 was just in time as 2014 turned out to be a year in which tidal storm surges and flooding occurred on a



large scale in Ireland. Many of the course participants will have witnessed these events and will have benefited from the knowledge and skills imparted during the courses.



## Congratulations !

Ireland claims the gold medal in the women's board race at the European Junior Championships held in Riccione, Italy, 2014.



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



<https://twitter.com/IWSSport>



# Mary Foster - Volunteer of the Year 2013

Mary Foster, IWS - Carlow

I am thirty-five years involved with Irish Water Safety. How I started, I was at the outdoor swimming pool in Bagnelstown, Co. Carlow, with my children and they were short of helpers. Michael Somers, an IWS Examiner, asked me to help, and since that moment I am at it since.



I worked at the gate and door collecting pool fees. I helped at lifesaving lessons and water safety weeks in August and flag days. Michael Somers then took my friend Pauline and I to do IWS courses over winter as I did not drive. I have since learned to drive and I am still involved to this day. I completed all safety and rescues up to 3, swimming teacher, Water Safety Instructors and finally receiving my IWS Examiners award was the icing on the cake. I have got a lot out of volunteering for Irish Water Safety. I am now chairperson for the last six years of Carlow WSAC.

I teach swimming, organise Pool Lifeguard, lifesaving courses, Water Safety weeks and a Water Safety Gala at Graigcullen Pool and the outdoor swimming pool in Bagnalstown. On Christmas Day each year I run swim or walk in Aid Carlow/Kilkenny Home Care Team at 12 noon (Safety first !!!).



## Winning Cake

Philip Ryall, Lifesaver IWS Kildare.

I am a member of Kildare Water Safety, which I enjoy very much.

On the 21st September 2013, we had our closing BBQ of our outdoor training season in Blessington lakes. It was a great day. The weather was perfect. As part of the day we were asked to bake a cake and there would be a prize for the best cake and I won.



I made a sponge cake so I started by mixing 9oz butter with 9oz sugar until it was nice and creamy, then I added 4 eggs and a little vanilla essence. I then mixed in 10oz flower and a little milk. I baked in the oven for about 40 minutes at 180 degree. When the cake was cooked I let it cool and made the butter icing for the middle of the cake. I mixed 3oz butter and 7oz icing sugar with a little orange juice to make it tasty.



To decorate the cake, I cut the cake down the middle and filled the middle with butter icing and put a little on the top to stick the fondant icing to the cake I rolled out the white icing and placed it on the cake, then I had to make all the things that were on the cake I started to make the blue icing to make the water and the boat I used brown sugar for the sand. I coloured icing red to make the ring boy. I made yellow icing for the surfboard and used white icing for the rope. I then took a picture of our sign and ringboy and laminated them and put them on the cake. It took me about 2-3 hours to make the cake and I was delighted with the result and really enjoyed making it.



# City of Perth Surf Lifesaving

Coming from the cold waters of Ireland, the white sand and warm water of City Beach in Perth, Western Australia were a welcome change for Wicklow teammates Jess Britton and John Morton.

Over the last two years they have been training with the City of Perth Surf Lifesaving Club, in the pool in the morning and training on the beach every afternoon. With the southern hemisphere summer in full swing, it is nearing the business end of the surf sports season in Perth.

The WA State Championships was held four weeks before the 2014 Australian Surf Life Saving Championships and attract over 4,500 surf lifesavers from across Australia and around the world.

The City of Perth Club is mainly focused on the Ironman and Ironwoman event and the training therefore incorporates the board or surf ski in all evening training sessions which run Monday - Friday.

The lifestyle in Perth is heavily focused around the beach. The sea breeze that

comes in at 11am everyday attracts hundreds to the beaches every weekend to cool down. Jess and John volunteer five patrols during the season from November to April. On a recent patrol both lifesavers were called into action.

Pre and post Christmas John and Jess competed in local carnivals where Jessica's best result was a first in the surf race and second in the Ironwoman in Denmark, WA. John's best result was at the same carnival with a third in the surf race.

*Joan Morton - IWS Wicklow*





# National Still Water Nipper Championships

There was a massive turn out for the national Nipper Championships in Ennis, on the 26th of April with almost 300 nippers attending. With thanks to all the organisers, referees, time keepers, helpers, coaches, parents and of course the competitors themselves, the competition ran off very smoothly. Congratulations to all.

The big prize of the day went to the home team, Clare, for coming an overall first, the next 3 places were tightly fought for, between Wexford 2nd, Waterford 3rd, and Cork 4th. Due to such a large number of competitors, it is envisaged that there will be regional championships, as done for the open water, acting as qualifiers for the nationals next year.



## IRISH SQUAD UPDATE

Well done to Brodie Edmead (Cork), Georgina Steel (Wexford) and Matthew McGarrigle (Sligo), who joined the Irish squad recently. There has been two camps in recent months for the squads, the first, a one day camp held in UL, the second a weekend long camp held in Rosses Point, Sligo. Both were a huge success, giving the squad members an opportunity to get to know one another, to train with different coaches and team mates, and also to have some well-deserved fun, like their paintballing trip in Sligo.

Trials for the National Teams, which will compete in Montpellier, France at Rescue 2014, will be held on the 4th of July in the University of Limerick and Spanish Point.

## COACHING COURSES

Is your county interested in hosting an introduction to coaching course this season??!

Please contact the Sports Commission on the below address for more information.

Email. [sport@iws.ie](mailto:sport@iws.ie)

## High-Visibility Vests

At this year's National Senior/Master Open Water Championships in September, we will be introducing high visibility vests, which all competitors will have to wear. These are worn to make competitors easier to identify in the water. They will be sold at the Nationals, and can be ordered with each counties entries later in the summer. This will be the first competition where they will be compulsory, and will they will be worn at every open water event thereafter.

## IWS Sports



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

Email. [sport@iws.ie](mailto:sport@iws.ie)



# Self-inflating Lifejacket

## Buoyancy Rating

275 Newton Inflatable Lifejacket  
Life Jacket Buoyancy is measured in Newtons (N),  
10N = 1Kg of Flotation.



We all know that a lifejacket can save your life. But if you do not know how it operates, how to adjust it, and when to service it... you could be in for a shock...

Tips on maintaining a lifejacket: (1) Never put a lifejacket away damp; (2) Check the gas cylinder is not loose; (3) Always have a re-arming kit; (4) Check for corrosion; (5) Check the webbing; (6) Check for leaks.

## Outer Cover

The outer cover protects the inflation chamber underneath, where you will find SOLAS illumination stripes, gas cylinder, the oral inflation tube. Some lifejackets will have a light, and offshore versions will have a foul weather hood.

## Adjustment System

An adjustment system that ensures that the lifejacket can be securely and easily fitted.

## 'Jerk to Inflate'

Depending on your jacket, you may have an automatic lifejacket (with hydrostatic or standard automatic inflation) or manual lifejacket. An automatic lifejacket with hydrostatic inflation will start to inflate automatically within 5 seconds of being immersed under 10cm of water. A standard automatic lifejacket will fire with the activation of a water soluble element. Both can also be fired manually by a one hand pull on the red toggle. A manual lifejacket is only inflated by pulling on the red toggle.

All lifejacket types can be orally inflated without firing the CO2 cylinder, or in addition to the firing of the CO2 cylinder.



## Crotch Straps

Not too loose, not too tight. A lifejacket should not go over your head when you enter the water and it inflates. The crotch straps will prevent this.



# RTE broadcaster Miriam O'Callaghan launching National Water Safety Awareness Week 2014

Sandymount Strand, Co Dublin.

Miriam was joined by volunteer IWS Lifeguards and children as well as Uisce Bear to promote Irish Water Safety's annual summer training programme for children that aims to improve water safety skills and attitudes as the season gets underway.

140 people drown every year. 40 children aged 14 and under drowned in ten years.

Water Safety Awareness Week highlighted the need to teach kids and adults how to stay safe from drowning with advice from Irish Water Safety's website, [www.iws.ie](http://www.iws.ie).



## Irish Water Safety

Sábháilteacht Uisce na hÉireann

**Get INSURANCE to teach or coach  
private commercial classes in...**

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- Lifeguarding
- Lifesaving and Water Safety

**Only  
€60  
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That's about **€1 per week** to insure your classes. Benefits include:

- Up to €6.5m for any one accident
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- Fatality €5,000
- Loss of limbs/eyes €50,000
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Simple to apply: Easy online steps at...

[www.IWSmemberInsurance.com](http://www.IWSmemberInsurance.com)



Irish Water Safety: the statutory body providing  
a one-stop-shop for all your water safety needs.

Terms and conditions on the website.





# “I Will Survive”

**Project Aim:** In response to the tragic drownings in Irish waters, notably over the summer months, Newtown School decided to focus their project on raising awareness about water, and associated safety in the hope to prevent any further loss of lives. They decided that if they wanted to raise awareness among others that they would have to educate themselves first. Fortunately their teacher and YSI Guide is an instructor with IWS so she was able to help them.

The motto of The Young Social Innovators' is **'Believe in it, Act on it'**

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We are a team of Transition Year students from Newtown School in Waterford. We are participating in the Young Social Innovator Programme. This programme encourages young people to investigate social issues and develop a project based on what concerns them. In response to the many tragic drownings in Irish waters last year we decided to focus our work on raising awareness about water safety.

Our key message is “Never Swim Alone, Stay in the Lifeguard Zone”. We designed an awareness raising poster and t-shirt to help spread this message throughout the country. The response to this initiative has been incredible; the support that we are receiving is amazing. Clubs, organisations and individuals throughout Ireland are helping us to get this message out there.

We organised “An Emergency Response Training Day” for Transition Year students. This was both educational and fun. It is good to know how to respond in an emergency situation. We are currently training to get our IWS Basic Life Support certificate.

November 2013 was a tremendous month for our project. It began with a trip to Dublin Castle to receive an award at the annual IWS Awards, this was a huge honour, to be on the same stage as people that save lives and are real life heroes is special and it is an occasion that we will remember forever. We sang our song “I Will Survive”.

The month continued to be memorable, we met with An Taoiseach, Enda Kenny and various other political figures to discuss our project. They were all so supportive and we hope that our framed poster is currently on display in the Dáil. An interview on two local radio stations at the event also helped to promote our safety message. This event also featured in the ‘TeenScene’ section of our local newspaper.

The New Year is continuing to be positive. We wanted to raise awareness among younger people about staying safe near/ in water. With this in mind, we launched our water safety themed art competition for primary school children. We created a ‘Teacher Resource Pack’, filled with posters, leaflets, booklets, games,

puzzles, worksheets, homework ideas and more. The feedback has been brilliant. Students are asked to create a picture based on the rules of safe swimming. The prizes were spectacular and were all gifted. We would like to thank everyone that has contributed to this.

In February, we went to City Hall in Waterford to meet Mayor John Cummins and Deputy Mayor Lola O’Sullivan to discuss our project and highlight our key message again. Michael Cuddihy and Sonny Condon also joined us to lend their support. It was a brilliant opportunity for us to further promote “Never Swim Alone, Stay in the Lifeguard Zone”.

On Monday 24th February 2014 we travelled to The National Maritime College of Ireland to educate ourselves further about water safety. This was a fantastic chance to see, first hand, the 14,000m<sup>2</sup> facility built on 10 acres of waterside campus. It is purpose built to serve the training requirements of the School of Nautical Studies and the Irish Naval Service. On the same day, Irish Open Water Swimmer, Ned Dennison, met with us to talk about the open water and its associated dangers.

We hope to establish a “Day of Remembrance for Lives Lost in Irish Waters” and continue to raise awareness over the coming months.

On March 3rd we travelled to Cork to attend the YSI ‘Speakouts’. There, we ‘spoke out’ about our work to date and our key message.

The year so far has been incredible; the support that we are experiencing is brilliant and testament to that fact that so many, many people are united in wanting to encourage the people of Ireland, and the world, to stay safe in/near water. We would like to thank everyone that is supporting us and helping us to let everyone know that they must “Never Swim Alone” and must “Stay in the Lifeguard Zone”.





## YOUNG SOCIAL INNOVATOR'S AWARD

### NEWTOWN SCHOOL WATERFORD

Teacher/YSI Guide: Tara Coady

List of YSI Newtown Students:  
 Jack Staunton, Aaron Vogelaar,  
 Daniel Morris, Jane Walsh, Anna Boyd,  
 Hannah Pim, Isabel Llovet,  
 Lianne McKeown, John O'Neill,  
 Richard Jameson, Daryl Hemmingway,  
 Alexandra Gingell, Sholto O'Brien,  
 Cole Johnson, Jonathan Pim, Robert Kent,  
 Sean Phelan, Bill Madigan, Anna Sergina,  
 Cathy Teevan, Michaela Duggan,  
 Sinead Hehir.



Playing in water is great fun but sometimes we can be enjoying ourselves so much that we forget to be careful.

Irish Water Safety has all the advice you need to be safe at the beach, pool, river and anywhere else that there

is water so you, your family and your friends don't get into trouble! With a little care and attention, you can be accident free, just like me!

Check out: [www.aquaattack.ie](http://www.aquaattack.ie)



# Policy and Strategic Plan on Suicide Prevention

*Christy Donagh, IWS - Mayo*

Official statistics for 2012 indicate that 147 people died in Ireland as a result of drowning...

Official statistics for 2012 (2013 figures not yet available) indicate that 147 people died in Ireland as a result of drowning and this represents an average of almost 3 per week.

In the same year 162 people died on our roads – and that is just 15 fatalities greater than those by drowning. Contrast the level of public awareness and media attention on road deaths as against that on drownings.

Included in the 2012 statistics on drowning are 49 deaths by suicide and 33 by undetermined causes – and this latter figure is showing a worrying upward trend which

may mask the true level of suicides by drowning.

The concern of our Council at the level of drowning suicides is reflected in our 'Strategic Development Plan 2012–2017' the first objective of which is to 'Develop further Strategies to help reduce suicide through drowning'. As you may be aware a IWS working group was established with the remit of implementing the above objectives. IWS has now produced a set of recommendations to be implemented throughout our Organisation.

IWS recognise that we are not primary players in suicide prevention as we do not have

the expertise to fully deal with the complex of medical, social, economic and personal issues that lead a person to contemplate suicide or self-harm. We do, however, as a national Organisation interact with thousands of adults and children annually and it is here that we can create a greater level of alertness and safety when on or near water.

'Alertness' and a capacity to effectively intervene are key components in educating the public on suicide. The HSE runs two internationally recognised training modules – safeTALK on 'alertness' and ASIST on 'effective intervention' and we encourage our 31 Water Safety

Area Committees throughout the country to liaise with HSE in delivering these modules to as many as possible of WSACs 2600 volunteers. IWS are also promoting the delivery of these modules at appropriate training programmes conducted by IWS.

The recommendations of the working group are contained in its report. Suffice to say the working group will continue its work in driving forward the various initiatives and liaising with other voluntary and statutory bodies – some of whom we already have longstanding and good working relations with.



Aquatics is a component part of the Physical Education Strand of the Primary School Curriculum. Irish Water Safety has developed a course that incorporates all aspects of the Aquatics Strand – called PAWS (Primary Aquatics Water Safety).

This programme was specially tailored for primary school pupils and is exclusive to schools. Schools now have the opportunity to be part of Irish Water Safety's fastest growing programme. Teachers have the ability to certify their pupils with nationally recognised awards from our programme that is recommended by the Department of Education and Science.

Teachers can take their class through the first three awards without going near water – Land PAWS 1, 2 and 3. These awards consist of theory of water safety – safe swimming, safety on the farm, safety on open water etc. The awards become more detailed as the pupils progress (Land PAWS 2 and 3) – simulated rescues on land, e.g. throwing a rescue rope into a designated area.

National PAWS Certificates are issued free of charge from Irish Water Safety, the statutory voluntary body established to promote water safety in Ireland.

Through PAWS pupils not only learn how to swim they also learn to understand and appreciate the water. They also have fun through the water-based games that are involved in the programme. After completing the PAWS Programme pupils will have the ability to swim, interact with others, and most importantly be responsible around water. As with normal Swimming Lessons children learn how to swim with PAWS but they gain so much

more with this programme. Aspects covered in the PAWS Programme range from Water Safety Knowledge to Survival Skills to basic Rescue Skills.

The main aim of PAWS is to significantly reduce the number of our young people lost to drowning each year.

PAWS is the fastest growing Irish Water Safety Programme with almost 35,000 certificates being issued to pupils nationwide in this school year.

Anyone interested in becoming a PAWS Provider should contact your area representative:

## CONTACT DETAILS

Email. [paws@iws.ie](mailto:paws@iws.ie)

National Education Development Officer  
Oisín Foden

Email. [oisinfoden@iws.ie](mailto:oisinfoden@iws.ie)

# INTERNATIONAL LIFE SAVING

## Federation of Europe (ILSE)

ILSE • Im Niedernfeld 1-3 • D-31542 Bad Nenndorf / Germany  
Phone: +49 (57 23) 955 500 • Fax: +49 (57 23) 955 509  
E-Mail: [secretariat@ilseurope.org](mailto:secretariat@ilseurope.org) • [www.ilseurope.org](http://www.ilseurope.org)



The International Life Saving Federation (ILS) is the world's non-profit association of aquatic Lifesavers and aquatic Life-saving organisations.

The International Life Saving Federation of Europe (ILSE) is the European branch of ILS. ILSE is an effective umbrella organisation, representing federations working in the field of Water Safety in Europe.



Through our own work and that of our member federations, we lead the global effort to reduce injury and death in, on or around the water. We aid in the global exchange of lifesaving information, promote the best lifesaving practi-

ces, help to establish lifesaving organisations in areas of Europe where they are needed, act as the European federation for lifesaving sport and work with other international bodies with similar goals.

**35.000 people are drowning every year in Europe, nearly one million worldwide – too many!**

### Objectives of ILSE

ILSE leads, collaborates and partners with national and international organisations to prevent drowning, to promote the provision of lifesaving services and oversee lifesaving sport in Europe with the following specific objectives:

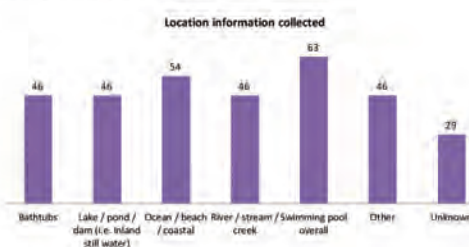
1. Lead the global effort to develop and recommend best practice in drowning prevention, aquatic lifesaving, resuscitation and emergency care.
2. Teach lifesaving and establish educational exchanges of aquatic lifesaving techniques and operations.
3. Exchange medical and scientific experiences in the field of aquatic lifesaving and drowning prevention.
4. Encourage the conduct of training and development of standards available to the whole of the aquatic lifesaving world for drowning prevention, lifesaving and lifesaving sport.
5. Extend the teachings and activities of ILSE to all places in Europe and communicate and act in co-operation with other international humanitarian bodies.
6. Promote uniformity concerning equipment, information, symbols and laws for control and regulation within the aquatic environment.
7. Promote and organise lifesaving sports and regularly organise international aquatic lifesaving competitions in order to stimulate the interest of competitors to improve their ability and willingness to save people who are in danger in the aquatic environment.
8. Encourage and oversee the convening of international congresses for the purpose of creating links of friendship, solidarity and collaboration between Members and other international bodies which pursue the same humanitarian goals.
9. Encourage measures to prevent the pollution of waters and beaches and other elements, which are dangerous to the public and users of the aquatic environment.
10. Take such other actions as ILS considers will advance these Objectives.

Dr. Detlev Mohr,  
ILSE President:

*"Our Vision is a World free of Drowning. We are representing more than 5 millions of Lifesavers and Life-guards all over Europe. ILSE is Europe's authority for drowning prevention, lifesaving and lifesaving sport."*



### Drowning Prevention





## OVERVIEW

## RESPOND 2014

Colm Dempsey, IWS – Wicklow



## THE FIRST NATIONAL CONFERENCE FOR FIRST RESPONDERS

DR. CATHAL O'DONNELL MEDICAL DIRECTOR  
OF THE NATIONAL AMBULANCE SERVICE AND  
PROF. McNALLY ATLANTA, GEORGIA, U.S.A.

### The First National Conference for First Responders...

was held on Saturday the 1st March 2014 in the Tullamore Court Hotel. The aims of the conference were to bring together the many groups from around the country that are running local cardiac responder groups and public access defibrillator schemes. This was the brainchild of Dr. David Menzies, and John Fitzgerald of County Wicklow Cardiac First Responders, who boast over 30 CFR Responder groups and nearly 500 members in County Wicklow.

Respond 2014 received the full backing and support of the Pre-Hospital Emergency Care Council of Ireland (PHECC), The National Ambulance Service, The Irish Heart Foundation and The Centre of Emergency Medicine UCD.

With an attendance of over 300 from all corners of Ireland, the conference was opened by Mr. Martin Dunne the Chief Ambulance Officer for Ireland. Delegates were then presented with a number of lectures, from a wide range of speakers who all have an involvement in responding to cardiac emergencies and promoting cardiac survival.

### Established Initiatives

John Fitzgerald, Wicklow - Cardiac First Responders.

Sharon Meehan - Moylough Community Defibrillator Initiative.  
Mairead Egan - UCD MERIT Project.  
Jim Eviston - Dublin Airport Fire Service.

### New Frontiers

Jonah Roche - Potential for Law Enforcement CFR.  
Shane Mooney - SAFE Rugby – A Sports CFR Initiative.  
Paul Traynor - East Cork Rapid Response - An Integrated Model.  
Geároid Oman - A National Responder Framework.

### CFR Ireland, the Future

Conor Keogh & Stephen O'Neill - CPR for Every Schoolchild.  
Gearoid Oman - Alert and Respond.  
Siobhan Masterson - The Importance of CFR in OHCAR.  
Patrick Moran (HIQA) - PAD Health Technology Analysis.  
Jim Hartnett & Alan Coleman - Beating Again – Eliminating VAT on AEDs.

### Key speakers

Dr. Cathal O'Donnell, Medical Director of the National Ambulance Service spoke about the interface between Cardiac First Responder Groups and the Ambulance Service to improve the outcome for cardiac arrest victims, in their communities and the importance of the local responder.

Professor Bryan McNally of Atlanta, Georgia, USA spoke about various

measures for improving cardiac arrest outcomes.

One of the highlights of the conference was when a video of the BBC programme Helicopter Heroes was played which featured the crew of the Yorkshire Air Ambulance having to treat their fellow team member Chris Solomons for a heart attack he was having when he arrived to work.

Their treatment and care of Chris was being filmed by the BBC cameraman when Chris went into cardiac arrest, and the paramedics needed to commence CPR and use their AED (automatic External Defibrillator) to shock Chris twice, which successfully returned Chris's heart to a correct beating rhythm. The video concluded with Chris now conscious been loaded into the air ambulance for transport to hospital.

Unbeknown to the delegates at Respond 2014 Chris Solomons was present at the conference, and was then introduced as the next speaker.

As Chris arrived on stage he was greeted with rapturous applause from the delegates.

Under the heading of cardiac arrest – the view from the other side, Chris described his experiences of that day. The onset of his heart attack, and different sensations he felt while driving to work and his treatment by air ambulance

paramedics. Chris still finds it emotional to speak about it when he sees the film, but recounted his story in a way that captured his audience. As Chris stated when he finished his talk, "he is living proof that early CPR & Defibrillation saves lives."

Delegates were able to avail of a trade show with some of the top emergency suppliers in attendance to show their latest and best products for responder groups, with Physio Control / Oxygen Care being the main sponsor of Respond 2014 by donating an AED, training AED and 2 True CPR training devices that assist with responder training, and an infant manikin. These were won by a free draw that all delegates and conference volunteers were entered in.

Delegates were able to attend a range of workshops featuring

- AED & kit selection for CFR Groups
- CPR Academy
- Social Media for local responder groups
- Setting up a Cardiac First Responder Scheme
- Training and Skills Maintenance

The day concluded when Dr. David Menzies launched "CFR Ireland"- [www.cfr.ie](http://www.cfr.ie). Cardiac First Responders Ireland will act as a national network for all cardiac responder groups in Ireland in order to share information and support, and provide assistance to any community that wishes to start a responder group. The executive committee of Respond 2014 will act as the interim committee of CFR Ireland and are currently building the CFR Ireland web site.

The conference was closed by Mr. Barry O'Sullivan of PHECC who congratulated the event organisers on an excellent event. Mr. O'Sullivan pledged the full support of PHECC to the new body CFR Ireland and thanked all the delegates for volunteering their time to help save lives in their communities.



THE CONFERENCE VOLUNTEERS FROM DIFFERENT CFR GROUPS THROUGHOUT WICKLOW.



CARDIAC ARREST SURVIVOR  
CHRIS SOLOMONS



JOHN FITZGERALD, CO. WICKLOW  
CARDIAC FIRST RESPONDERS



## WATER SAFETY AREA COMMITTEES

Individuals and Water Safety Area Committees can assist in the saving of lives in their communities.

This can be done by promoting CFR Ireland to their local communities so that any locals interested in starting either a local public access defibrillator scheme or a full cardiac responder group, may have access to supporting information on how to go about getting started.

Further information from [info@cfr.ie](mailto:info@cfr.ie)



# Irish Water Safety promoting swimming in Dubai

*Martin O'Sullivan, IWS Cork*

**D**ubai Water Safety was born out of a need to deliver a top class swimming curriculum in the United Arab Emirates. Dubai Water Safety has been very active in the past few months with five candidates receiving Rescue 3 and BLS 3 and three candidates receiving Assistant Swim Teacher Awards (with the assistance of Martin O'Sullivan (Cork) and Sean Connor (Waterford)). Furthermore almost 100 children of different nationalities have received new IWS swimming certificates from Grades 1-12.

It is hoped to run a Water Safety Week in the August 2014 where children and adults can learn about water safety and basic life support. Ciaran Doyle who set up Dubai Water Safety and who has done all of the water safety instruction, acknowledges the backing given by IWS:

He says, "We are very lucky to have the support of Irish Water Safety to help us promote swimming in the UAE".



## NATIONAL POOL Championships... 16 National Records & 1 World Record

Congratulations to all competitors and a massive thank you to all the officials, organisers, timekeepers and coaches for making this an extremely successful day.

This year saw record number of competitors racing with almost 250 athletes taking to the blocks in UL.

County Clare had a fantastic day at the pool in the team events winning Junior & Senior male and female overall teams. In the junior boys, Wexford 2nd and Sligo 3rd while in the junior girls Wexford 2nd and Wicklow 3rd. In the Senior Category men, Waterford 2nd and Sligo 3rd while for the ladies Donegal 2nd and Waterford 3rd. Sligo won the masters men while Clare won the masters ladies.

### RECORDS

Norma Cahill set a world masters record in the 50m manikin.

Lily Barrett, Clare set 2 Irish Junior Records in the 100m tow and 200m super.

Rory Mc Evoy also set an Irish Junior Records in the 100m tow.

Joseph Mooney from Sligo broke the Junior Boys 100m carry record with Lauren Huges from Belfast breaking the Senior 50m manikin.

Georgina Steel from Wexford also had a fantastic day at her first Junior Pool Nationals breaking Irish Junior Records in the 100m carry and the 50m manikin.

Lots of Irish relay records also fell on the day making a total of 16 records at the pool!! A record in itself!

### SPORT DATES FOR YOUR DIARY

#### 9th August

Ulster/Connacht Nippers - Sligo/Donegal.

#### 9th August

Munster Nippers - Cork.

#### August

Leinster Nippers - TBC

#### 30th & 31st August

National Nippers & Juniors - Clare.

#### 7th September

National Seniors & Masters - Wicklow.

#### 13th September

World Masters, Juniors & Seniors - Montpellier, France.

Clubs Teams are invited to compete in the World Club Lifesaving Championships in Montpellier from 21st September.

Irish Water Safety are sending a Junior and Senior National Team to compete the previous week but we would love as many teams to send Club Teams as possible! It's an opportunity not to be missed.

Contact us if you or your team are considering this opportunity!



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

Email. [sport@iws.ie](mailto:sport@iws.ie)

# Colouring Competition !

Send your IWS ART entries to:

IWS Magazine Competition, c/o Irish Water Safety , The Long Walk, Galway.

*Closing Date for Entries 30th September 2014*

## **5 IWS Hoodies to be won !!!**

Winning picture will be featured in the next edition of Tarrtháil / Lifesaving.





# Uisce Bear necessities...

## Missing Children

Children are safest when supervised, so encourage them to always play with friends or family and never walk off or go swimming alone. As soon as you get to the beach, agree a meeting point in case of separation.

## Inflatables

Blow-up toys and airbeds are designed for pools, not the sea, where they can easily be swept out. Never use inflatable toys in the sea.

## Tombstoning

Jumping from heights into water is dangerous because:

- water depth alters with the tide
- submerged objects may not be visible
- it can be really cold and the shock makes it difficult to swim
- there can be strong currents that might sweep you away.

## Treating a Sting

### WEEVERFISH

Place the affected area in water as hot as is comfortable. Test the water first so as not to scald the person who has been stung.

### JELLYFISH

Do not rub, as this will cause the pain to intensify. Lightly spray the area with sea water and apply a cold compress if available.

If severe or life-threatening symptoms are present, seek medical attention immediately.

## Drinks

Fluid is vital. Cooler weather can mean a flask of tea or soup, but on any day make sure there is plenty of water for everyone, as the wind and sun can easily dehydrate you...

LIFEGUARD

SEA

WAVES

BEACH

FLAGS

SAND

ROCKS

SUNGLASSES

TOWEL

TOGS

## Word Search

We've taken some words and hidden them in the grid..  
Can you find them?

C	T	E	G	J	R	O	W	D	Y	H	L	L	C	K
V	L	P	X	I	G	B	J	S	I	Q	V	T	E	Z
U	S	C	P	H	O	J	E	Z	A	R	N	K	J	K
S	N	Y	L	D	J	S	S	E	G	I	H	O	H	R
Z	S	H	C	A	E	B	I	X	R	S	C	K	I	J
P	J	G	M	R	Q	S	A	F	O	F	L	R	A	S
H	L	J	O	Z	Y	Z	O	L	F	V	F	G	H	A
K	R	C	S	T	H	L	T	C	W	L	U	S	G	D
I	K	X	A	K	U	J	B	O	A	U	A	Z	O	D
S	C	Q	N	F	P	U	X	G	W	E	D	N	R	I
C	D	Z	D	U	G	O	S	U	S	E	P	T	V	M
R	I	L	I	U	F	W	A	V	E	S	L	B	T	Z
P	K	L	M	K	E	A	T	U	T	V	Z	M	A	E
N	R	N	K	D	R	A	U	G	E	F	I	L	O	B
H	G	S	E	S	S	A	L	G	N	U	S	V	C	F

Follow Uisce Beirs advice and use these steps in an **Emergency**.



**WATER SAFETY**  
It's as easy as  
**1.2.3.**



Irish Water Safety is the statutory and voluntary body established to promote water safety in Ireland.  
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaidh le sábháilteacht uisce a chothú in Éireann.

**1. Voice** - Seek assistance and Get Help.

Instruct someone else or call **999** or **112**



Don't worry  
Help is on the way.

Use your voice to calm the person in trouble and issue instructions to assist them to a place of safety.

**2. Reach** - Use a Branch, Coat or your arm to reach out.



Grab hold of my arm.  
Keep your head up.  
Stay calm  
Help is on the way.

**3. Throw** - Throw something that floats  
Such as a ringbuoy lifebelt or throw rope.

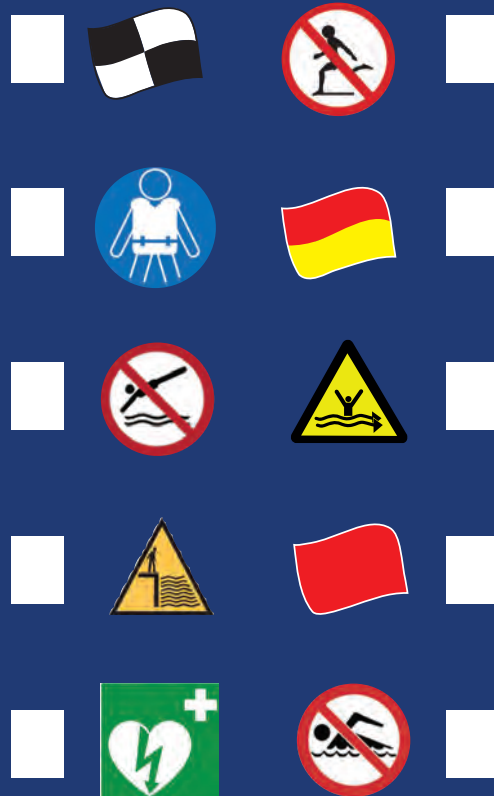


Grab the ringbuoy!  
Hold on tight!

## Match the names to signs or flags..

(write the number to the relevant box)

- 1 Lifeguard on Duty
- 2 Beware of Rip Currents
- 3 No Swimming
- 4 AED
- 5 Lifejacket Required
- 6 No Diving
- 7 No Swimming - Surf Zone
- 8 Danger! Lifeguard on Duty
- 9 No running
- 10 Deep Water





# BE PREPARED FOR ANY SITUATION ...



ASK US FOR  
OFFERS ACCORDING  
TO YOUR DEMAND.



Further do not hesitate to get back to us on any other inquiry or demand for an offer for your club or association. We do deliver whole lifeguard stations along the coastline and also club uniforms, club silicon swim caps customized, Lifeguard suits, all kind of competition and professional Lifeguard material, swimming equipment and a lot more.

Zacki Surf & Sport | Kirchstr. 3 | 88699 Frickingen/Germany | [www.wetiz.com](http://www.wetiz.com)