



# TARRTHÁIL LIFESAIVING

THE OFFICIAL MAGAZINE OF WATER SAFETY IRELAND



2019 ISSUE NO. 10

Message from the Chairman  
National Awards Ceremony WSI  
Water Safety Ireland Rebrand  
News from your Area



Riadas na hÉireann  
Government of Ireland



Winter 2019 ISSUE 10

Cover:  
Our New Water Safety Ireland Logo.

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Padraig Judge,  
Roger Sweeney

## A message from the Chairman



Greetings to all Water Safety Ireland members and welcome to the latest issue of our magazine. This edition brings with it the news that 2018 had one of the lowest number of drownings ever. While the figure was six lower than in 2017, we recognise that behind each one of the 103 drownings last year there is a truly devastating story. Let us continue our vital work into 2020 to make sure these statistics are reduced once again and the human impact is lessened.

The success story of Water Safety Ireland is built around the spirit of volunteerism. As Chairman, I wish to thank all of you: Examiners, Instructors, Sport of Lifesaving Coaches, Trainee Instructors, Assistant and Fully Qualified Swimming Teachers, Organisers and Helpers. I also extend my gratitude to those who serve on the Council of WSI and our Water Safety Area Committees, as well as those who work on Commissions and Working Groups. Thank you for your outstanding effort and commitment. Go raibh mile, maith agaibh go léir.

With the help of special government funding and sponsorship, we were able to deliver a number of national marketing campaigns during the year to highlight the dangers of our waters. Our upcoming Christmas campaign will be present across television, cinema, radio and online platforms over the festive season and into the New Year. It reflects on the fact that 124 people drown on average each year and calls for us all to keep their memory alive by both encouraging and practicing water safety.

Perhaps most tragically, thirty children aged fourteen and under drowned in ten years. Consequently, I am grateful to those who supported our primary school curriculum throughout 2019, in promoting the "Primary Aquatics Water Safety" programme (PAWS) to children, parents and schools nationwide.

On behalf of our entire organisation I express deepest sympathies to the families of members who have passed this year, as well as members who have lost loved ones close to them. Our thoughts are with you at this difficult time. Ar dheis Dé go raibh a n-anamacha.

I wish to thank Mr Michael Ring TD, Minister for Rural and Community Development, and his officials for supporting our work both in word and in deed. Our shared goals are all the more attainable when partnerships are strengthened and built upon.

Finally, I hope you enjoy the company of family and friends this holiday season, and wish you and yours good health and cheer. I look forward to another busy year of water safety initiatives and collaboration in 2020. I appeal to all members of our great organisation to make water safety part of the conversations you have with friends and family. Together let's bring drownings down.

Nollaigh faoi shona daoibh go léir.

Martin O'Sullivan  
Chairman, Water Safety Ireland.



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



# From Irish Water Safety to Water Safety Ireland – a necessary rebrand.

Roger Sweeney, Water Safety Ireland.

When Irish Water launched, it created issues for us at Irish Water Safety. The similarity in name caused confusion among our members, stakeholders and the public. The subsequent public movement against water charges and the lasting media coverage of related issues was beginning to affect Irish Water Safety's brand equity. With a government endorsed mission to reduce drownings in Ireland by 50% over the next 10 years, this was a distraction that we could not afford.

On a daily basis, we at head office and members around the country were fielding emails, telephone calls, comment on our digital and social media channels and footfall to our offices from members of the public who were confusing us with Irish Water. Time and energy was being wasted, as we clarified, again and again, that we are a different agency with a completely different remit. Not only was this confusion diluting the strength of our brand with the public and our volunteers, it was diluting our image when engaging with a range of stakeholders.

As a government agency, voluntary body and registered charity that strives to increase public awareness of water safety while maximising the impact of every euro spent, taking action to change our name was vital. We had seen drownings reduce significantly over the two years leading up to our name change, directly mirroring a greater investment in Irish Water Safety's public education and awareness campaigns. We needed to build on this achievement and to do that the clarity of our name, role and image was crucial.

The naming, designing and refining of our new brand mark and full brand guidelines was put to public consultation via our Facebook followers and by direct survey to our members and it reflects very highly on the goodwill for the brand that we received 520 responses to that survey.

Our marketing campaigns during National Water Safety Awareness Week enabled us to maximise the reach of our rebrand. The value achieved from that marketing spend created a conversation platform upon which water safety issues were raised in the media under our new name, Water Safety Ireland, far exceeding whatever value could have been expected from simply announcing a rebrand in the media. Free PR opportunities were created and maximised to compliment these media campaigns. You will continue to see older branded collateral nationwide but you'll appreciate that we aim to replace these assets gradually so that funding is not wasted on expensive immediate replacements.

That our logo only changed slightly is testament to feedback that called for seamless continuity without losing the logo's inherent qualities. The division between red and yellow now uses a wave and a new website, [www.watersafety.ie](http://www.watersafety.ie) is part of our ongoing journey to make water safety part of the conversation in homes, workplaces and at aquatic environments nationwide.



*Uisce Bear, Ciara Bartel Shortt & Xavier Mahon*



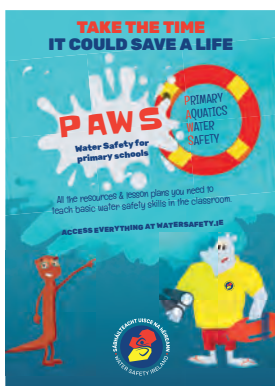
Rialtas na hÉireann  
Government of Ireland

**watersafety.ie**



Look out for our national advertising campaign, currently running online, in cinemas, on radio and on most TV channels.

**ASK AN ADULT TO CUT OUT THIS TOKEN AND GIVE TO YOUR SCHOOL TEACHER.**



## Dear Teacher,

This voucher will get our class free water safety lessons and free certificates online. All we have to do is complete the PAWS programme in our classes. The programme doesn't take long and all the resources are online and help us learn to be safe in and around water...and we can get our certificates for free when ordered online at <http://www.iws.ie/education/paws.2925.html> or contact: Water Safety Ireland, The Long Walk, Galway Tel: 091-564400 LoCall 1890420202 info@iws.ie

**Water Safety Ireland** ...Know what you're getting into





# Smart technology to be used to help tackle the problem of stolen or damaged Ringbuoys

By John Leech

Public Rescue Equipment plays a significant role in our National Drowning Prevention Strategy. Our Local and Harbour Authorities and many other organisations provide inexpensive ringbuoys in yellow boxes all around our island nation and on our inland waterways. Many of these are erected as a result of a risk assessment that Water Safety Ireland has completed.

Vandalism and theft of the ringbuoy and rope has been a thorn in the side of these bodies who provide and maintain this equipment for decades. Many efforts have been made over the years to help deter and prevent this mindless activity. People have been prosecuted and convicted under the Larcenary Act and have received suspended sentences, some paying the price and sat out their sentence in prison. The luckier ones end up paying money in to the poor box in Court on the direction of the Judge.

The Lifesaving Equipment Bill 2017 which was entered in to the Houses of the Oireachtas by Senator Keith Swanick passed the first stage and has moved to the third stage. It is now held up due mainly to the Brexit situation where there is insufficient time to move these bills through the houses of the Oireachtas. When enacted it will certainly assist the Gardai in making prosecutions much easier and faster. This legislation would introduce a sentence of up to five years in prison or a fine of €50,000 for anyone caught vandalising such items. Despite having received the support of government at its second reading, the bill has yet to move forward to committee stage for further scrutiny.

The local authorities on our island nation are spending approximately €50,000 a year to replace an estimated 1,500 ringbuoys that are stolen or vandalised. Dublin city council had to replace 500 ringbuoys in 2018 at a cost of €20,000. As the council is in charge of more than 140 ringbuoy locations, it is the equivalent of having to replace each ringbuoy at least three times a year.

A number of trials have been completed over the years with GSM technology to help prevent this vandalism and theft with varying degrees of success, however the cost of the technology prevented a rollout to the estimated 4,000 ringbuoys nationwide.

Cities, towns and urban areas are generally the locations where vandalism and theft are worst. So we were approached by Dublin Smart Docklands to come up with a technological solution for this ongoing problem. They managed to get some funding from the "2019 Public Service Innovation Fund Application - 'Smart tech, saving lives'" and so they are now developing a system to monitor 140 ringbuoys across the city using a lower network with base stations using low volume data which requires fewer sites and consequently will be affordable to the Local Authorities. When the ringbuoy is interfered

with it will send a message and email to the relevant person who can then replace it and to An Garda Siochana. We also intend using an accelerometer on a few key ringbuoys which will indicate whether or not somebody is in the water with the ringbuoy, this information will go directly to Dublin Fire Service and An Garda Siochana. This will cut down the response time of both agencies in responding to the signal. The Fire Service have boats permanently on the river and An Garda Siochana are located on close proximity to it.

Next year this pilot will be running under the guidance of Michael Guerin of Dublin Smart Docklands. In addition, there will be another trial running at Maynooth on the Royal Canal lead by John Dooley, one of Maynooth University's lecturers.



Fingal County Council is also developing their project of 6 ringbuoy locations that will use similar technology in Howth Harbour with the RNLi Lifeboat. Let us hope that these trials are successful and that it will help reduce vandalism and theft of this Public Rescue Equipment, after all "A stolen Ringbuoy can be a stolen Life"

# Water Safety Ireland Results Overview:

# European Championships 2019

Medals	Open Men	Open Women	Junior Boys	Junior Girls	Total
Gold	4	0	0	0	4
Silver	7	4	2	7	20
Bronze	5	2	7	2	16
<b>Total</b>	<b>16</b>	<b>6</b>	<b>9</b>	<b>9</b>	<b>40</b>



## National Team information

<b>Junior Girls:</b>	<b>Co.</b>	<b>Junior Boys:</b>	<b>Co.</b>
Aisling Barry	CK	Ryan Cotter	CK
Aoife Madigan	CE	Dylan O'Brien	CE
Emma Kristiansen	WW	Eoin Rouine	CE
Mia Kristiansen	WW	Ross O'Loughlin	WW
Pyria Daly O'Toole	WX	Tom Breen	W
Sarah Morrison	CK	Alex Maher	KK
<b>Senior Ladies:</b>		<b>Senior Men</b>	
Roisin Cahill	CE	Bernard Cahill	CE
Amy O'Brien	WW	Joseph Mooney	SO
Hana Blake	WW	Odhran Savage	W
Emer Kelly	WW	Tourlough Barrett	CE
Katie Shannon	CE	Sean Slattery	CK
Tara McEvoy	CE	Evan Shields	W



## Overall Placings

Junior Teams: 6th Overall      Senior Teams: 7th Overall

### Medal Winners:

Oceanman	- Senior Men	- 1st	- Bernard Cahill
Surf Race	- Senior Men	- 1st	- Bernard Cahill
Board Rescue	- Senior Men	- 1st	- Bernard Cahill, Tourlough Barrett
Board Rescue	- Junior Boys	- 2nd	- Dylan O'Brien, Tom Breen
Board Rescue	- Senior Ladies	- 2nd	- Roisin Cahill, Amy O'Brien
Board Rescue	- Junior Girls	- 2nd	- Aisling Barry, Aoife Madigan
Ski Race	- Senior Men	- 2nd	- Bernard Cahill
Board Race	- Senior Men	- 3rd	- Bernard Cahill
Board Race	- Junior Boys	- 3rd	- Ross O'Loughlin
Beach Relay	- Senior Men	- 3rd	- Joseph Mooney, Odhran Savage, Tourlough Barrett, Sean Slattery
Beach Relay	- Junior Boys	- 3rd	- Eoin Rouine, Ross O'Loughlin, Alex Maher, Ryan Cotter
Beach Relay	- Junior Girls	- 2nd	- Aisling Barry, Aoife Madigan, Pyria Daly O'Toole, Sarah Morrison
Beach Flags	- Junior Girls	- 2nd	- Sarah Morrison
Mixed Ocean Relay	- Senior	- 2nd	- Bernard Cahill, Roisin Cahill, Amy O'Brien, Odhran Savage
Mixed Ocean Relay	- Junior	- 3rd	- Aisling Barry, Dylan O'Brien, Ross O'Loughlin, Aoife Madigan
Ocean Relay	- Senior Men	- 2nd	- Bernard Cahill, Joseph Mooney, Tourlough Barrett, Odhran Savage
Line Throw	- Senior Ladies	- 3rd	- Tara Mc Evoy, Emer Kelly

- 6 Individual Medals • 2 Individual European Titles • 1 Team European Title
- 11 Team Medals • 13 National Records Smashed





# Water Safety Ireland Results Overview:

## European Championships 2019...contd

### Hibernia Team information + Results

Norma Cahill	- Clare	- 1st Board Race, 1st Oceanwoman race, 1st Swim
Sinead Mortell	- Clare	- 1st Beach Flags, 2nd Board Race, 2nd Swim
Triona McMenamin	- Donegal	- 2nd Beach Flags, 3rd Swim.. 3rd Board
Norma, Sinead, Triona		- 1st Surf Team & Oceanwoman relay
Sinead, Triona, Lisa		- 2nd Board relay
Lisa Dalton	- Donegal	- 2nd 2km Run, 3rd Beach flags
James O'Sullivan	- Waterford	- 1st Beach sprint, 2nd Flags, 3rd Boards
Brid Cantwell	- Waterford	- 3rd Board, 3rd Swim
Mary O'Sullivan	- Waterford	- 1st Board

### Cork Team information + Results

Niamh Morrison	- 2nd Manakin, 2nd Manikin Carry, 2nd Manikin Carry with fins, 2nd Board Race, 2nd Flags
Anne McCarthy & Eilish Harte	- 3rd in Rope Throw
Anne Kingston	- 3rd Flags

### Cork Relay:

1st Board Relay  
1st Sprint Relay  
2nd Ocean Relay  
3rd Surf Relay





# Mary Immaculate College

Over the last number of months the Education team at Water Safety Ireland has worked very closely with Mary Immaculate College (MIC) in Limerick. The College is academically linked to the University of Limerick and hosts a student population of over 5,000 students. MIC is renowned nationally for its Bachelor of Education degree designed to qualify students to teach in primary schools. With an incredible 600 students graduating as primary teachers from MIC every year, Water Safety Ireland identified this as an excellent vehicle to disseminate our Primary Aquatics Water Safety programmes (PAWS) into primary schools all over the country. Through the support of MIC's physical education department and with the support of module leaders Dr. Niamh Kitching and Dr. Richard Bowles, a series of online lectures were delivered to a cohort of 2nd year students. The response and uptake was incredible, with all of the resources being very well received. As a means of promoting Water Safety Ireland's important messages and informing future primary school teachers of our work, this proved to be an extremely important channel. Through the online lecture series students could opt in to become PAWS providers. Incredibly, over 150 future primary school teachers have signed up and were delighted to receive their PAWS Provider Certificates. We are delighted to have these students on board and look forward to working with them throughout their teaching career. Due to the success of this project, Water Safety Ireland will soon be working with other Initial Primary Teacher Education Training Centres nationwide.



# Lifesaving Competitions 2019

2019 was another immensely positive year for Lifesaving Sport as the standard continues to rise and participation numbers continue to grow.

First and foremost, it's incredibly important to acknowledge and thank all our volunteers who give up so much of their time to ensure the smooth running of all of our domestic events; from referees to coaches, boat crews to call stewards, and the countless other people involved on the day, including of course our local Water Safety Area Committees for pulling everything together. Without our volunteers these competitions would not be possible.

All of Water Safety Ireland's athletes are pushing the standards year after year, and team Ireland are truly setting the benchmark at European level. Nowadays, claiming a National Title will certainly put you amongst the best in Europe. Looking across the beach at national championships, it's hard to believe how much Lifesaving Sport has grown in Ireland over the last 10-15 years.

Water Safety Ireland are also delighted to report excellent performances from all our athletes at the European Lifesaving Championships in Italy this September, returning home from the tournament with 40 medals, 13 National Records and 3 European Titles. The achievements of Team Ireland are a reflection of the all of Water Safety Ireland's hard work and commitment to the sport, as well as their ability to respond to the challenge of rising international standards. These results reflect the growing performance culture of Lifesaving in Ireland. The team is already looking forward and preparing for the World Championships in the same location next year – exciting times ahead.





## Overall Results

### Title Winners

#### National Nipper Champions

Cork Senior Nippers

#### National Junior Champions

Clare Girls

#### National Senior Champions

Clare Men

#### National Masters Champions

Waterford Masters



### Pool Competitions

#### National Junior, Senior & Masters Still Water Championships 2019:

Location: UL Sport Arena, Limerick

National Senior Pool Champions Women: 1st Clare Ladies A, 2nd Wicklow, 3rd Clare B

National Senior Pool Champions Men: 1st Clare Men, 2nd Cork, 3rd Waterford

National Junior Pool Champions Girls: 1st Wicklow Ladies, 2nd Clare, 3rd Cork

National Junior Pool Champions Boys: 1st Wexford Men, 2nd Wicklow, 3rd Waterford

Masters Pool Champions: 1st Waterford, 2nd Cork, 3rd Wexford

### Beach Competitions

#### National Senior & Masters Open Water Championships 2019

Location: Kilkee, Clare

National Senior Beach Champions Women: 1st Clare Ladies, 2nd Wicklow, 3rd Cork

National Senior Beach Champions Men: 1st Clare Men, 2nd Waterford, 3rd Cork

Master Beach Champions: 1st Waterford, 2nd Clare, 3rd Sligo

#### National Junior Open Water Championships 2019

Location: Mullaghmore, Sligo

National Junior Beach Champions Girls: 1st Clare Ladies, 2nd Cork, 3rd Wicklow

National Junior Beach Champions Boys: 1st Clare Men, 2nd Wexford, 3rd Waterford

#### National Nipper Open Water Championships 2019

Location: Mullaghmore, Sligo

National Junior Nipper Beach Champions Girls: 1st Clare, 2nd Cork, 3rd Waterford

National Senior Nipper Champions Boys: 1st Cork, 2nd Wicklow, 3rd Clare



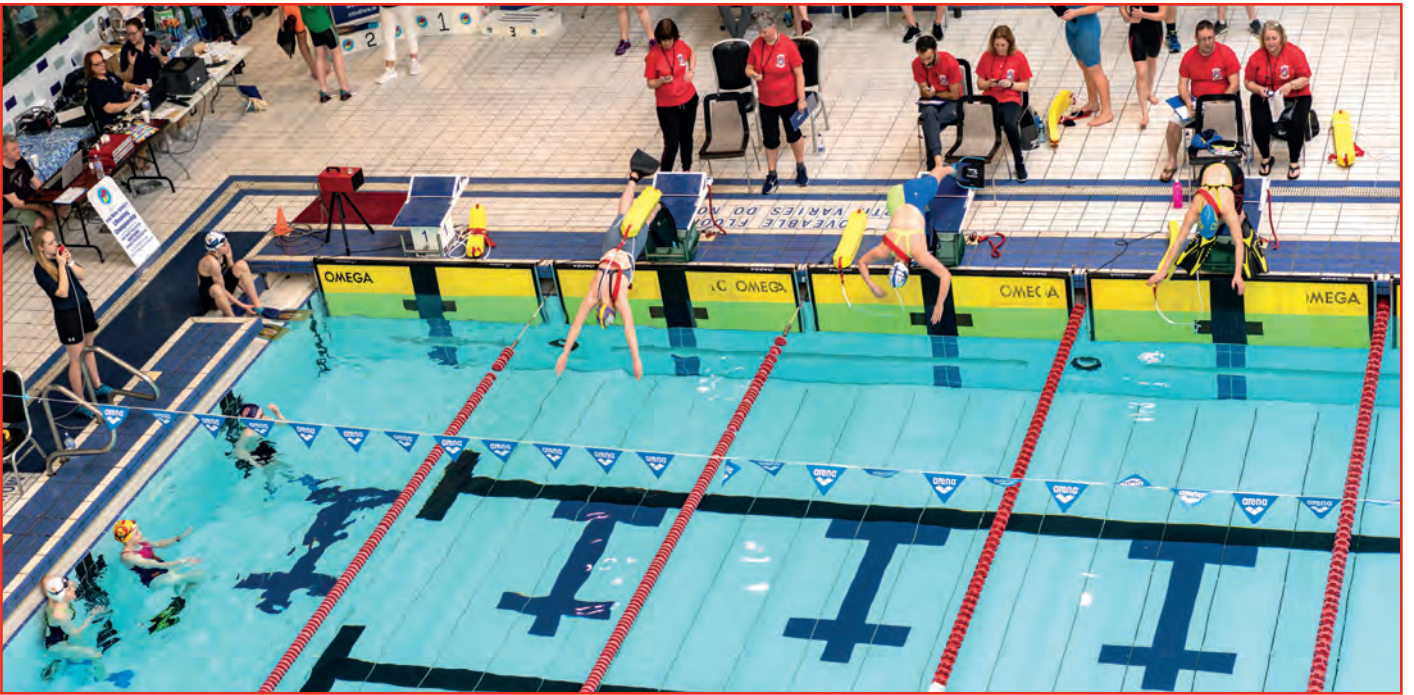


# ...Lifesaving Competitions 2019



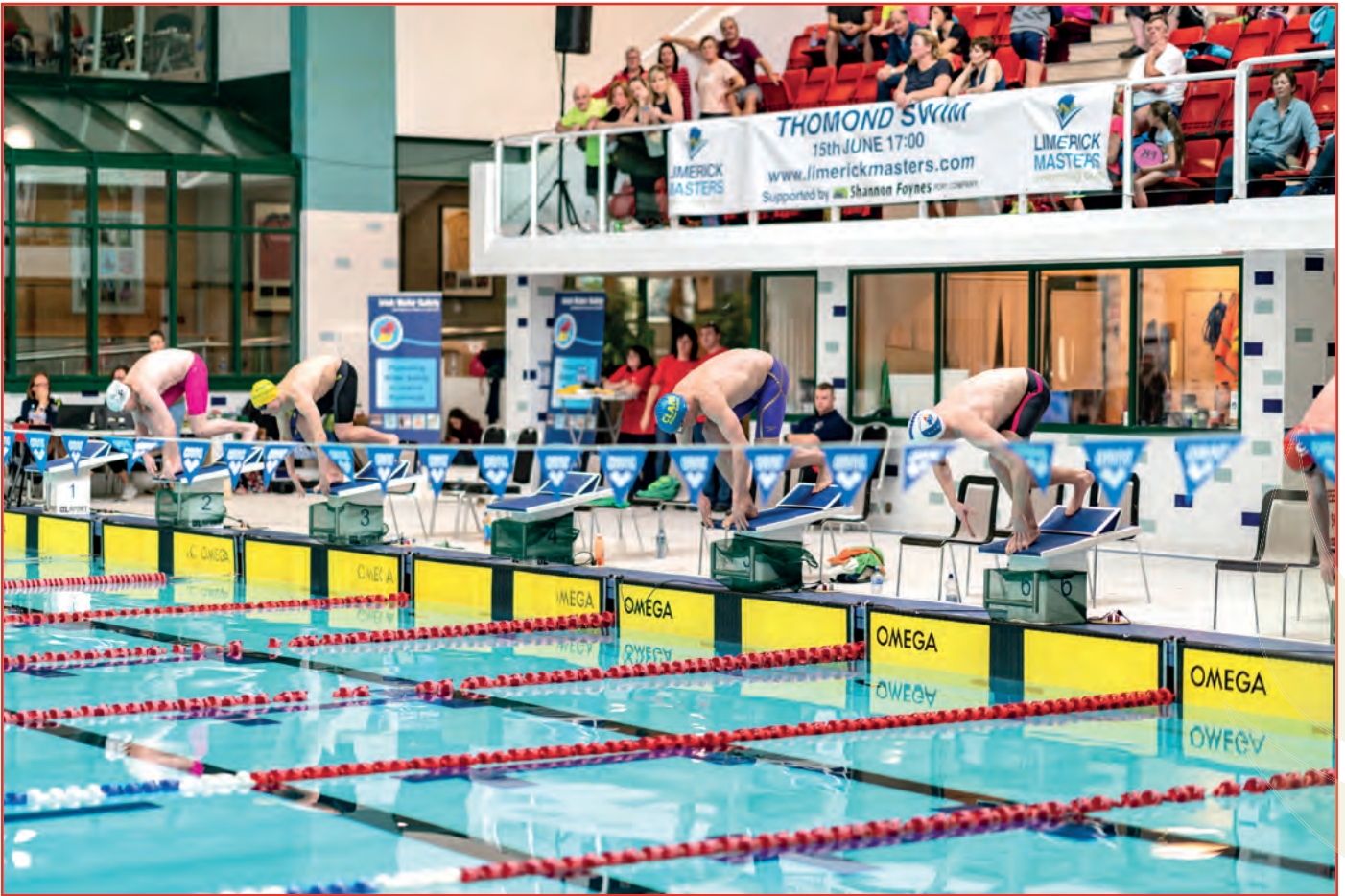


# National Pool Lifesaving Championships 2019





# ...National Pool Lifesaving Championships 2019





# Water Safety at GMIT Mayo Campus

Swimming and Water Safety is going from strength to strength amongst the third level students at GMIT Mayo. The Swimming Club runs weekly sessions in the fantastic new pool at Lough Lannagh Leisure Complex. The session are very well attended and they are also popular with members of the surfing, kayaking, sailing and snorkelling clubs who appreciate the value of water safety skills in their daily activities. The college is very fortunate to have a good supply of swimming teachers and Water Safety Ireland Instructors who give freely of their time to advance the skills of their fellow students. Swimming and Water Skills are a necessary element of the B.A in Outdoor Education at GMIT's Mayo Campus, with many of the final year students attaining their Beach Lifeguard Certificates or the

Surf Instructor Beach Award. Graduates with such awards are highly sought after in Outdoor Education and Adventure centres throughout Ireland and abroad. Employers are very keen to hire graduates with proven practical skills in water safety risk management 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 during water activities. Safety standards amongst many of the water sports clubs on campus are greatly enhanced by having qualified lifeguards on their weekly activities, whether it be surfing, snorkelling, kayaking or sailing. This year eleven students achieved their WSI National Beach Lifeguard Certificates, while ten students completed their Surf Instructor Beach

Safety Award. For many of the students it was the culmination of two years' water safety training, but in particular, their efforts of training three times weekly over the past six months made the attainment of their Beach Lifeguard Certification all worthwhile. GMIT lecturers and students are very grateful to Trish Flynn, WSDO Mayo County Council, who provided rescue equipment and access to lifeguard training facilities throughout the year. They are also very grateful to James Mc Loughlin, WSI Examiner Mayo WSAC, who assessed the students for the various water safety awards over the years. His encouragement and words of advice contributed immensely to the motivation and high standards achieved by students at all levels.





# Munster Championships White Strand 2019

Margaret Phair



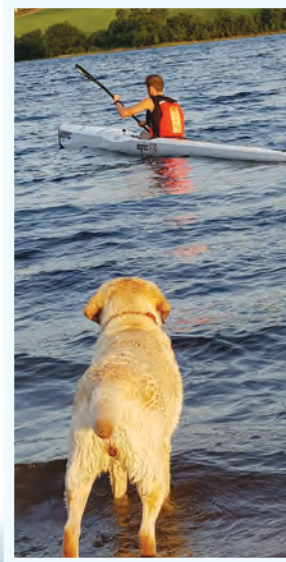
## Scoil Eoin, Kilbarrack Dublin

Cora Coppinger

As an active water safety instructor and member, I have ensured our school, Scoil Eoin Kilbarrack Dublin 5 are active participants in PAWS. Pictures below of our PAWS after school club learning water safety and life skills. Club members range from 1st - 6th class and is a highlight of the school week.



## Inniscara, Co. Cork.



My name is Sheldon, this is Inniscarra Lake in Cork with my Labrador Tilly. I think this pic says many things, never go alone into water and always let someone know where you are going. This was such a fun day with Tilly running up and down the river bank. All fun days should end safe and leave you with fun and happy memories of the day. I know how nature can be though so always wear a life jacket and have a radio and be prepared for the unexpected.

## Rathmullan Co. Donegal.



Orlaith Fogarty and Ronan McMullin  
after a busy season lifeguarding.

Ronan McMullin



# Water Safety Ireland - Louth

Water Safety Ireland – Louth attended the Knockbridge Vintage Day, with the sun shining our team of volunteers, demonstrated CPR and ringbouy throwing for the children.

*Girl throwing - Andrea McKeivitt, Boy throwing - Arlen Donnelly*



On the Saturday we met with Tesco on the beach in Templetown where they presented to us a cheque from The Blue Chip Community Fund. Co. Louth



# River Legend

by Morgan Fagg

## Athlone man Patrick McDonnell completes 245km charity swim becoming the first Irishman to ever do so.



Spend any time around water and you are sure to hear some strange stories, fishermen's tales of sea creatures, mermaids and the one that got away.

Athlone is divided by one of Europe's largest rivers which has seen its fair share of mystery and magic, history and incredible stories. From Vikings and Brian Boru and early monastic monasteries to sieges in Athlone and Limerick to the Children of Lir, the Lough Ree Monster and Saint Patrick's forgotten serpent, Cata which was last rumoured to have been seen on the Shannon in 1922.

Even by the town bridge, pints of blood have been spilt in the Siege of Athlone and drops drank in Ireland's oldest pub in which the innkeeper Luain is believed to have given his name to Átha Luain. There are as many

legends living on the Shannon as in any Scottish fisherman's tale. Unlike the Loch Ness Monster, Patrick McDonnell did not come from a Scottish loch but is very much homegrown, born a stone's throw from both Lough Ree and the River Shannon. Unlike Nessy's Irish cousin, Patrick McDonnell is very real and for 14 days, sightings of him have been seen and reported around our rivers and lakes.

Some stories will tell of a Celtic princess drowning trying to drink water from a well of wisdom and that the very word Shannon comes from Lir's granddaughter Sionann. Sionann is not a mermaid but drowned trying to attain wisdom like Fionn McCool received when he tasted the Salmon of Knowledge. Few now know Sionann as well as Patrick McDonnell who despite a shoulder injury on the third day, continued his epic adventure in aid of Pieta House, Irish Cancer Society and two local charities in Cloughan where he now lives.

A little luckier than most fishermen, Patrick tells stories of catching as many as 38 fish in a day and once catching one with his bare hands. Patrick made sure that this challenge didn't get away from him.

Born a stone's throw from Lough Ree Yacht Club where the River Shannon meets Lough Ree, Patrick McDonnell has become the second man to swim the Shannon and first Irishman to do so. For two long weeks, strange sightings have been seen on the river and lakes as Patrick made his way from Cavan to Limerick. The Shannon is three times the length of the River Liffey and at 245km long, the swim is further in distance than going from Dublin to Galway.

The Shannon is the largest river in the British Isles and was first swum by an American cancer survivor, Dean Hall. Taking the plunge this year, Patrick followed Dean Hall's attempt closely but refused to take part in the swim as he was getting married around that time. Behind every great man is a great woman and Patrick was joined by his wife Ailbhe and their families who helped with the vital logistics and support needed to achieve the swim.

Patrick McDonnell is a lifeguard and instructor with Birr Leisure centre and a former lifeguard at Athlone Regional Sports Centre which meant his solo swim was supervised at all times by a canoeist and various sub aqua clubs along the way. Spotting Patrick was not difficult thanks to a red and yellow swimming hat given to him by Water Safety Ireland. He has made history as the first Irishman to swim the Shannon completely and is only the second man to ever do so. His journey was long but fortunate as conditions were much better than Dean Hall's swim. Patrick was able to complete the swim in 14 days despite a shoulder injury, making him the fastest man to ever swim the Shannon. What an unbelievable legend?



# TAKE THE TIME IT COULD SAVE A LIFE

# PAWS

**Water Safety for  
primary schools**

**PRIMARY  
AQUATICS  
WATER  
SAFETY**

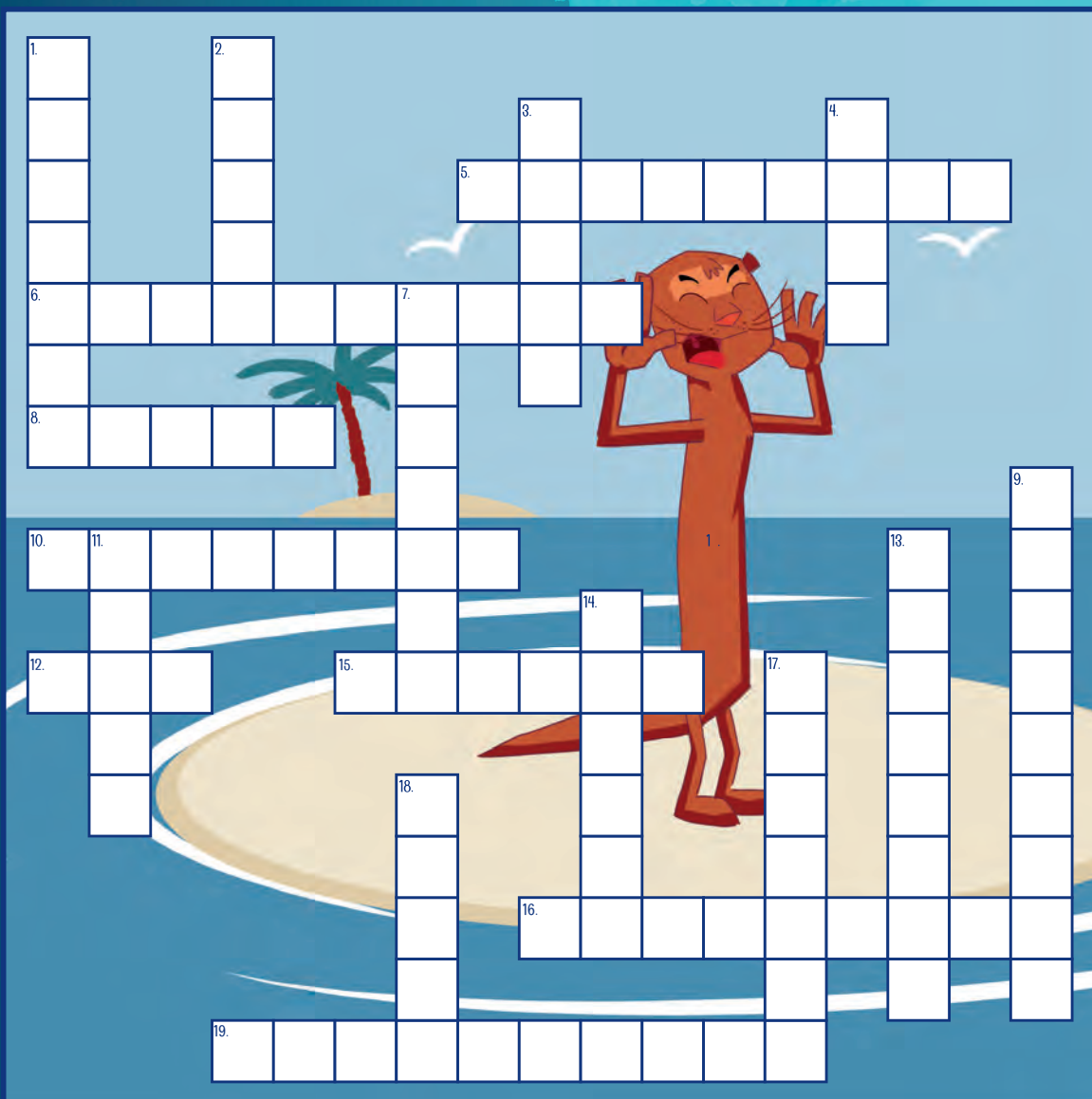
All the resources & lesson plans you need to  
teach basic water safety skills in the classroom.

**ACCESS EVERYTHING AT [WATERSAFETY.IE](http://WATERSAFETY.IE)**





# Crossword



## Across

5. Slurry pits have the same effect as this
6. Personal Safety Device
8. They crash onto the beach
10. At the beach, swim \_\_\_\_\_ to shore
12. Wear sunscreen when out in the \_\_\_
15. A small river
16. Deep and cold water store
19. Emergency Service

## Down

1. The least deep end of the pool
2. Never swim \_\_\_\_\_
3. These are for your own safety
4. Primary Aquatics Water Safety
7. A rip \_\_\_\_\_ can carry you out to sea
9. Knows all the safety rules
11. Who should supervise playtime
13. Piece of safety equipment
14. Another word for sea, e.g. "Sea Life"
17. Ponds, drains and barrels should be \_\_\_\_\_



# Join the dots

Join the dots to find out who's the brilliant lifeguard.



1. shallow, 2. alone, 3. rules, 4. paws, 7. current, 9. lifeguard, 11. adult, 13. ringbuoy, 14. marine, 17. covered, 18. flags.

## DOWN:

15. stream, 16. reservoir, 19. coastguard.

## 8. ACROSS:

1. (a) Slippery (b) animals (c) armbands (d) Eircode.

7 1-1 2-8 3-4 4-2

Check are all of your answers correct.

## Pick the right word

Fill in the blanks below with the following words:

a) Pools are \_\_\_\_\_ places so don't run, push or shove.

small      silent      slippery      sleepy

b) On farms, drinking troughs are for \_\_\_\_\_ only.

Astronauts      Accountants      animals      Acrobats

c) Stay in the \_\_\_\_\_ end until you can swim well.

shallow      deep      bubbly      warm

d) Make sure you know your home's address and \_\_\_\_\_.

Eircode      Size      Front-door colour      Shape



## Word search

Find the words below in the grid?  
Horizontally, vertically, diagonally.

BARREL  
EIRCODE  
FLOATS  
POOLS  
RATS  
RESERVOIR  
RIVERS  
SPLASH

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



# Water Safety Ireland - Kildare



WSI Kildare Volunteers on training Day October 2019



Cian from WSI Kildare at Britas Bay Leinster Surf Lifesaving August 2019



WSI Kildare's Mark Doyle receives his instructor award from Mick O'Brien, 2019



WSI Kildare, Water Safety and General Knowledge Table quiz at Blessigton Sailing Clubhouse August, 2019



# Water Safety Ireland - Kildare



Noah and Xavier Mahon WSI Kildare at the National Nipper Championships, Mullaghmore, Co. Sligo. 2019



WSI Kildare Committee 2019



Martin Byrne receiving his Instructor Award from Karen Morton and Philip Keleghan, WSI Council Members



James Sexton and Kevin Aherne receive instructor awards



Emmet Morrin receiving his Instructor Award from Philip Keleghan, WSI Council Member



Lauren Byrne receiving her Instructor Award from Karen Morton and Philip Keleghan, WSI Council Members



# Water Safety Ireland - Kildare



Christmas market at Russborough House in December 2019.



Community Pool for West Wicklow Campaign birthday celebration at Russborough House on Saturday 17th. The event, a free family funday was organised by the Community Pool for West Wicklow Campaign Committee to celebrate one year of their campaign for a swimming pool in the West Wicklow area of the county.



Water Safety Ireland Kildare were on hand to offer advice to party goers young and old on how best to stay safe while in the water. They also ensured that Minister Harris & Community Pool for West Wicklow Committee Chairperson Deirdre McCormack brushed up on their CPR skills with their mascot Uisce Bear



Daire Mitchell (LHS) with his friend Rian Hurley doing the Swim Week /Water Safety the first week in July 2019 at Wicklow Harbour.



# WATER SAFETY IRELAND - Donegal

## Escape from Alcatraz!



### A story of a family swim from Alcatraz across the bay to San Francisco which took place on Friday 1st October 2019

Family Names: Dara O Malley Daly – Instructor, Examiner and Area Committee. Sarah O Malley Daly – Instructor, Examiner and Area Committee. Orla O Malley Daly – Instructor, beach guard. Patrick O Malley Daly – Instructor, beach guard.

The four members of the O'Malley Daly family set off from San Francisco pier on a chartered boat bound for the famous prison island of Alcatraz. The experienced bay skipper headed to the southeast side of Alcatraz weaving around large ocean ships on passage under the Golden Gate Bridge carrying goods across the Pacific ocean. As we approached the shoreline with the famous lookout tower watching over the prisoners in the yard below in the famous movie *Escape from Alcatraz*. Excitement quickly turned to apprehension when the skipper drew our attention to the visible rip currents roaring around the island. While preparing to jump off the boat a large seal swam around the boat just to remind everyone there are other fin creatures in these chilly waters.

We all wore Water Safety Ireland swim caps which helped focus our attention on the challenge ahead. Then the skipper was shouting orders, now in position all O Malley Daly off the boat and suddenly we were all in the water. After our final thumbs up to the safety crew it was head down and into a nice freestyle rhythm. The strong currents and wash from passing ships tested our strength and endurance crossing the main channel. We encouraged each other to pull harder as the currents tried to push us towards the Golden Gate Bridge. Thankfully our friendly Kayaker Miguel knew these waters and guided us expertly through the many obstacles and we reached the sandy beach on the Southend rowing club. The four of us emerged from the water hands together raised high in the air with great pride at the achievement of completing the Alcatraz swim. The O Malley Daly roar was heard across the hills of San Francisco - Up Donegal, we made it. Just like the Anglin brothers.

We dedicated the Alcatraz swim to our mother Mary O Malley Daly, a swim teacher and coach who has encouraged us to enjoy and respect the water. She was delighted to receive the phone call of our successful swim. Thanks Nana.





# Water Safety Ireland – Cavan

## Splashtastic!

Cavan children got to cool down in the refreshing waters of Annagh Lake, Cavan as they took part in Water Safety Ireland swim classes on one of the hottest days of the year. Photo: Lorraine Teevan, Annagh Lake, Co Cavan.



## Primary Aquatics Water Safety (PAWS)

Water safety is important all year round, not just during the summer months. That's why our Primary Aquatics Water Safety (PAWS) programme provides children from junior infants right up to sixth class with the knowledge to behave appropriately around water. Pictured are pupils from Scoil Iognaid in Galway being instructed by Oisín Foden, Education Development Officer, on how to throw a ringbuoy.





# New Beachguard Academy for Cork

by Graham Kerr



*Pictured with Water Safety Ireland's '14 Steps to Safe Swimming at the Beach', (back); PE Teacher and TY Coordinator, Mr. Nugent; Principal of Midleton College, Dr. Gash; (To the right) Safety Development Officer for Cork County, Caroline Casey. (Middle) Chairman of WSI, Martin O'Sullivan; and Water Safety Assistant, Graham Kerr. (In water) Transition Year Students and future Beach Lifeguards Conor, Alanna, Rachel, and Obabi.*

**Cork County Council in partnership with Midleton College and Water Safety Ireland - Cork launched the first Beach Lifeguard Academy. The aim of the academy is to encourage sustained growth in the number of new lifeguard recruits to continue to provide the invaluable service they offer on the beautiful beaches of County Cork.**

The Academy is an initiative of Cork County Council's Water Safety office spearheaded by Water Safety Officer Caroline Casey and facilitated by Beach Lifeguard Tutor Graham Kerr. Students of the Beachguard Academy will have the opportunity to visit and meet with a number of the lifeguard teams on duty during the bathing season.

Martin O' Sullivan, Chairman of Water Safety Ireland was on hand at the launch event to speak to the trainee beach lifeguards. Mr O'Sullivan commended the initiative and all involved, noting that "Beach lifeguards make our beaches safe and Water Safety Ireland appeals to the public to swim at lifeguarded beaches."

The Mayor of the County of Cork, Cllr. Patrick Gerard Murphy, also praised the project describing it as "a very positive step for water safety. Cork County Councils beach lifeguard services manage twelve beach lifeguard stations along the Cork coast and they are providing an invaluable service and play a significant role in our safe enjoyment of our wonderful beaches. The Beach Lifeguard Academy is a wonderful initiative and I look forward to seeing other schools coming onboard in the near future"

Caroline Casey, Water Safety Officer with Cork County Council, praised Midleton College's involvement. "We are very grateful to Midleton College for working in partnership with Cork County Council to get this new initiative off the ground. I would encourage post primary schools interested in working with Cork County Council to get in touch. The academy provides an excellent experience for the students, affording them the opportunity to learn invaluable life-long skills and work-shadowing opportunities on our beaches. Students strive to achieve the National Beach Lifeguard Award from Water Safety Ireland. An internationally recognised qualification. They will qualify to apply to compete for the much sought after summer positions at our coastal beachguard stations. This is a well paid post and the experience of working in a team, communicating with the public, participating in educational initiatives & keeping our beach users as safe as possible gives the students a great grounding in the workforce and is great for the C.V. too!"



On May 7th the first Beach Lifeguard Academy was launched. The Cork County Council initiative in partnership with Midleton College and Water Safety Ireland is a first with the aim of increasing the number of Beach Lifeguards available to service our beautiful Co. Cork beaches during the bathing season.



*Pictured are Cork County Council's 'Beachguard Academy' candidates, from Midleton College and Cork Surf Life Saving. They had just completed the Open Water Practical exam of their Beach Lifeguard Award at The Warren Strand, Rosscarbery. All candidates achieved their Award and are the first graduates of Cork County Council's Beachguard Academy programme. They are now qualified to apply for the Beach Lifeguard Service in Summer 2020!*

**For more information on the beach lifeguard academy please contact  
Cork County Council's Water Safety Officer at [caroline.casey@corkcoco.ie](mailto:caroline.casey@corkcoco.ie)**

## BANTRY WATER SAFETY

As with any other coastal town we have to deal with tidal issues when it came to organising Swim Safety Week in Bantry and so in conjunction with the local sailing club and Bantry Harbour Board were able to purchase a pontoon in '11. Dealing with a large number of young people in deep and sometimes rough waters brings it challenges even with the very capable WSI instructors. We in Bantry have been very fortunate in having a safety boat manned by professionally trained crews provided by Bantry Inshore Search and Rescue B.I.S.R.A. each year, throughout the swim week. While this comfort blanket make the instructors' life easier we have discovered it also has the added bonus of reassuring concerned parents, many of whom are bringing their young children for their first experience of the open sea. Today most choose to start with swim lessons in the enclosed environs of a swimming pool. These B.I.S.R.A. volunteers also visit local schools to speak on water safety and encourage participation in the swim week. As well as weekly training sessions these men and women are ready to answer any distress call 24/7 365 days of the year. We owe a great debt of gratitude to these volunteers.



*Shane Begley and Diarmuid Murphy of BISRA with some of the participants of WSI swim week in Bantry.*



*Conall McAuley, Noel Phair, Elva McAuley, Seán Phair. Cousins from Clonakilty, West Cork.*

# BANDING TOGETHER FOR WATER SAFETY

By Roger Sweeney

## WATER SAFETY IRELAND ASKED CHILDREN EVERYWHERE TO BAND TOGETHER FOR WATER SAFETY

To mark National Water Safety Awareness Week 2019, Water Safety Ireland sent wristbands to all primary schools nationwide. They showed what the flags mean at lifeguarded waterways - when it is safe to swim and when it isn't. With over 300 people being rescued from drowning at our waterways every year, it is vital that every child knows what the flags mean and where it is safe to swim.

The 600,000 wrist bands proved to be a huge success with children nationwide. Delivery to schools was timed just before the summer break. A radio campaign, broadcast as children were being brought to school, encouraged kids to ask for their wristband and become ambassadors for water safety in their families. An online campaign to school teachers, parents and guardians emphasized that together we can bring the number of drownings in Ireland down for good.

In a piece of film created to support the initiative, Beach Lifeguard at Lahinch in Co. Clare, Bernard Cahill, said that he regularly sees children swimming outside the flags where it isn't safe and in the clip that you can watch online, he tells the story of two young girls who rapidly found themselves in trouble. Luckily, Bernard managed to reach both girls in time, but said that he felt that the weaker of the two had taken her last breath just as he pulled her from the water. For Bernard, it was the most rewarding and scariest moment of his life. One can only imagine the relief for the girl and her family.

This initiative is part of a project that is tied to our ten year National Drowning Prevention Strategy which aims to change children's attitudes and behaviour around water. Culturally we need to turn what for many is an unhealthy fear of water into a respect for our wonderful aquatic environments. Thirty children drowned in ten years and every year more than half a million primary school pupils are potentially at risk of drowning when playing at aquatic environments nationwide. Good weather often prompts parents to make water safety part of their conversation with children but it is primary school teachers that are ideally placed to spend some time speaking about water safety, hence the decision to provide teachers with wristbands to start that conversation.

Drowning continues to be a significant public health issue in Ireland. Although we had the lowest number of drownings since 1939 last year (103), we still averaged 124 drownings every year over the last decade. Thankfully this is a figure that has continued a downward trend. In the 1980's, we averaged 207 drownings every year. In the 1990's, it was 190 and in the 2000's, it was 150. Changing the skills, attitudes and behaviours of primary school children will hopefully see this downward trend continue.





# BAND TOGETHER FOR WATER SAFETY

## KNOW YOUR FLAGS



## Minister Ring commends Water Safety Volunteers...



Martin O'Sullivan, Chairman of Water Safety Ireland presents the 2018 Annual Report to Mr Michael Ring, Minister for Rural & Community Development. Minister Ring hosted the November 2019 Council meeting at the Department of Rural & Community Development in Dublin during which Minister Ring expressed Government's appreciation for the work carried out by volunteers to provide trained Lifeguards for indoor and outdoor venues nationwide. Meet your Council and read your Annual Report at [www.watersafety.ie](http://www.watersafety.ie)

# Water Safety Ireland Annual Awards 2019

## Community and Social Responsibility Awards



*Minister for Rural & Community Development, Michael Ring TD with members of Dublin Swimming Club.*

### **Dublin Swimming Club**

In May this year, Dublin Swimming Club celebrated 100 years of female participation in the club with 'Mná ag Snámh' at the newly refurbished Clontarf Baths. To mark the 100 years, over 100 women - along with the odd man wearing a wig and bikini - swam over 100 metres (4 lengths) of Clontarf Baths to raise money for Water Safety Ireland. The funds raised will help promote the participation of teenage girls in water sports. DSC has a proud history of female participation going back a century. At a time when women did not have equal voting rights to men, DSC swimmer Marguerite Dockrell (aged 16) was the first woman to take part in an Irish Olympic swimming team at the 1928 games. We are very grateful to the DSC for fundraising to give more teenagers like Marguerite an opportunity to learn swimming and lifesaving skills with Water Safety Ireland in Dublin.





*Minister for Rural & Community Development, Michael Ring TD, Gavin Buckley and Roger Sweeney WSI*

### **Gavin Buckley**

Gavin's brother Aaron was tragically taken from us in June as a result of a water accident. Shortly thereafter, Gavin began a journey to spread awareness about water safety and help Water Safety Ireland with fundraising, published articles and radio interviews and talks to secondary schools about the importance of water safety. We are extremely grateful to Gavin for supporting Water Safety Ireland's efforts to change attitudes and behaviours around water and we commend Gavin for undertaking this journey in honour of Aaron.

## Leon Quinlan Perpetual Award



*Ava Nolan Smith, Cora Coppinger and Zara Nolan Smith from Scoil Eoin.*

### **Scoil Eoin, Kilbarrack, Co. Dublin**

When young Leon Quinlan drowned, his mother Lynn contacted Water Safety Ireland about running an event to raise awareness about water safety. Funding from that event enabled WSI to recruit an Education Development Officer to visit primary schools and teach water safety awareness to pupils. Lynn's support has enabled thousands of children to learn how to stay safe near water. We wish to thank Scoil Eoin for delivering Water Safety Ireland's Primary School Aquatics Programme – Primary Aquatics Water Safety (PAWS) to their pupils, co-ordinated by their teacher Ms Coppinger. The children learned about hazards in the home, on the farm and near water in their local area. They also investigated the locations of defibrillators in their local area and their use. They ran poster competitions, designed water safety promotion posters for display in their school and even created simple tutorial videos on how to prevent incidents occurring and how to conduct simple rescues. We are very grateful and congratulate Scoil Eoin for a particularly strong effort to teach water safety

# Rescue Appreciation Award

**Fintan Ryan and Eoin Atkinson**

On the afternoon of the 10th of October 2019, both Fintan and Eoin were working on a project at crescent quay when they heard shouting from a person in distress in the water. They immediately went to his aid and pulled him out of the water to safety. They called emergency services and stayed with him until they arrived. The man made a full recovery.



*Minister for Rural & Community Development, Michael Ring TD with Fintan Ryan, Eoin Atkinson and Seamus O'Neill WSI Council*

# Seiko Just in Time Award & Rescue Appreciation Awards

**Garda Caroline O' Brien, Garda Aoife Doyle and Garda James McGuill - Kilkenny**



*Minister for Rural & Community Development, Michael Ring TD with Gardas Aoife Doyle, Caroline O'Brien, James McGuill and Martin O'Sullivan, Chairman, WSI*

On the 7th of July 2019, Garda Aoife Doyle saw a young man hanging from a wall. Garda Doyle and her colleagues rushed to the area in an attempt to stop the person from falling into the river below. Unfortunately, the man plunged into the water. Garda Caroline O' Brien also entered the water and brought the man to the surface. In the meantime, Garda Doyle found a lifebuoy nearby. Garda James McGuill then threw the lifebuoy to Garda O' Brien who was still keeping the man afloat in the water. Garda McGuill and Garda O' Brien pulled the man to safety. He was brought to hospital and made a full recovery.



## Seiko Just In Time Awards



Minister for Rural & Community Development, Michael Ring TD with Barry Mahoney and Martin O'Sullivan, Chairman, WSI

### Barry Mahoney – Wicklow

On the 27th of October 2018, Barry Mahoney was walking with his family along The Cove beach in Greystones. The family stopped after noticing a woman going for a swim in very difficult conditions. A number of strong waves hit the swimmer and she became disorientated as a result. Upon noticing her distress, Barry immediately responded to the unfolding emergency. He discarded his belongings and entered the sea with a lifebuoy. In spite of high waves and strong winds, Barry reached the woman and thankfully pulled her to safety.



Minister for Rural & Community Development, Michael Ring TD with Karl Byrne and Martin O'Sullivan, Chairman, WSI

### Garda Karl Byrne – Dublin

On the 10th of November 2018, a man entered the River Liffey. Another individual saw the incident and decided to try to save the gentleman. Unfortunately, this attempt proved unsuccessful and two people were now in difficulty in the water. Thankfully, a quick thinking member of the public drew the attention of a passing Garda van. Garda Karl Byrne showed decisiveness when arriving at the scene and jumped into the river from a nearby bridge without fear. Despite the dangers of poor visibility and a strong current, Garda Byrne's efforts proved effective and he managed to rescue the two men in the water.

## ...Seiko Just In Time Awards



*Minister for Rural & Community Development, Michael Ring TD with Matthew Sills and Martin O'Sullivan, Chairman, WSI*

### **Matthew Sills – Waterford**

On the 5th of August 2019, Matthew was out and about in Tramore when he noticed a large group of people looking very panicked on the prom. This group was watching a brother and sister trying in vain to escape a rip current. A doctor and former lifeguard, Matthew had rescue equipment in his car and instantly ran for a rescue tube. He rushed into the water fully clothed and made his way to the two swimmers. At this point the woman had lost a lot of energy so Matthew placed the rescue tube around her and offered practical advice to the man. Matthew remarkably steered the swimmers ashore.

Matthew attended the World Congress on Drowning Prevention in Durban to partake in the meeting of the ILS Medical Committee, of which he is a member. The Medical Committee is responsible for matters medical relating to lifesaving, including developing position statements on important medical topics for lifesavers, or providing guidance where it is needed. As part of the meeting, Matthew discussed his current project, that is, writing a position statement for ILS on "Terminating Resuscitation in a Drowning Patient", i.e. when is it appropriate to stop (or not start) resuscitation in certain cases.



*Minister for Rural & Community Development, Michael Ring TD with Tom Upritchard and Martin O'Sullivan, Chairman, WSI*

### **Tom Upritchard – Cavan**

On the 15th of August 2019, Tom Upritchard was kayaking with his family at Craigavon Watersport Centre when his father became unstable in the water and fell overboard. With Tom's father beginning to panic, Tom sprang into action and jumped into the water. Calling on his own expertise he not only calmed his father by offering reassurance, he also gave practical advice to ensure they made it out of the water safely. Tom directed his father to turn onto his back and float. Both men managed to return to the shoreline with Tom's father completing an inverted breaststroke and a crisis was averted.



## Gold Service Awards

Gold Service Bar of Honour  
- Anne McCreary, Co. Wexford

Gold Service Bar of Honour  
- Paul Devins, Co. Dublin



*Minister for Rural & Community Development, Michael Ring TD  
with Anne McCreary and Martin O'Sullivan, Chairman, WSI*



*Minister for Rural & Community Development, Michael Ring TD  
with Paul Devins and Martin O'Sullivan, Chairman, WSI*

Gold Service Bar of Honour  
- Kathleen O'Connor, Co. Wexford



*Minister for Rural & Community Development, Michael Ring TD  
with Kathleen O'Connor and Martin O'Sullivan, Chairman, WSI*

## Silver Service Awards

Silver Service Bar of Honour  
- Darina Byrne, Co. Dublin

Silver Service Bar of Honour  
- Paul McGuinness, Co. Donegal



*Minister for Rural & Community Development, Michael Ring TD  
with Darina Byrne and Martin O'Sullivan, Chairman, WSI*



*Minister for Rural & Community Development, Michael Ring TD  
with Paul McGuinness and Martin O'Sullivan, Chairman, WSI*



## Bronze Service Awards

Bronze Service Bar of Honour - Toby Campbell, Bantry



*Minister for Rural & Community Development, Michael Ring TD  
with Toby Campbell and Ronald Horan, WSI Rescue Commission.*

## Service Medals of Honour

Lisa Anderson, Co. Donegal



*Minister for Rural & Community Development, Michael Ring TD  
with Lisa Anderson and Ronald Horan, WSI Rescue Commission.*

## Service Awards

David Lee, Co. Wexford



*Minister for Rural & Community Development, Michael Ring TD  
with David Lee and Ronald Horan, WSI Rescue Commission.*

Paul Hayes, Co. Dublin



*Minister for Rural & Community Development, Michael Ring TD  
with Paul Hayes and Ronald Horan, WSI Rescue Commission.*

Edel McCarthy, Co. Dublin



*Minister for Rural & Community Development, Michael Ring TD  
with Edel McCarthy and Ronald Horan, WSI Rescue Commission.*



# Sports persons of the year



**Aisling Barry, Cork**

This year Aisling competed for Water Safety Ireland both nationally & internationally. She won many medals at the National Stillwater Championships in the University of Limerick in February, and also won several medals at the National Senior and Junior Championships in Mullaghmore, Co. Sligo and in Kilkee, Co. Clare. She represented Ireland at the Spanish Nationals pool competition in May 2019, achieving an Irish senior record in the 100m manikin carry with fins and she was also part of a relay team that broke a senior Irish record. Aisling represented Ireland at the European Junior Championships in Italy in September, breaking a further Senior Irish record and winning a total of three medals in team events. Aisling is a dedicated competitor, a hard worker and a champion of team spirit.



**Bernard Cahill, Clare**

Bernard excelled in his events in the National Still Water Championships, in the University of Limerick in February of this year and again at the National Open Water Lifesaving Championships in Kilkee, Co. Clare in September. Bernard comfortably won all four individual water events in the Senior Men category. His performance at the European Senior Championships in Italy was outstanding – he won two senior European titles in Surf Swim and Ocean Man events, attained silver in the Surf Ski event and bronze in a Board event. In team events he won gold in the Board Rescue event, silver in the Ocean Relay, and silver in the Mixed Taplin Relay. In the pool events, Bernard broke two individual Irish Senior records, and was part of relay teams that also broke two further Irish records. Bernard is a strong competitor, a diligent worker and a great role model for our younger competitors.

# Volunteer of the year



*Philip Keleghan - WSI Council, Minister for Rural & Community Development, Michael Ring TD with Leo Mahon, WSI Kildare and Martin O'Sullivan, Chairman WSI.*

## Leo Mahon, Kildare

In the past year Leo was instrumental in commencing an outreach programme with Scouting Ireland in Kildare. This program has resulted in over 400 beavers from 16 separate groups receiving an introduction to water safety and some basic stay safe training, just in time for their summer programme.

As chairman of Kildare, Leo has driven the delivery of the PAWS programme to schools which have delivered 50,000 PAWS certificates over the previous four years. In addition, Leo has been committed to outdoor Water Safety Training through the development of the first Inland Water Safety training venue at Blessington, Co. Wicklow. This venue caters for over 50 trainees twice a week during the summer months. It also allows for the provision of water safety training to other interested groups such as rowing clubs and youth groups. Under Leo's stewardship the venue has become extremely well equipped. There are three rescue boats in constant use, and the Kildare can provide training equipment to cater for over 50 people at any one time.

In the last two years, working as a member of the Marketing Commission he has championed the delivery of nine printed editions of our members' magazine, as he sees this as a key tool for reaching out to volunteers and to the public.

As well as his "normal" pool and outdoor classes, Leo has been closely aligned with the Transition Year programme in Newbridge College for many years. The delivery of Pool Lifeguard and resuscitation training is considered a key element of the programme and is strongly supported by the school. When he is not involved in teaching and taking a leading role in Kildare Water Safety, Leo also acts as a Risk Assessor for the organisation.

Leo has taken on the provision of standardised clothing for the whole organisation. Through his drive and ambition, an originally local initiative to provide clothing and equipment for Kildare Water Safety Area Committee, has now become standard bearer provider of choice for Water Safety Ireland clothing and equipment nationwide.

Leo was a founding developer of [www.ringbuoys.ie](http://www.ringbuoys.ie) which allows members of the public to report missing and damaged ringbuoys.. Leo also created the "Uisce Bear" polar bear mascot to deliver water safety messages to children.

On a personal level Leo is passionate about the volunteering ethos of Water Safety Ireland and on average he contributes 10-15 hours per week to our cause. All his commitment, time and effort are invested back into the development of our organisation, both at a local and national level.



# Water Safety Ireland - Kerry

Cuas Crom, Cahirciveen. Swim Week and Safety Week.

BLS training on the beach preparing for exam... Kate Revins



Dylan Revin at the Nationals in Kilkee, Co Clare. August 2019. Surf life saving Competition.



# Water Safety Ireland - Clare

Water Safety classes at Cappa Pier, Kilrush, Co. Clare.

Marget Tally



We had 260 children ages from 4 to 17 years all doing different awards from seal to safety to rescues. This is my home town Kilrush and I have been doing these summer courses for over 40 years – each year they get better and better. These courses could not be run without the local instructors and trainees.

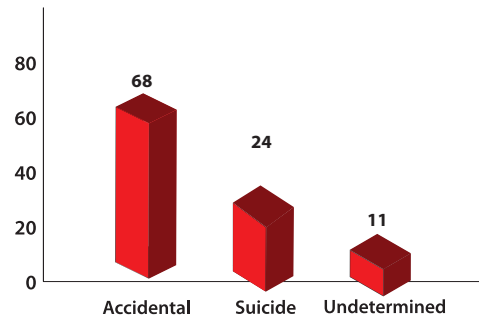






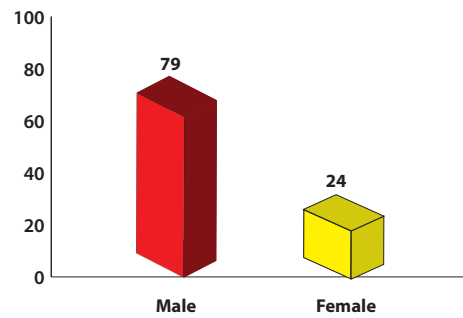
### 2018 Drownings by Cause

Total 103



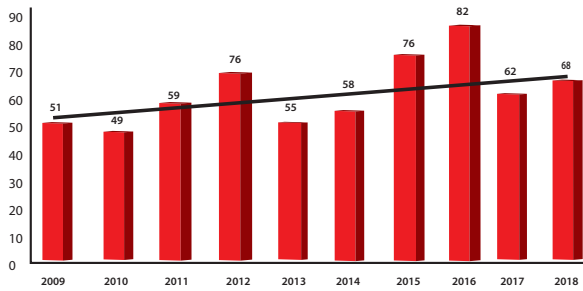
### 2018 Drownings by Gender

Total 103

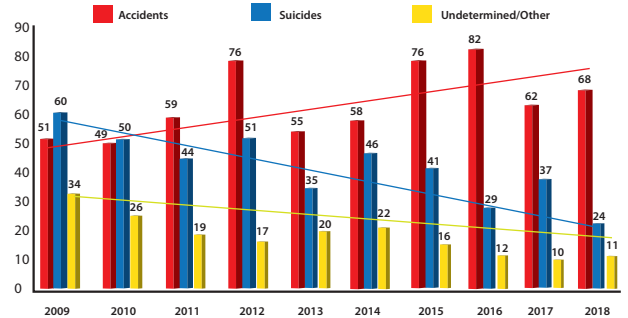


### Accidental Drownings per Annum Decade to 2018

Average: 64

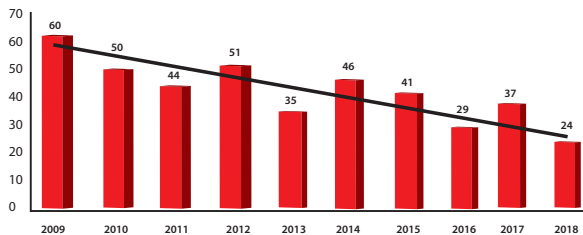


### Decade of Drownings to 2018



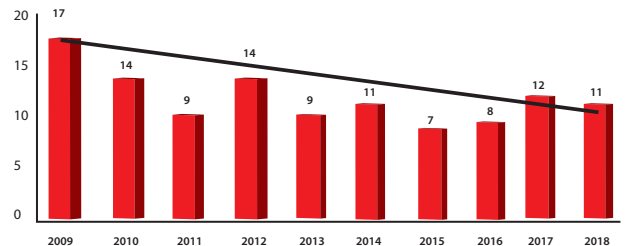
### Drownings by Suicide per Annum Decade to 2018

Average: 42



### Drownings Abroad Irish Citizens

Average: 11



Data from 2009 to 2014 derives from reports within the Consular Assistance section of the Department of Foreign Affairs to whom we are very grateful and where limited resources prevent the extraction of data for 2015 - 2018. In this instance WSI has relied on information extracted from media reports.

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

# REMEMBER THESE RULES.



To enjoy your swim safely, learn swimming and lifesaving skills.



Swim within your depth and stay within your depth, parallel to shore.



Swim at lifeguarded waterways between the lifeguard flags.



Swim with others, never alone.



Never put pressure on others to take risks.



Never use inflatable toys in open water as wind can carry them and you away from shore.



Enter the water at a shallow gradient and never jump or dive, in case of hidden hazards.



To escape a rip current sweeping you out to sea, swim parallel to shore until free.



Swim for short periods as cool water can lead to disorientation and hypothermia which weakens your muscles.



Take advice from Lifeguards and observe the water safety signage.



Note the location of the nearest ringbuoy in case of emergency.



Enter cool water slowly, allowing your body to acclimatise to prevent cold shock.

# ENJOY YOURSELF. COME HOME SAFELY.