



TARRTHÁIL LIFESAIVING

THE OFFICIAL MAGAZINE OF IRISH WATER SAFETY



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2015 ISSUE NO. 3

The President opens Clare Life Saving Training Centre
National Lifeguard Training Centre opens in Tramore
Launch of Safetyzone.ie
114 Drownings in 2014



SUMMER 2015 ISSUE 3

Cover Photograph:

l-r: Mrs Higgins, President of Ireland, John Crowe (Mayor of Clare) at the official opening of Clare IWS Lifesaving Centre.

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CONTACT US

For all enquiries, please contact our Support Care Team by phone on **1890 420 202** (24 Hours).
Email info@iws.ie or post Tarrtháil / Lifesaving, Irish Water Safety, The Long Walk, Galway.

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Irish Water Safety
The Long Walk, Galway

Tel: 091-564400
LoCall 1890420202
Fax: 091 564700
info@iws.ie

www.iws.ie

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www.iwsmembership.ie

www.iwsmemberinsurance.com

Editor: Leo Mahon

Design and Layout:
www.graphicworkshop.ie



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Dear Members,

I wish to extend every good wish to our corps of volunteers busily ensuring that our programme of "summer weeks" training is delivered at beaches, lakes and rivers nationwide. Swim weeks consist of instruction in swimming and water safety weeks develop skills in rescue, water survival and basic life support. Many participants go on to take classes beyond the summer in places that have pools and leisure centres and I am delighted to say that the public continues to show strong demand for these courses.

These classes were preceded by an initiative in which IWS volunteers were mobilised nationwide to deliver training directly to primary school children in their classroom environments before the summer holidays. This is part of

a training programme designed to change the skills, attitudes and behaviours of children nationwide when they visit our wonderful aquatic environments.

The training programme was developed by Irish Water Safety and being a non- mandatory component of the primary school curriculum, relies on the voluntary uptake by school teachers nationwide. We have created a free online resource at www.iws.ie for use by school teachers and we appreciate any assistance that you can give to highlighting the programme - "Primary Aquatics Water Safety" - to schools in your area. You'll see within the statistics that our work with children is as important as ever, with six aged fourteen and under having drowned in 2014. Helping us to raise awareness of the programme makes you a Lifesaver too.

Although the drowning statistics show a fall in the number of accidental deaths from 77 in 2013 to 55 last year, the fact remains that 114 perished in our aquatic environments. It is comforting to hope that the skills that we impart today will help to reduce this tragic and unnecessary statistic even further.

This year's National Water Safety Awareness Week (June 15-21) included our launch of a new website, www.safetyzone.ie, which lists a range of training resources that should be taken before enjoying various aquatic activities. It will help to ensure that those taking to warm spell aquatic activities do so with the safety knowledge that comes from recognised training providers and is an initiative that may help avoid the tragic consequences of risky untrained behaviour.

I hope you enjoy the content of our latest magazine which includes coverage of the opening of two Lifesaving Training Centres, a proud and tremendous achievement for our organisation, the supporting partners and all those concerned. I encourage you to contribute to the next edition as it is only by sharing your knowledge and experiences that together we will make our wide variety of waterways a safer environment for us all.

Breda Collins

Chairman, Irish Water Safety

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Richard McLoughlin

LIFE GOVERNOR

HOW HE BECAME INVOLVED IN WATER SAFETY

Long ago a young boy grew up in Tullamore in the midlands. He was always playing in or around water, let it be the Grand Canal, the town river, the local lakes, or even the outdoor swimming pool. He was able to swim since he was four years old and would be the trouble maker during the summer months at the swimming pool. He enjoyed pushing others into the pool and bombing in close to other swimmers.

There was no lifeguard on duty back then only an old man in his forties named Tom Dooley who worked for the local council as caretaker who had to ask the young boy to leave the pool on several occasions. The young boy would then stand outside the gate and sing the song "Hang down your head Tom Dooley" a bit cheeky but no badness meant or intended Tom enjoyed the banter. The young boy and Tom got on well over the years.

One year during the Water Safety week 1958 the young boy was messing about copying the antics of the water safety class, rear approach ,front surface approach, underwater approach which got on the Instructors nerve a little, he told the young boy to go away in a nice way. At the end of the week there was an exam for the water safety class the examiner was a man called Jack Donnelly (R.I.P.) from Dublin.

As there was an uneven number in one of the classes Mr Donnelly asked the young boy if he would act as subject for one of the boys in the class Pat Daly (R.I.P.) the young boy said he would and became subject for the rear approach level and hair carry, then Mr Donnelly asked the young boy if he thought he could do the approach and carry. No problem the young boy said and carried out the rest of the exam along with the class.

After the exam was over Mr Donnelly asked the young boy what his name and age was. Mr Donnelly had a chat with the Instructor and Tom Dooley he filled in the return sheets after which he went home to Dublin. It was November that year when a letter arrived at the young boy's house it was an invitation to attend at the Red Cross rooms on Tuesday night at 7.30 P.M.

The young boy did not want to attend but his Mother insisted that he go as it was not proper to

ignore an invitation. She told the young boy to dress properly shine his shoes comb his hair and be on his best behaviour. The young boy did not know it was for a presentation of certificates to the Water Safety class and was very surprised when his name was called to receive a certificate. Mr Donnelly had included the young boy on the return sheet as having passed the exam

The next year the young boy was first to enlist for the Water Safety Week which he completed successfully and attended for many years after, He became an Instructor in 1962 and an examiner in 1975. The young boy went on to work as Lifeguard in Clara Pool and as Superintendent in Roxboro Pool in Limerick 1975 and later as Superintendent in Churchfield and Douglas Pools 1985 in Cork from which he retired in 2012.

That young boy has lived a life that dreams are made of a life of pure liquid pleasure. **Aqua Dreams.**

That young boy is still involved in water safety 57 years later though not so young anymore.

His name is Richard Mc Loughlin.

Mr Richard McLoughlin at City Hall Dublin in 2012 receiving his IWS Life Governor Award from Mr John Perry TD, Minister of State at the Department of Jobs, Enterprise and Innovation and Breda Collins, Chairman Irish Water Safety.



Galway Water Safety Development Officer Retires

Mr Tom Kavanagh, the Water Safety Development Officer for Galway (City and County) retired recently from that position. Tom has been involved in water safety activities in Galway for over thirty years.

He has been WSDO for Galway City and County for 29 years as well as being the Treasurer of the County Committee for all of that period.

There is a long tradition of water safety in Galway going back to some of the founders like the late Des Kenny and Jimmy Cranny. When appointed as WSDO Tom and the late Tony Smyth established the Sunday morning water safety classes in Leisureland, which run from 9:30am-11:00am for nine months of the year.

These classes continue to operate as strongly as ever and Tom has rarely, if ever, missed attending the classes to look after all of the administration work involved for up to two hundred pupils. Thousands of people have benefited from these classes, many ending up with Pool Lifeguard and Beach Lifeguard qualifications.

Tom has always been keen to spread the availability of swimming and rescue skills throughout Galway and is the driving force and organiser of the water safety weeks across the County, including all three of the Aran Islands. He also looks after all of the certificates resulting from the various examinations.

Although retired as WSDO, Tom will continue to be an active member of the County Committee. At a recent meeting of the committee, tributes were paid to Tom for his long years of dedicated work on behalf of water safety in Galway.



Tom Kavanagh IWS Galway, pictured at Leisureland, Salthill, Co Galway.

IWS Lifesaving Sport Championships of 2015 CALENDAR OF EVENTS

Open Water Season

Regional Nipper Open Water Championships:

Connaught/Ulster.....	Saturday, August 22nd
Leinster.....	Saturday, August 22nd
Munster.....	Saturday, August 22nd

Regional Junior/Youth Open Water Championships:

Connaught/Ulster.....	Sunday, August 23rd
Leinster.....	Sunday, August 23rd
Munster.....	Sunday, August 23rd

National Nipper Open Water Championships.....	Saturday, September 5th
National Junior/Youth Open Water Championships	Sunday, September 6th
National Senior Open Water Championships.....	Saturday, September 12th
National Masters Open Water Championships.....	Saturday, September 12th

safetyzone.ie

Train Smart From The Start



Pictured at the launch on Sandymount Strand (l/r): Pia Dolan (Rowing); Benny Cullen (Canoeing); Chris Ross-Innes (Scuba Diving); Kate Fitzpatrick (Snorkler); Joan Sheffield (Sailing); Aideen Hillery (Surfing). Photograph: David Branigan/Oceansport

L-R: Roger Sweeney, IWS Marketing Manager & Deputy CEO; Ciara Byrne, Galway IWS Lifeguard; Mr Alan Kelly TD, Minister for the Environment, Community & Local Government; Adam Caulfield, Galway IWS Lifeguard; Breda Collins, IWS Chairman. Photograph: David Branigan/Oceansport



Chile

AN IRISH LIFEGUARD'S STORY

I first came across the International Surf Lifesaving Association (ISLA) last summer while administering a Beach Lifeguard Facebook Page on behalf of Cork County Council. The Association is best described in their own words, "ISLA exists to advance professional lifesaving development to areas in need around the globe". Therefore, the organisation's first development project of 2015 was to be a Lifeguard Exchange to Chile. I applied for a position on this program in early November. On the night of 24th November, I received a phone call from their Vice President of Operations, William Koon, explaining that I had been successful in my application. Five weeks and five days later I started my journey to Santiago, Chile. After a couple of days in country, I joined up with the rest of the team, including Grace Hamilton (Australian Lifeguard Service in Queensland), Tommy Renner (Laguna Beach Lifeguard), and William (Lifeguard for the Californian Dept. of Parks and Recreation). Claudio Pradenas Abarca, from Servicios Especiales Acuaticos Ltda (SEAL) of Chile, would be our host and guide during the course of the program.

Our first area of operations was an eight hour car journey to beautiful Pucón in the southern lakes region. A popular tourist destination overlooked by the active volcano of Villarrica. Under the watchful eye of the volcano we would be providing Lifeguarding services for the two days of the IRONMAN 70.3 Pucón Triathlon. The Chilean Navy is also responsible for the



supervision of the inland waters. In peacetime, this includes performing inspections and supervisions that safeguard human life around water and tasks of search and rescue. Ergo, our first port of call was to visit the Captain at the local Naval Headquarters. Here we introduced ourselves, and discussed our normal operating procedures and emergency action plans that we would be implementing for the swim section of the Triathlon. After this meeting, we travelled to the beach at which the swim would take place to meet other Chilean Lifeguards and familiarise ourselves with the set up. By a chance of luck, a reporter from Channel 9 News was on the beach with her crew and so an impromptu interview ensued. The following day we rose with the sun. With rescue boards and jet ski in tow, and rescue tubes at hand, we made our way to the lake to lifeguard the first day of the competition. This consisted of a sprint triathlon; in which novices, underage sections and 'Ironkids' (aged from 7 to 15) participated as well. Over the course of eight hours we supervised around 600 triathletes enter and exit the water. At its peak the water temperature reached approximately 22° Celsius, which made it a little bit easier to stay in the water for such a prolonged duration. A number of rescues and assists were made, and a successful day was topped off with watching ourselves on national news that evening. However, the first day would turn out to be just a warm up for the second day of the Triathlon. The main event of the IRONMAN started with an 1.9km swim. Over the next two hours nearly 1300 competitors would swim under the vigilant gaze of four international lifeguards, with rescue boards and tubes; SEAL Lifeguards, with a jet ski and kayaks; and a Naval RHIB, jet skis and minor patrol boats.

Top photograph: Last day of lifeguarding in Tongoy.

Left photograph: Irish Water Safety, International Surf Lifesaving Association, and Rescue SEAL Lifeguards in Tongoy.



Despite being the least powerful rescue craft, the rescue boards proved to be vital for getting safely to those in trouble in the middle large groups of swimmers. This equipment allowed us to carry out even more successful rescues and assists during two intense hours. On the days off in-between races we went white water rafting and did some exploring of the local area in which we saw the Blue Lagoons of Pucón (and no the pictures aren't edited and don't do the Lagoons justice). The next city we visited was Valparaíso, aka "the Jewel of the Pacific", over two hours north-west of Santiago. We were greeted by Marcia and Roberto from Escuela De Salvavidas (School of Lifeguarding) "Kraken". This school was established in order to offer vulnerable youths an opportunity away from negative environments involving drugs, alcohol, and crime. The school operates during their summer season (November 2012 - March 2013), when young people between 14 and 20 years of age can learn how to swim and/or train to become Lifeguards for free. According to Marcia, they have overseen two-hundred people participate in their program during the last six years. Eighteen of which have gone on to become employed as professional Lifeguards. We travelled to their



training ground and site office (a donated shipping container), met their very first Lifeguard graduate, and were shown the equipment they train with and how they recycle damaged rescue tubes. This was an eye-opening experience into another side of the world of lifesaving and water safety in Chile; the sewn-together rescue tubes were a far cry from the jet skis. I also learnt a quick release technique for carrying a rescue tube across your back so as to leave your two hands free. Before moving on we presented Marcia with our own donations e.g. wetsuits, fins, snorkels and goggles, and some rescue equipment. The rest of the day in "Valpo" was spent exploring the city and visiting sites of infamous drowning incidents. When you see the improvised urban design and unique architecture, best viewed from the sea, it is easy to understand how the Jewel of the Pacific was declared a world heritage site.

The remainder of the program would be spent far north of Santiago. We arrived at our accommodation on the far side of Puerto Velero, Tongoy to a warm welcome from Claudio's eight Rescue SEAL Lifeguards. For this portion of the program we would be living, working, training, and eating with these Lifeguards; thereby, fully immersing ourselves in the Chilean Lifeguard experience. Our "house" overlooked the 4.8 km white sand beach of Playa Socos, on which four Lifeguards were stationed at both ends. Despite candidates having to pass an exam set out by the Navy to become qualified as Beach Lifeguards in Chile, they are only employed by enterprises operating on the beach e.g. concession stands, kayak rental, etc. Rescue SEAL Lifeguards are trained by Claudio and employed by him on behalf of corroborating beach businesses. We spent just over a week

Top & left photographs: Teaching rescue board technique and skills, in Tongoy.

in Tongoy, in which time we carried out Lifeguard duties alongside our Chilean colleagues. These involved providing supervision of activities at the beach in order to prevent drowning accidents, rendering first aid when necessary, and providing advice to the public regarding facilities, tides, hazards, etc. One of the most interesting procedures undertaken by the Chilean Lifeguards was when dealing with lost children. Not an uncommon incident given the large crowds at the beach. When a lost child was presented, two Lifeguards would walk the length of the beach with the child while encouraging everyone to clap. The first time we, the “gringo” Lifeguards, witnessed this we were a bit perplexed. However, it proved a highly effective method of catching the attention of the relevant parents and making them aware that their child was lost. Consequently, this reunited the child with their parent(s). In the mornings, when it was quiet, we took part in training sessions. For example, I spent a few mornings instructing the SEAL Lifeguards on techniques and improved skills on the rescue board for both conscious and unconscious subjects.

During our time in Tongoy we travelled further north to La Serena, for two consecutive days. On the beaches of the second oldest city in the country, we participated and instructed in free surf rescue clinics which were organised by the executive director of Programa Surf Salva SEAL Chile, Joel Acevedo Gallardo. These clinics were open to anyone who was interested, most particularly local surfers. During the course of these workshops we taught the participants how to perform effective and safe CPR, and rescue both conscious and unconscious subjects with their surf boards. These



two days proved to be very productive full of enthusiasm. We returned to Tongoy and resumed our Lifeguard duties until 21st January. I was the only Lifeguard without any jet ski experience. Subsequently, on our last day Claudio and William provided me with an introductory training session in the use of this type of rescue craft. During which I learnt how to operate a jet ski and the basic skills of performing a rescue on a conscious and unconscious subject, and with a second Lifeguard on the sled. That night we took everyone out for some local seafood cuisine in a nice restaurant. The following morning we left Tongoy, bringing the Chilean program to an end.

In conclusion, I had an amazing time in Chile. My highlight would have to be sharing learning experiences with the SEAL Lifeguards, especially teaching skills on the rescue board and learning how to perform rescues on a jet ski! The sun and heat were a nice change too.

Top photograph: Lifeguarding the IRONMAN Triathlon, in Pu cún. (Photograph taken by Sebastián Bravo)

Bottom photograph: Conclusion of Day 2 of Surf Rescue Clinic, in La Serena.



114 DROWNED IN 2014

9 fewer than in 2013

79% WERE MALE; SIX WERE CHILDREN AGED 14 AND UNDER...

Irish Drowning Fatality Data by County and Year (2014 and 2013)

An analysis reveals that:

OVERALL

- 114 people drowned in Ireland in 2014. 55 were accidents (77 in 2013), 33 suicides (27 in 2013), 25 undetermined (19 in 2013), 1 homicide. 123 drowned in 2013.
- The highest figure recorded in any one year was 235 in 1983, the lowest was 73 in 1936.

GENDER

- Males were particularly at risk, accounting for 79% of drownings (90); 24 females drowned.
- Of the 24 females: 50% suicide, 29% accident, 17% undetermined, 4% homicide.
- Of the 90 males: 50% accident, 23.5% suicide, 23.5% undetermined.

AGE

- Six children aged 14 and under drowned.
- Six teenagers drowned (3 accidental, 3 suicide).
- 23% of all those who drowned were adults aged 50-59.
- 25% drowned aged 0-29; 55% aged 30-59; 20% aged 60-85.

LOCATION

- Leinster 39%;
- Munster 33%;
- Connacht 17%;
- Ulster (part of) 11%
- Dublin had the highest (16); Cork and Limerick had 2nd highest (13 each); Galway had 3rd highest (12).

County	Number of Drownings 2014	Number of Drownings 2013
Carlow	5	3
Cavan	5	1
Clare	6	6
Cork	13	23
Donegal	6	8
Dublin	16	20
Galway	12	11
Kerry	2	6
Kildare	7	3
Kilkenny	0	2
Laois	2	1
Leitrim	0	1
Limerick	13	2
Longford	2	0
Louth	3	5
Mayo	4	6
Meath	2	5
Monaghan	1	1
Offaly	3	3
Roscommon	0	3
Sligo	3	2
Tipperary	3	2
Waterford	1	3
Westmeath	3	1
Wexford	2	3
Wicklow	0	2



Irish Water Safety

.. every person a swimmer, every person a lifesaver....

Swimming & Water Safety in Kilmore Parish

IWS Wexford

In the 1970's a first cousin of Ann Power accidentally drowned at 16 years of age prompting Ann to teach her own children to swim. Initially Ann brought her children and their friends to Swimming lessons at Whitford House Hotel in 1974 where she employed John Sinnott as instructor. These classes continued for several years and as the group began to expand Ann organised lessons twice each week. Eventually the numbers grew to such an extent that she hired Joe O'Brien's bus to take the children from school one evening per week and as more and more children wanted to get involved two busloads of children travelled to Wexford each week on Tuesdays and Fridays. Over a hundred children were involved and with more joining it was necessary to move to Ferrybank pool. The swimmers competed in Community Games and competed against other swimming clubs winning lots of medals.

The Kilmore Swimming Club was formed officially on the 8 June 1981 with a large attendance at the first meeting. Committee members included Ann Power, Sean O Neill from Booley's Cross and Sally Griffiths. Mary Cassidy, Mary Kehoe,

Wexford Volunteer and IWS National Council Member Tom Doyle with three generations of Lifesavers – Shauna, Tracy and Mia Carroll.



Patricia Murphy, Sheila and Eileen O'Brien, Kitty and Sean O'Reilly and were all involved at various levels. Ann Power donated a Perpetual Trophy to the club.

With 120 members now in the club, 38 children competed in the County Championships in 1982. The under 13 girls squad of Susan Benson, Anita Reville, Schira Kehoe, Elizabeth Wright and Ann Crosbie won medals in the freestyle. By now Ann was involved in the coaching herself along with Tom Doyle, Liam Murphy and at times Willie and John Doyle. The club also initiated the summer swim week in Kilmore Quay in 1978/79 which continues to this day. Peadar Kinsella came down from Bunclody to coach and as numbers increased Liam Murphy ably assisted him. Liam travelled out from Wexford on his Honda 50 and continued his involvement with the swim week for many years.

In 1981 Tom Doyle was instrumental in introducing Water Safety to Kilmore Quay. The only other outdoor water safety training at this time was in Courtown, Cahore, Duncannon. Tom originally cycled out to Kilmore Quay to give the lessons and stayed with local families forming many long term friendships. Lessons were offered initially in Safety 1 to 5 and later progressed to include Elementary, Intermediate and Senior Level. The Intermediate Certificate qualified participants to do the Lifeguard test and a number of local lifesavers progressed to working as Lifeguards and Swim instructors. Survival 1 & 2 was also offered to ensure participants learned personal safety and how to keep alive in the water for a considerable length of time.

Around this time Ann Power left the parish of Kilmore and handed over the reins to Sally Griffiths, Anne Fortune, Joe Matthews and Ann Kehoe.

Later on Martina Cardiff, Bridget Healy and Mary Rowe were instrumental in keeping the club alive and oversaw the weekly swimming bus from the school as well as Swim Week in Ballyhealy and Kilmore Quay. When the new harbour opened in 1995 it was no longer possible to run the Water Safety which required a deep water facility.

In 1999 Emer Doyle, who had represented Wexford in the Under 14 Breaststroke at the All Ireland Community Games Finals in Mosney in 1986, became involved in helping out on the swimming bus along with Margaret Moss, Catherine Boxwell and Helen Sinnott. Since 2003 Emer has been coordinating the annual swim week on the little strand in Kilmore Quay which in 2014 attracted over 100 participants.

Over the years numerous members of the Kilmore Swimming Club joined the Wexford Swimming club and swam at County,



Swim Week 1983.

Leinster and National level. Jack Nunn, having started out on his swimming career at the swim week in Ballyhealy, represented Ireland and Australia in the 200 metre butterfly event at international level in the Youth Olympic competitions in 2005 and 2006.

In 2002 Tom Doyle ran a once off Water Safety week off the rocks at the end of the pier but it wasn't until 2013 that Water Safety was reintroduced as part of the swim week attracting 23 participants in Safety 1, 2, 3 and 4. Collette Allen, daughter of Jim French, was instructor for the course. The deep water facility required was provided by the marina.

Water Safety continued this year with instructor Ursula Carthy preparing 29 participants for assessment in Safety 1-4.

Unfortunately, there is still no progression from Water Safety available as the next level is Rescue 1-4 which requires a deep water facility for all aspects of the course.

Tom Doyle, now Chairman of Wexford Water Safety Area Committee and Water Safety Development Officer with Wexford County Council, has been a volunteer with Wexford Water Safety for 40 years. During this time he has coached three generations of families in Kilmore Quay.

Whilst all care has been taken I have had to rely on people's memories for the content of this article: there may therefore be inaccuracies and/or accidental omissions. Thank you to all who contributed.



Saturday 14th February 2015, University of Limerick: Wexford's John Matthews competing in the Men's Manikin Tow event at the Irish Water Safety National Stillwater Championships 2015. Photograph: David Branigan/Oceansport

OPENING



Clare Life Saving TRAINING CENTRE

at White Strand, Miltown Malbay, Co. Clare



This project was initiated and developed by the Clare Area Water Safety Committee (Clare WSAC), which is a voluntary county wide organisation, which exists to plan, promote and implement life saving activities throughout the County in line with the goals and National programme outlined by Irish Water Safety (IWS). Following an approach by the Clare WSAC, Clare County Council agreed to lease the site and support the development of a facility which serves some of

its needs, those of the general public and a central venue for the promotion of the humanitarian goals of the Clare WSAC. As part of Clare County Council's Beach Maintenance and Improvement Plan 2012, significant improvements to the public facilities at the White Strand, Miltown Malbay were identified as being required. The old Toilet Block serving the White Strand Beach was routinely flooded during winter time and the associated septic tank regularly caused problems during peak demand at summer time. New/Enhanced Public Toilets with proprietary and approved Wastewater Treatment Plant was a priority along with better access to the Beach by means of an additional Slipway, Guard rails, car parking, Lifeguard Facilities, Landscaping, etc. Further discussion followed regarding a shared development between Clare County Council and Clare Water Safety with the local Community Group integrally involved. Arising from these discussions, a project team was set up to deliver the Clare Lifesaving Training Centre at the White Strand, Miltown Malbay with close working relationships between the Councils Corporate Services Section (in regard to the transfer of the necessary land for the project); the Councils Environment Section Engineering staff (in regard to the Water Quality Impacts and the existing facilities at the White Strand) and the Councils Area based Engineering Office (in regard

Top: President Higgins officially opens the new Lifesaving Training Centre.

Below: Opening Day of Clare Lifesaving Centre.





L-r: Micheal McNamara TD, Brendan McGrath (Clare WS), Councillor Michael Hillary (1st cousin of former president Dr Patrick Hillary), Ms Mary Haughney (Chairperson Munster Region Swimming), Breda Collins (Chairman IWS), Mrs Higgins, Mr Michael D. Higgins, President of Ireland, John Crowe (Mayor of Clare), Michael Murphy (IWS), Joe Carey TD.

to Roads issues, Car parking and Coastal Protection works. Following a competitive tendering process on E-Tenders, the maximum allowable LEADER grant was secured by the Project Team. A significant contribution was also received from the JP McManus Benevolent Fund and the additional finance required to fund the project was raised through a series of events including the Christmas Day Swim 2014, the Buy a Brick campaign and some very generous individual contributions. Once funding was in place, the contract was awarded to local building Contractor, John Talty Construction. The Projects Structural Engineer was McKenna Consulting Engineers, Miltown Malbay and the Quantity Surveying firm was Tom McNamara & Partners, Ennis. This project is a testament to the historical roots of Life saving training in Miltown Malbay, Co Clare and Ireland. The Centre venue is the birth place of aquatic life saving training in Ireland, a fact that has been supported in the recent IWS commissioned official "History of Life Saving in Ireland". What began as a local initiative, run by a local group during the 1930s has now evolved into the national organisation, Irish Water Safety. This centre is a logical continuation to the work started 80 years ago. Clare WSAC organises and run between 9 - 12 other outdoor venues, at which lifesaving and swimming are taught, throughout the county. 1048 candidates were certified at a variety of life saving levels in 2014. We also run Life saving training programmes in the County's swimming pools. Delivery of IWS's Primary Aquatics and Water Safety (PAWS) programme to primary schools throughout the county is also undertaken. All administration and delivery for these courses are completely voluntary. Life saving training courses, which started at this site during the 1940s, continues to run at the White Strand, Miltown Malbay, where 300 approx are trained annually. Clare Life Saving Sports competitors are among the most consistent and successful in the country. Many are also ranked in the top world 16 in various events. Co Clare Youth and Senior competitors have attained top 3 finishes at recent World and European Life Saving championships. Co Clare Masters competitors continue to achieve podium finishes at European and World Championships. World Masters

records are held by Norma Cahill from the county. Clare WSAC continues to train lifeguards for all of the county's official bathing areas. The first lifeguard services on Ireland's open waterways were in Co Clare and were supported by Clare County Council. The former President of Ireland, Dr Patrick Hillery, was among the first group of such lifeguards.

The Life Saving Training Centre incorporates:

- A modern Lifeguard station.
- An AED for use by lifeguards and trained members of the public.
- New public toilets.
- An open public shower area.



Right: Sinead Mortell, secretary of Clare WS presenting the President with a piece of bog oak on local Liscannor stone.



CLARE WSAC COMMITTEE & LOCAL INSTRUCTORS AND EXAMINERS:

Bacl(l-r): Colm Fitzgerald (instructor), Fiona Staunton (instructor), John Staunton (examiner), Kieran Meehan (instructor), Brendie McGrath (examiner & CWS committee), Tanya Carroll (examiner), Norma Cahill (instructor), Monica Doyle (examiner), Clare McGrath (examiner, WSDO, Treasurer CWS committee), Siobhán McGrath (instructor), Adam McEvoy (instructor), Oisín McGrath (instructor)

Front (l-r): John Leech (CEO IWS), Mary O'Grady McMahan (CWS committee), Pa O'Grady (instructor & Chairman CWS committee), Michael D. Higgins (President of Ireland), Mrs Higgins, Triona McGrath (instructor), Sinéad Mortell (instructor & HonSec CWS committee), Ann Downes (examiner & CWS committee)

- A store for surf rescue boats.
- A store for life saving training equipment.
- A store for essential lifeguard rescue equipment.
- A modern first aid station.
- A modern lecture / training room.
- A historical archive relating to the birth and development of open water life saving and swimming instruction in Ireland at this location.

The Life Saving Training Centre will be:

- A centre of excellence for Clare and Irish Life Saving Sport competitors.

- A venue for county, regional and national life saving events.
- A venue for training Beach Lifeguards and Surfing Instructors.
- A venue for Rescue Boat / Jet Ski Rescue training courses.
- A base for recreational and competitive open water swimmers including Tri-athletes.
- A potential base for training members of the Civil Defence in the use of canoes and rescue boats.
- A potential base during search and recovery operations for the Emergency Services.

Michael D. Higgins shortly after opening the new centre.

Brittany Heagney, Oisín McGrath & Ann Downes.





to the facility for training. This will impact positively on the locality from a sports tourism point of view. Since its completion the merits of this Life Saving Training Centre were endorsed nationally when it was shortlisted as a finalist for two prestigious awards, the Engineers Ireland Excellence Awards and the Local Authority Members Association (LAMA) Awards. The Engineers Ireland Excellence Awards recognise the achievements of its members and partner organisations who have demonstrated exceptional engineering skills while the LAMA awards recognise and celebrate community and councils working together.

Along with the input and work of the members of Clare WSAC and County Council officials, many others came on board to support the project offering their specific expertise free of charge. The financial and general support of the local community must be acknowledged but the exceptional financial support of LEADER, JP McManus and Munster Swimming deserves special mention. It is entirely fitting that this project has been built in Miltown Malbay. It is the first of its kind in Ireland. It is community based and driven and incorporates best engineering practices and processes. Without doubt, it has added significantly to the local community already and will continue to add value for many years to come.

Local community use of the centre will include:

- Fund raising open water events, life saving and first aid courses.
- Controlled use by local diving clubs and businesses for events.
- Delivery of a pre-summer water safety awareness programmes for primary schools.

The Centre will also support the promotion of tourism in the Co. Clare Area. White Strand, Miltown Malbay is just off the Wild Atlantic Way route and the extra safety assured at the venue and its place in the history of the development of Life Saving in Ireland will be an extra attraction. The international profile of our life saving sportsmen and women has been attracting attention to our centre with some requesting access

Top: Patrick O'Grady, Chairman Clare WS, presenting a token of gratitude to Mr Pat Thomas of Surf Lifesaving Wales who have been a great support to the development of Surf Lifesaving in Clare.

Right: The President meets 'the President!' Clare McGrath (Clare WS) explains the history of the National Lifesaving Trophy to President Higgins and his wife. It was presented by President Sean T O'Ceallaigh to the Red Cross in 1951. County Clare Men are the current holders of this prestigious trophy.



World Maritime Rescue Congress

BREMERHAVEN GERMANY

The German Maritime Search and Rescue Association (DGzRS) celebrated its 150th anniversary in Bremerhaven, Germany on the 1st of June. Representatives from 54 other Rescue organisations from all over the world joined the DGzRS to celebrate their 150th Birthday. A number of years of planning went in to the successful organisation of this event. DGzRS is responsible for Search and Rescue in German territorial waters in the North and Baltic Sea, including the Exclusive Economic Zone. The headquarters and the Maritime Rescue Coordination

volunteers. 20 of which are seagoing cruisers between 20 m and 46 m in length. A feature of the cruisers is that they all carry a fully equipped small lifeboat or RIB on deck which can quickly be released through a gate down aft for conducting operations in shallow waters. This principle was developed by DGzRS in the 1950s. The society has about 2,000 engagements every year.

The DGzRS like Irish Water Safety (IWS) are members of the International Maritime Rescue Federation (IMRF). Every four years a Quadrennial Congress takes place where representatives go forward for election to the Board of Management as trustees and coupled with this a three day conference takes place. I was privileged to represent IWS at the celebrations, conference and congress. The conference was the largest that I have attended with excellent presentations and presenters dealing with subjects from Drones as a SAR assets, Mass Rescue operations on ferries, sinking of the Costa Concordia, flood response in Bangladesh and the Philippines, the new online Rescue Boat Guidelines which will be ideal for the Community Rescue Boats Ireland, high speed navigation during SAR operations, resuscitation for Rescue Boat Crews, a Smartphone app for first aiders intuaid.org, what happens during drowning and how it effects resuscitation and much more, a total of 81 presentation by members and 31 by exhibitors and sponsors. 275 delegates attended, 223 lifeboat crews, 47 International Exhibitors and 25,000 visitors. Further details at <http://international-maritime-rescue.org/index.php/qgm-2015> If there is a specific presentation you are interested in then please contact me at johnleech@iws.ie and I should be able to provide you with a PDF of the presentation or brief you on it.



Centre of the Society are located in Bremen. It was founded in Kiel on 29 May 1865. It operates 61 lifeboats at 54 stations which are operated by 185 employed crew members and 800

'You can have your cake, and eat it too!'

The phrase "You can't have your cake and eat it too" certainly applies to this tasty creation but not when it comes to knowledge attained by these eager students of Irish Water Safety's primary school classroom based curriculum, for now that they have digested the knowledge, they will always have it to protect them from harm at aquatic environments.

Kildorrery National School, and Fermoy Leisure Centre, Co Cork was a hive of activity as pupils played water safety games and exercises before receiving their Land PAWS certificates and erecting a new Cork County Council Water Safety Awareness Award water safety flag that acknowledges the great work they have done to learn all about staying safe near water.



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National Lifeguard Training Centre opens in Tramore

IWS Waterford

A newly-built National Lifeguard Training Centre was officially opened Monday March 9 on the Lower Promenade in Tramore, Co Waterford. The first of its kind in Ireland, the €500,000 centre has been developed through a unique partnership between Tramore Surf Lifesaving Club, Irish Water Safety and Waterford City & County Council with support from Waterford Leader Partnership.

The three-storey building has a spectacular ocean-themed design reflecting its seafront location. It will accommodate Tramore Surf Lifesaving Club on a year-round basis and Waterford City & County Council's beach lifeguards during the summer season. The lifeguards will use an observation deck on the third floor that provides excellent views across Tramore Bay.

"One of the things that I am particularly pleased about is how Tramore Surf Lifesaving Club, Irish Water Safety and Waterford City & County Council have been able to work together to create this world-class facility that is the first in the country but which would also stand up to comparison with what's available internationally."

Cllr Lola O'Sullivan, Mayor of the Metropolitan District of Waterford and chair, Irish Water Safety (Waterford), added: "As someone who's lived in Tramore all my life and who spends as much time as I can around the water, I'm thrilled to see the National Lifeguard Training Centre open on the Lower Promenade. The teamwork and indeed hard work that has gone into bringing this project over the line has been hugely impressive to be a part of and all of the volunteers involved

should be tremendously proud of the standard of what is now on offer here.

"Summer 2015 will be the first season when this Centre will be operational and the rescue boat and other emergency facilities here will allow for an even better lifeguard service to be provided. Bringing together that vital public service and the Tramore Surf Lifesaving Club which has operated for more than 25 years is a creative way to ensure people using the water are safe and that we continue to train lifesavers to the



Speaking ahead of the opening, Cllr James Tobin, Mayor of the City & County of Waterford, said: "This is a tremendous development for Tramore and all who enjoy the waters off one of Ireland's premier seaside resorts. Surfing and a whole range of other watersports have really soared in popularity and Tramore is in a tremendous position to benefit from that. Safety has to be the first priority for anyone taking to the water and there is no doubt that lives will be saved as a result of this centre being delivered.

highest standards. One of the most encouraging things about the lifesaving club's membership of 100+ people is that the largest number are in the 8-14 age range so we are continuing to train the lifesavers of tomorrow.

"Aside from the obvious water safety and community benefits of having the National Lifeguard Training Centre in Tramore, there is also a positive economic impact for the town from increased visitor numbers as people from around Ireland come to Tramore for lifesaving training programmes. The striking design of the building which wouldn't

be out of place in Miami or Sydney also enhances the Lower Promenade which has had a real renaissance over recent years."

Michael Cuddihy, chair, Tramore Surf Lifesaving Club, added: "This new facility in Tramore will be a huge asset to our club but also to the wider community. It will allow us cater for the ever growing interest in surf lifesaving, a discipline in which Tramore has produced several international competitors. It has been a long journey to deliver this Centre but the quality of what has been created makes that all worthwhile.

"Waterford has seen too many lives lost at sea and – along with more cautious use of the water by all of us – this new Centre will help make Tramore Bay safer for everyone as well as training lifesavers who will work across Ireland and overseas. On the club's behalf, I want to acknowledge all of those from Tramore and beyond who have helped bring this project to completion. We now look forward to it being fully operational for the fast-approaching peak summer season."



PAWS (Primary Aquatics Water Safety)



PAWS is a training program designed by IWS to change the skills, attitudes and behaviours of primary school children when they visit aquatic environments.

The first three certificates are classroom based and the resources are provided free of charge to enable any school teacher to easily deliver the syllabus.

Although the programme is a non-mandatory component of the primary school curriculum, demand continues to grow with over 67,000 free certificates issued last year.

Find out more from Irish Water Safety's National Education Development Officer, Oisín Foden at oisinfoden@iws.ie.

Website: Click "Primary Schools" at www.iws.ie

...Wise Up to Jelly Fish



Species 1: Common Jellyfish (*Aurelia aurita*). This is the most familiar jellyfish. It is recognised by its four purplish/pink gonad rings. The rest of the jellyfish is transparent and has numerous short tentacles around the margin of the bell (difficult to see when out of water). Up to 400mm in diameter, normally much smaller. Found from April to September. **Mild sting.**



Species 2: Compass Jellyfish (*Chrysaora hysoscella*). Most distinguishing characteristic is the reddish-brown 'V' shaped markings on the bell. Has 24 long tentacles dangling from the margin and four frilly mouth-arms trailing from the inside. Colour is white to yellow with brown 'V' shaped markings. Up to 500mm in diameter. July to September. **Can sting.**



Species 3: Barrel jellyfish (*Rhizostoma octopus*). These jellyfish are surprisingly solid to feel and have a massive dome shape. They have a ghost white colour with purple lobes around the margin. Dangling from the centre are eight mouth-arms that resemble a cauliflower in shape. They have no tentacles but prolonged exposure **can cause an allergic reaction**. Up to 1m in diameter! All year round but most abundant in July to September.



Species 4: Blue jellyfish (*Cyanea lamarckii*). Translucent body with blue-purplish ring inside. Masses of tentacles on the margin. Up to 300mm in diameter. Like a smaller version of the Lion's Mane. Occurs April to July, uncommon. **Stings!**



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Species 5: Lion's Mane Jellyfish (*Cyanea capillata*): Can reach a bell diameter of 2 meters, normally much smaller. Bell margin divided into 8 lobes and 8 clusters of up to 150 tentacles each. Tentacles are longer than the oral arms. Colour varies from deep red to yellow individuals. **Warning! These jellyfish sting severely.**



Species 6: Pelagia jellyfish (*Pelagia noctiluca*): Bell has warts or bumps on it. Very small jellyfish, about the size of a closed fist, up to 10cm in diameter. Has only eight tentacles. Occurs autumn/winter. Similar to the common jellyfish, however they occur at different times of the year. **Warning: Can sting**



Species 7: By-the-wind-sailor (*Velella velella*): Not a true jellyfish, but a close relative. Bluish oval disk reaching 8cm in length. Equipped with a 'sail' that projects above the surface of the water to catch the wind and aid their dispersal. Around the margin of the float is a ring of tentacle-like fishing appendages. Can occur all year round. **Mild sting**



First Aid for Jelly Fish stings

- Ensure you don't get stung yourself when aiding others
- Remove any attached tentacles with a gloved hand, stick, or towel (none of these available use the tips of your fingers)
- Do not rub the affected area (this may result in further venom release)
- Rinse the affected area with sea-water (do not use fresh water, vinegar, alcohol or urine)
- Apply a 'dry cold pack' to the area (i.e. place a cold pack or ice inside a plastic bag and then wrap this package in a t-shirt or other piece of cloth)
- Seek medical attention if there is anything other than minor discomfort
- If the patient is suffering from swelling, breathing difficulties, palpitation or chest tightness then transfer to the nearest emergency department urgently
- These guidelines were drawn up by the Jellyfish Action Group of Ireland and Wales (which includes experts from Beaumont Poison Centre, Pre-hospital Emergency Care experts, hospital A&E consultants, local GPs, and water safety officers) and are only to be applied in Irish and Welsh waters. If travelling abroad seek advice for that specific country.

IWS Rescue 3 course helps Carlow Gardai save lives...

IWS Carlow

Late 2013 and early 2014 there were a number of accidental and non-accidental drownings in the River Barrow which flows through the centre of Carlow. A concerted effort, involving the use of considerable resources was made by Gardai to prevent such drownings. On review of their operations the Gardai identified the absence of riverside emergency rescue equipment (through unauthorised removal) as an issue requiring attention from the local authority. Carlow Gardai contacted Dan McDonnell of Carlow Co. Council and Carlow County Water Safety Committee regarding this issue.

Dan quickly engaged Carlow County WSC with a view to obtaining their valuable input about how to deal with this issue raised by Carlow Gardai. Carlow WSC explored the provision of rescue equipment (throw lines and canbuoys) for a number of patrol cars operating in the county but finally settled on designing a course which would train members of the Gardai to be effective 'first responder' to aquatic based emergencies. Carlow WSC felt that while providing riverside emergency equipment was a priority, training of how to use such equipment was more valuable from the point of view that Gardai tend to be the first point of contact to aquatic based emergencies and what is the point in having rescue equipment unless it can be used effectively and safely.

The standard of the course was set generally at 'Rescue 3' level by our instructors, and was available for up to 10 Gardai - delivered by 3 instructors. The pool hire and Instructors was provided by Carlow County WSC. The course was run in K-Leisure Athy to allow for a deep 1.8m pool and commenced in mid January 2015. During the 11 week period a number of subjects were covered which

included personal safety, simple rescues, hazard and rescue assessments, deep and shallow water resuscitation, spinal injury management as well as contact rescues and breaks and more. Participant feedback was extremely positive. They felt that this course gave Gardai the required competencies to deal with water based emergencies. The participants themselves felt it was an essential course for all Gardai and assured the instructors that they would actively promote such courses to their colleagues as they felt the skills, knowledge and confidence they personally gained from the course was invaluable. At the end of the course participants were examined by an IWS examiner.

The participating officers were officially presented with their Irish Water Safety certifications by Assistant Garda Commissioner Jack Nolan and Chief Superintendent Dominic Hayes in the Carlow Garda Station on the 24 April. On the the day it was made clear that the Garda Authorities value this initiative developed between An Garda Siochana, Carlow Co. Council and Carlow Water Safety Committee. Carlow Water Safety Instructors who trained the Gardai were acknowledged on the day with a certificate of appreciation and gratitude for their excellent contribution to improving the professional standard of An Garda Siochana presented to them by Chief Superintendent Dominic Hayes and Superintendent Gerry Redmond. Carlow Water Safety Committee were represented on the day by the course instructors Anthony Nolan, Shane Byrne and Bláthnaid Wall and the Carlow local authorities were represented by the official attendance of John Pender MCC.

Chief Superintendent Dominic Hayes and Superintendent Gerry Redmond present Carlow Water Safety Instructors with certificates for their excellent contribution to improving the professional standard of An Garda Siochana at Carlow Garda Station. Photo left to right Superintendent Gerry Redmond, Sergeant John Foley, Carlow WS Instructor Blathnaid Wall, Carlow WS Instructor Anthony Nolan, Carlow WS Instructor Shane Byrne, Mayor John Pender Chief Superintendent Dominic Hayes. Photo: Michael O'Rourke.





Some of the Gardaí who received Irish Water Safety Certificates. Photo back row left to right Garda Andrea Doyle, Carlow WS Instructor Anthony Nolan, Garda Andrew McDonald, Garda James Kearney, Carlow WS Instructor Shane Byrne, Carlow WS Instructor Balthniad Wall, Sergeant John Foley. Front row left to right Assistant Garda Commissioner Jack Doyle, Superintendent Gerry Redmond, Mayor John Pender, Chief Superintendent Dominic Hayes. Photo: Michael O'Rourke.

This course demonstrates the co-operation between State agencies, Carlow Co. Council and Co. Carlow WSC and provides a useful model in the development of a strategy at national level which will enable 'first responders' in an aquatic based emergency to respond effectively and potentially reduce the incidence of tragic loss of life being experienced throughout the country.

Water Safety Initiative

IWS Carlow



Seeing the success of other charity bands, Carlow Water Safety took the initiative to come up with their own silicone wristbands to raise greater awareness for water safety.

On the 5th June, in the Seven Oaks Hotel, each student from the January courses (safeties, rescues and pool lifeguards) received a wristband at the presentation of their certificates.

Arles NS also distributed wristbands to their "paws and jaws" students, and Carlow Committee public relations officer Anthony Nolan's sister has also included the water safety bands with her book at the book launch in Ewing's on the 19th June last.

One of the first group to get the bands was our very own helpers and junior instructors.

IRELAND HOSTS MAJOR DROWNING PREVENTION FORUM

THREE-DAY FOCUS ON SAVING LIVES FROM DROWNING
372,000 people drown each year worldwide - that's 42 every hour*

International safety standards of water rescue, resuscitation and water safety were discussed when Irish Water Safety hosted the board of International Life Saving Europe (ILSE) for an Extraordinary General Assembly, annual commission meetings and best practice seminar in Dublin on January 15th – 17th. This was the first time that Ireland had ever hosted these meetings with nearly 100 delegates arriving from across Europe. Minister of State at the Departments of An Taoiseach and Defence, Paul Kehoe welcomed our European guests.

“The vast majority of drowning incidents and aquatic injuries are preventable”, commented Minister Kehoe, “International Life Saving Europe, of which Irish Water Safety plays a key role, has assisted in making aquatic activities safer here in Ireland, throughout Europe and globally.”

The International Lifesaving Federation (ILS) is the world authority for drowning prevention, lifesaving and lifesaving sport. ILS leads supports and collaborates with national and international

organisations engaged in drowning prevention, water safety, water rescue, lifesaving, lifeguarding and lifesaving sport. Its headquarters are in Leuven in Belgium. The Presidency of the ILSE is currently with Germany which is the largest of all the European member federations.

ILS decentralises its affairs under the management of four Regional Branches. The Branches are established in and for Africa, the Americas, Asia-Pacific and Europe and are responsible for initiating, supervising and coordinating regional activities.

The Best Practice Seminar took place on Friday 16th of January where a number of presentations and workshops on drowning prevention were made from Bulgaria, Denmark, Germany, Ireland, Switzerland, Sweden and Norway. Subjects included: No sharks in Swiss rivers, which is an educational programme for children; a family water safety pilot project in Norway; Ireland's use of marketing as an educational tool and water safety awareness programmes.

ILSE Conference pic: Delegates from International Lifesaving Europe (ILSE) in Dublin for General Assembly & Drowning Prevention Forum.





Irish Water Safety

Sábháilteacht Uisce na hÉireann

A New Range of Swimming Classes with National Swimming Certificate Awards

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A range of **15** Certificates certified by the national statutory body, Irish Water Safety.

Be a fully-qualified Swim Teacher with any professional organisation and you can run these classes.

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MEMBER



MEMBER



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 bunaíodh le sábháilteacht uisce a chothú in Éireann.

Could one website connect various aquatic entities to deliver a consistent safety message to the public? *Yes!*



The initiative is designed not only to help the public find appropriate training and advice but also to bring the various training providers and Government agencies together under one umbrella initiative that builds a cost effective citizen-centric service. The project has the support of Mr Alan Kelly TD, Minister for Environment, Community & Local Government, whose launch of the initiative was timed to receive nationwide media attention during Irish Water Safety's "National Water Safety Awareness Week" (June 15th – 21st). This related event is designed to encourage the general public to get appropriate training for their aquatic pursuits and is also timed to prompt primary school teachers to focus on giving children the safety tips they need to stay safe over the summer months.



Ireland has some of the most beautiful waterways in the world that provide a safe and appealing destination for a wide variety of aquatic activities yet drowning fatalities and aquatic injuries occur because visitors and indigenous populations alike engage in these activities without first taking appropriate training. These activities broadly centre around eight overall themes – swimming, surfing, sailing, rowing, paddling, diving, boating and angling.

The issue becomes even more complex given the wide variety of political and commercial organisations that deliver training and water safety advice to a wide range of at-risk groups. In short, people often don't get help because they simply don't know where to get it or find that there are too many organisations in the communications mix.

To overcome this communications challenge, Irish Water Safety spearheaded an initiative aimed at delivering a "one-stop-website" at which members of the public can – in one click - find the National Governing Bodies and associated training providers for a range of aquatic activities available in Ireland.

Top: Miriam O'Callaghan, her son Jamie and Dollymount Lifeguard Gearoid Fallon with three prompts to safe summer pursuits around water - Lifejackets, Ringbuoys, Lifeguards.

The project demonstrates the advantages of encouraging organisations to partner for the purposes of changing the skills, attitudes and behaviours of the general public. A nationwide TV, radio and online media campaign that included the generous support of broadcaster Miriam O'Callaghan, complimented the rollout by promoting the importance of best practice when enjoying the wide variety of pursuits available in, on and near Irish waterways.





SafetyZone.ie – your one stop shop to train smart from the start...



Partnering organisations continue to promote the new website on their own media platforms which will significantly help to build the resource and provide a useful service to the public. The initiative will also help partnering stakeholders to build a new client base for their respective organisations while simultaneously encouraging the public to train with recognised providers. More importantly, the initiative is an important new step in the citizen engagement activities of Irish Water Safety in changing the public's skills, attitudes and behaviours to prevent drowning tragedies.

Left: Miriam O'Callaghan reviews her scripts with Roger Sweeney, IWS. Watch Miriam's piece to camera and hear her radio campaigns on the IWS YouTube channel.

Below: Mr Alan Kelly TD, Minister for Environment, Community & Local Government and Breda Collins, IWS Chairman with the IWS Safety Council and IWS HQ staff promoting Safetyzone.ie at the launch in Galway.



'Lifesaving Medal of Appreciation' for Minister for the Environment, Alan Kelly, TD.

On a visit to Galway, Mr. Alan Kelly, T.D., Minister for the Environment, Community and Local Government was shown the new flood defence system at the city centre's "Spanish Arch" by Mayor of Galway Donal Lyons and accepted a "Lifesaving Medal of Appreciation" set in Connemara marble from Irish Water Safety's Roger Sweeney, for his support and departmental funding of Irish Water Safety volunteers nationwide.

Irish Water Safety has quite a unique structure, being a voluntary organisation of over 3,600 members, a registered charity (CHY16289) and a statutory body, reporting into the Department of Environment, Community and Local Government.

The range of activities within our remit – from signage to swimming, influences water safety best practices in cities, towns and villages nationwide.

In order to reduce the number of drowning tragedies and increase the aquatic competencies of our population, we rely on the voluntary work of our members nationwide, complimented by the invaluable assistance of a wide range within Irish society - the Gardai, Defence Forces, schoolteachers, parents and a host of organisations and individuals active in Ireland's aquatic sector. In



other words, we rely on your help to press home to your friends, family, customers and fellow employees, the importance of learning how to stay safe in, on and around water.

If your company wishes to host a talk on water safety during 2015, get in touch now and you'll tap into Irish Water Safety's resource of enthusiastic experts nationwide.

IWS & Surf Life Saving GB



Irish Water Safety is developing a number of innovative updates to the way we use and access technology, information and communications structures so as to give better service to the public and benefit its most valuable resource – the volunteers.

Pictured at a related one day collaborative project with UK based volunteer charity of beach lifesavers, Surf Life Saving GB were Alison Elstone (IWS) presenting a Lifesaving Medal set in Connemara Marble to Lottie Braithwaite and flanked by Wicklow based IWS Volunteer Cliona Byrne, SLSGB's Fran Fleming, Lou Johnson, James Dean and IWS's Roger Sweeney.

Follow **Uisce Bears** advice and use these steps when caught in a **RIP CURRENT**.



Avoiding Rip Currents

To reduce the likelihood of getting caught in a rip current, you need to:

Always swim between the red and yellow flags

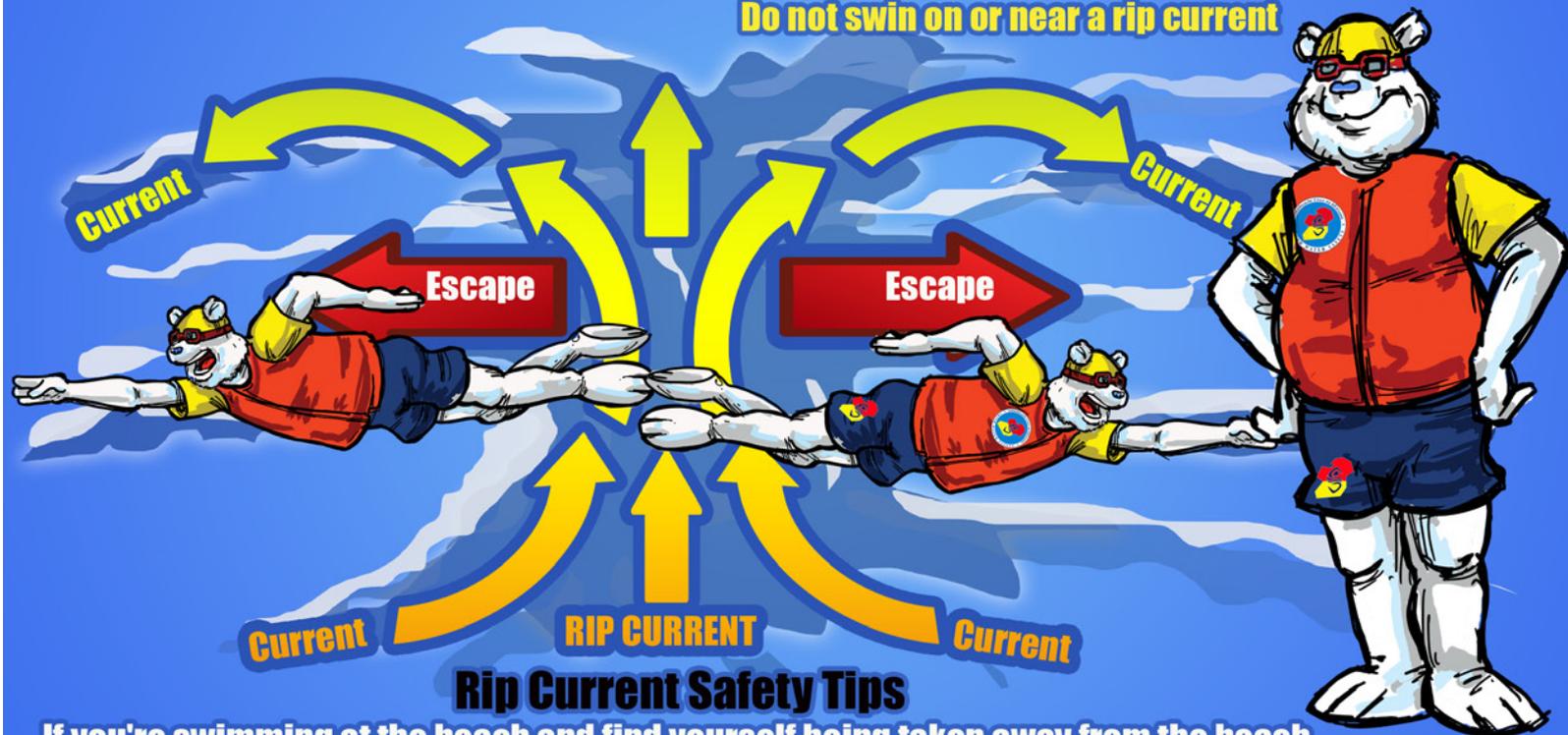
Observe all safety signs

Obey all instruction from the surf lifesavers and lifeguards

Understand what a rip current is

Know how to spot rip currents and look for the common signs; deeper, darker water and fewer breaking waves

Do not swim on or near a rip current



Rip Current Safety Tips

If you're swimming at the beach and find yourself being taken away from the beach and unable to get back, it is more than likely you are caught in a rip current.

You can survive rip currents by knowing your options;

To avoid rip currents, always swim between the red and yellow flags

If you need help; stay calm, float, and raise an arm to attract attention

To escape a rip, swim parallel to the beach

Always conserve your energy, the waves can assist you back to the beach

It's as easy as

WATER SAFETY 1. 2. 3.

ILSE European Championships in 2015

IN THE YEAR BETWEEN THE WORLD CHAMPIONSHIPS OF ILS 'RESCUE' SEVERAL EUROPEAN CHAMPIONSHIPS WILL TAKE PLACE:

1 - 7 AUGUST 2015

European Championships for National Teams in Swansea/Wales

7 - 15 AUGUST 2015

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23 - 27 SEPTEMBER 2015

European Championships for Juniors in Alicante/Spain

23 - 27 SEPTEMBER 2015

European Championships for Masters in Alicante/Spain

MAY or SEPTEMBER 2015

European Championships for IRBs in Noordwijk/The Netherlands

YouTube hit for Just In Time

over 1,262,000 hits on YouTube

"All's well that ends well" certainly applies to Apu's terrifying experience on Inis Mór, the largest of the three Aran islands off the Galway coast, having been swept off a cliff face by a wave and onto rocks close to the "Wormhole", a natural rectangular pool into which the sea ebbs and flows. The incident highlights the dangers of walking near the shoreline, particularly the dangerous swells of the Atlantic, with which many visitors will not be familiar. As good weather returns, many will enjoy walks along our wonderful coastline - please prompt friends and family alike to stay away from edges (S.A.F.E.)

Apu is pictured presenting an Irish Water Safety token of her appreciation (a Lifeguard medal set in Connemara marble) to Seamus for reaching down the cliff and pulling her to safety using a backpack tied to a jacket while his girlfriend Fionnuala (pictured beside Irish Water Safety's Roger Sweeney) ran for help and along with Garda Brian O'Donnell and the coordinated follow-up efforts of various rescue services, made for a successful outcome. With 135 drownings in Ireland every year, it is wonderful to celebrate the good news conclusions to such dramatic events. Apu's father Krishnendu, who made an immediate and worrying flight from India and mother Simran extend their deepest gratitude to all those involved in saving their daughter's life.

<https://youtu.be/oqOrqYBsZiQ>



Follow **Uisce Beirs** advice and use these steps
when calling the **Emergency Services.**



Stay calm

Dial 112 or 999

**Say what service
you require**

Give your name

Tell them where you are

**Tell them the details
of the accident**



It's as easy as

WATER SAFETY 1. 2. 3.

www.iws.ie

www.ringbuoys.ie

www.safetyzone.ie



Saturday 14th February 2015, University of Limerick: Eoghan Trihy from Waterford competing in the Manikin Tow event at the Irish Water Safety National Stillwater Championships 2015. Photograph: David Branigan/Oceansport