



TARRTHÁIL LIFESAVING

THE OFFICIAL MAGAZINE OF IRISH WATER SAFETY



€4.00

2017 ISSUE NO. 7

**Summer Campaigns
So Many Swim Caps
Water Safety Area Committees
IWS member in Iran and more...**



Summer 2017 ISSUE 7

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www.graphicworkshop.ie



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Tarrtháil / Lifesaving - Irish Water Safety

A message from the Chairman



Our thirty committees that are busy running a programme of summer weeks at open water venues nationwide are certainly not hard to spot. Thousands of yellow swim hats are bobbing in the water on the heads of children and adults currently learning open water survival and rescue skills. In total, 100,000 hats will have been issued by September which our volunteers will distribute free of charge at a range of courses running at indoor swimming pools over the autumn and winter.

Running alongside our open water classes has been a series of promotional campaigns on billboards, on radio and online. A lifejacket campaign currently promotes the wearing of lifejackets both on and near water. A summer campaign promoted a new website, www.watersafety.ie which gives parents and guardians the key tips needed to safely enjoy trips to our wonderful waterways. The need to remind people of these dangers is reflected in the fact that people still overestimate their own abilities, reflected in the fact that last year, Lifeguards trained and assessed by Irish Water Safety prevented 649 people from drowning. Of equal concern is the tendency for some parents to leave children unattended at Lifeguarded waterways. Last year, Lifeguards found 663 children lost and unaccompanied beside water.

Although 40,000 people live less than 100 metres from the coast and some 2 million people live within 5km of the coast (40% of the population), the majority of drownings, some 62%, actually occur inland at our rivers and lakes. 80% of drownings occur within the victim's county, relatively close to their respective homes. Such statistics reinforce the importance of learning how to stay safe in, on and around water yet a recent IWS survey of 1,000 households established that over half of respondents did not possess an ability to swim at all or are uncomfortable doing so.

The vast majority of the 123 drownings last year were accidental - 82. Drownings by suicide were 29 and 12 were of undetermined cause. Accidental drownings typically occur when people overestimate their own ability and underestimate the risk. In terms of risky behaviour, the adage "boys will be boys" appears to be reflected in the fact that 80% of accidental drownings were male.

We continue to average 133 drownings every year, about eleven every month. So, to say that I am proud of the summer work of our volunteers is very much an understatement for I have no doubt that the skills we impart today will help to change the skills, attitudes and behaviours of thousands and in so doing will reduce these tragic and unnecessary statistics even further.

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.

Together, Let's Bring Drownings Down.

Martin O'Sullivan
Chairman, Irish Water Safety

SO MANY SWIM CAPS!

100,000 swim caps are being issued free of charge to our 30 committees nationwide for use at outdoor summer and indoor winter courses. The brightly coloured "Swim Safely" caps contrast vividly with the water so that they can be easily seen. Look out for yours on a course near you!



IWS WESTMEATH - Athlone



1. DEEP END: Rescuers practicing a rescue where they swim to a person in distress and tow them back to safety.
2. HELP: First calling for help and using voice contact to talk a person to shore, Colm Salmon's Water Safety class practices reaching rescues.
3. MAKING A SPLASH: Colm Salmon's class practice straddle jumps into the water. 4. HELPING HAND: Water Safety participants practice reaching rescues by getting down low on the deck to make sure they don't accidentally fall into the water while helping someone out.
5. DRESSED FOR SUCCESS: Colm Salmon's Water Safety class training in clothes to simulate the difficulties of swimming with clothes which can weigh you down and make swimming more difficult. 6. RING ME: Colm Salmon demonstrates throwing a ringbouy.
7. SKILLS FOR LIFE: Instructors Brian Fagg and Niall Fallon with Examiner Gerry Flannery and their Rescue class. 8. SKILLS FOR LIFE: Instructors Brian Fagg and Colm Salmon with Water Safety students.
9. TEAMWORK: Rescuers practice CPR and resuscitation. 10. NO DUMMY: Students learn to perform CPR and resuscitation on infant, child and adult mannequins.
11. CLASS ACT: Niall Fallon's Rescue group watching a demonstration in CPR.

IWS - Wicklow



A Summer Water Safety Week in Skerries, run by the Dublin Water Safety Area Committee





European Masters Championships, Alicante

By Triona McMenamin



Norma Cahill & Sinead Mortell competed for the Hibernia Masters team at the European Championships in Alicante on 26th & 27th May 2017.

The weather for the competition, as you might expect, was very sunny & hot, the wind was very strong throughout the beach comp, gaining in strength so much that the competition was cancelled two events from the end on the Sunday.

It is unusual for Lifesaving competitions to be held before the summer season, but the girls got

their training done throughout winter & spring to bring home a haul of gold medals.

Norma won the Board race, Swim race and Ski race in the 50-55 category, while Sinead won the Swim & Board race in the 40-45 category. The girls combined to win the Board Rescue team event in difficult conditions. Norma displayed her competitive spirit again by winning two of these gold medals with a badly sprained ankle, incurred during the entry to her swim race. Congratulations to the girls, and the rest of the Hibernia team...Paddy Bond, Lisa Dalton & Triona McMenamin.

Jack Barry - an appreciation..

By Anne Ryan



Irish Water Safety Wexford mourns the loss of our dear Jack Barry who died 13th February 2017. Jack suffered some ill health prior to his death, but it did not stop him examining the first course in 2017 held by Wexford Water Safety. Jack examined the 21 candidates for the instructors and created 21 new Pool Lifeguards. The final award Jack received from Irish Water Safety last November was National Volunteer of the Year. He received it with great pride, as did his county. Jack represented Wexford Water Safety for over 55 years playing a central role both locally and nationally.

Jack was a Life Governor with Irish Water Safety for the past 6/7 years. He was an Instructor, Examiner, Beach Life Guard Provider, Pool Lifeguard Provider, River Life Guard Provider, CFR Tutor for Wexford since the beginning of this particular Award, a Risk Assessor, Swim teacher.

He started the water safety and swim weeks in his hometown of Bunclody in the 70s and they are still running in the pool he looked after with the local committee.

Jack has been Chair of Wexford Water for many years, and most recently has been the Equipment Officer. Jack was the manager of Ferrybank Swimming Pool and in this role he was instrumental in setting up the programmes of Irish Water Safety which are running today.

Each year he organised the Beach Guard Testing with Wexford Co Council and was the examiner on our Beach Guard Courses – we Wexford water Safety usually run two courses during each year.

In Bunclody Jack was the trainer and Tutor for his community training and enabling the locals in the CPR and AED skills necessary to maintain the rota for defibrillation in the town of Bunclody, as it is a 40 minute ambulance response time in this area.

Jack served on various commissions nationally in the 70s and 80s as recorded in the history of Irish Water Safety.

Jack has always been a busy volunteer with Wexford Water Safety ensuring the beach and pool lifeguarding courses had an expert examiner, encouraging instructors, and examining when required.

He examined the Assistant swim teachers at our Assistant Swim Teacher's course each year.

Wexford Water Safety was proud to put Jack forward as volunteer of the year as he epitomises our voluntary ethos.

He always gave freely of his time to discuss issues that arise, he was a constant presence of knowledge, and was available to us both locally and nationally.

All the Instructors he has trained over the years, myself included, have the utmost respect for his knowledge, commitment and passion for his approach to water safety and his integrity in everything he does.

He celebrated his 80th birthday last October. The loss of Jack to Wexford Water Safety will be felt for very many years, his gentleness, compassion, love of teaching and sharpness of mind was legendary throughout the county. His problem solving skills, people management forward planning leaves a legacy to ensure that he will be remembered with great love, admiration and deep respect.

Society **saving** lives



16 OCTOBER 2017

EUROPEAN RESTART A HEART DAY

raising cardiac arrest awareness

WWW.RESTARTAHEART.EU

#restartaheart



1. CALL

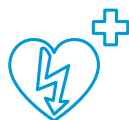
Make sure it is safe to approach:

- Check for any response from the victim
- Tilt the head back, lift the chin and check breathing.
- If breathing is absent or not normal, CPR is needed
- Call 112 and follow their instructions.
- If someone is there to help, ask them to call 112 for you, and fetch an AED if possible



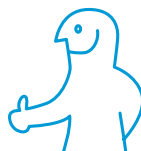
2. PUMP

- Place both hands in the centre of the chest
- Compress the chest to the rhythm of "Stayin' Alive"
- If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise pump the chest continuously
- Push hard. Don't worry, you can't do any harm



3. SHOCK

- If an AED arrives, switch it on immediately and follow the instructions



4. SMILE

- Once the emergency services arrive, continue until you are told to stop
- Smile! Your hands could restart a heart and save a life
- Doing something is ALWAYS better than doing nothing
- Well done!



An initiative by
**EUROPEAN
RESUSCITATION
COUNCIL**
www.erc.edu

WWW.RESTARTAHEART.EU
#restartaheart

Know your Flags at the beach...



Swim within your depth. Beware of currents and rip-tides.



Do not use inflatables in open water.



KNOW WHAT YOU'RE GETTING INTO!

iws.ie

Water Safety Begins With Prevention And Education

By Roger Sweeney



Our summer campaigns...

“Don’t Let Water Destroy Summer” campaign

This summer’s campaigns began with National Water Safety Awareness Week. As the good weather enticed people to beaches all over the country, the campaign equipped families with simple tips and advice to make water safety part of the conversation with children in their care. A new website, www.watersafety.ie was specifically created to deliver these

messages and to run related promotions. The campaign shows the potential danger of water in a completely fresh and visually arresting way. We asked ourselves what happens when water seeps into freshly printed ink? A bright colourful photo of a child playing on the beach fades from view leaving a ghost like image of ink runs and smudges. It’s

a powerful reminder to parents everywhere to always supervise their children near water. The campaign ran on interactive screens in all Supervalu stores around the country and was supported by radio ads and an online broadcast that features Gary & Paul O’Donovan, Ireland’s Olympic medal winning rowers.

Water Safety Begins With Prevention And Education...cont'd

"A Lifejacket Protects" campaign

Water Safety begins with prevention and education. For anglers and boating enthusiasts lifejackets can save lives. This campaign brings that message to the places where it matters most – directly to the user, in this case, the shore anglers and boating enthusiasts. Our strategy was to challenge the judgement of a person who thinks that a lifejacket is unnecessary or just a weighty bit of kit that they don't need. The campaign leverages the insight that all those who enjoy boating or angling on the water actually engage in some preparation

beforehand. They use items to protect themselves and their equipment that are just part of their routine. Things they wouldn't be on the water without - sunglasses, sun protection, a tackle box are just examples. The campaign disrupts the person's preparation and journey to the water with messaging on large outdoor posters and on radio across the country that urges them to make lifejackets an essential part of that routine. This campaign is part of our ongoing efforts to make it socially unacceptable not to wear a lifejacket.

In short, irrespective of the gear that someone uses to protect their eyes, their skin, their bait or their boat, a lifejacket protects life.

Outdoor media is both targeted to locations near popular fishing and boating spots while the messaging is localised to those specific areas. Radio is timed to play in bursts from Thursdays to Sundays, ensuring our message is loudest over the busy summer weekends. The campaign is also running on Dublin's DART train service.

YOU PROTECT YOUR TACKLE. PROTECT YOUR LIFE.

Irish Water Safety
Sábháilteacht Uisce na hÉireann

iws.ie

ALWAYS WEAR A LIFEJACKET ON OR NEAR WATER

YOU PROTECT YOUR EYES. PROTECT YOUR LIFE.

Irish Water Safety
Sábháilteacht Uisce na hÉireann

iws.ie

ALWAYS WEAR A LIFEJACKET ON OR NEAR THE SHANNON

YOU PROTECT YOUR SKIN. PROTECT YOUR LIFE.

Irish Water Safety
Sábháilteacht Uisce na hÉireann

iws.ie

ALWAYS WEAR A LIFEJACKET ON OR NEAR THE SUIR

Water Safety Begins With Prevention And Education...cont'd

"Drownings" Beer mat campaign

100,000 beer mats in 100 pubs nationwide

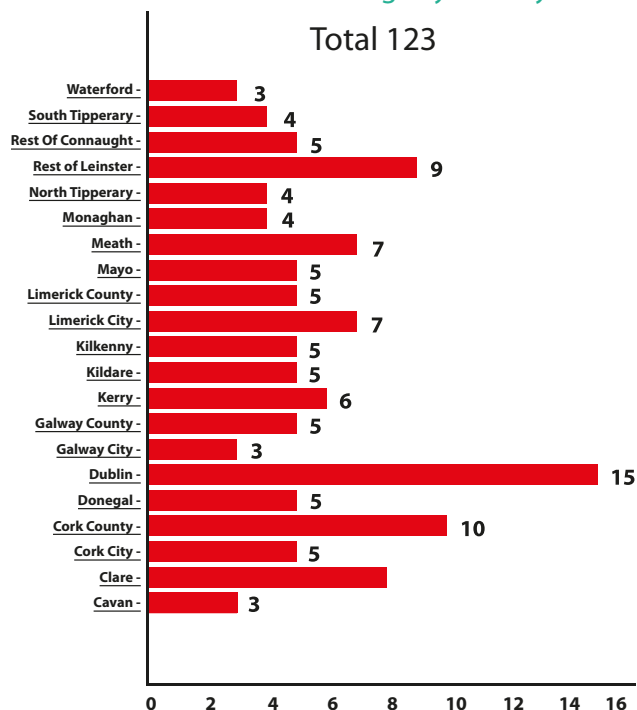


(See page 14 for Answer)

Statistical Analysis of 2016 Drownings

The total number of drownings in Ireland in 2016 was 123*, 1 greater than in 2015 when 122 drowned. Each figure in the following graphical analysis, be it accidental, suicide or of undetermined cause, reflects a preventable tragedy that affects so many lives. Irish Water Safety continues to target at-risk groups with initiatives to highlight best practices so that drownings are reduced.

2016 Drownings by County

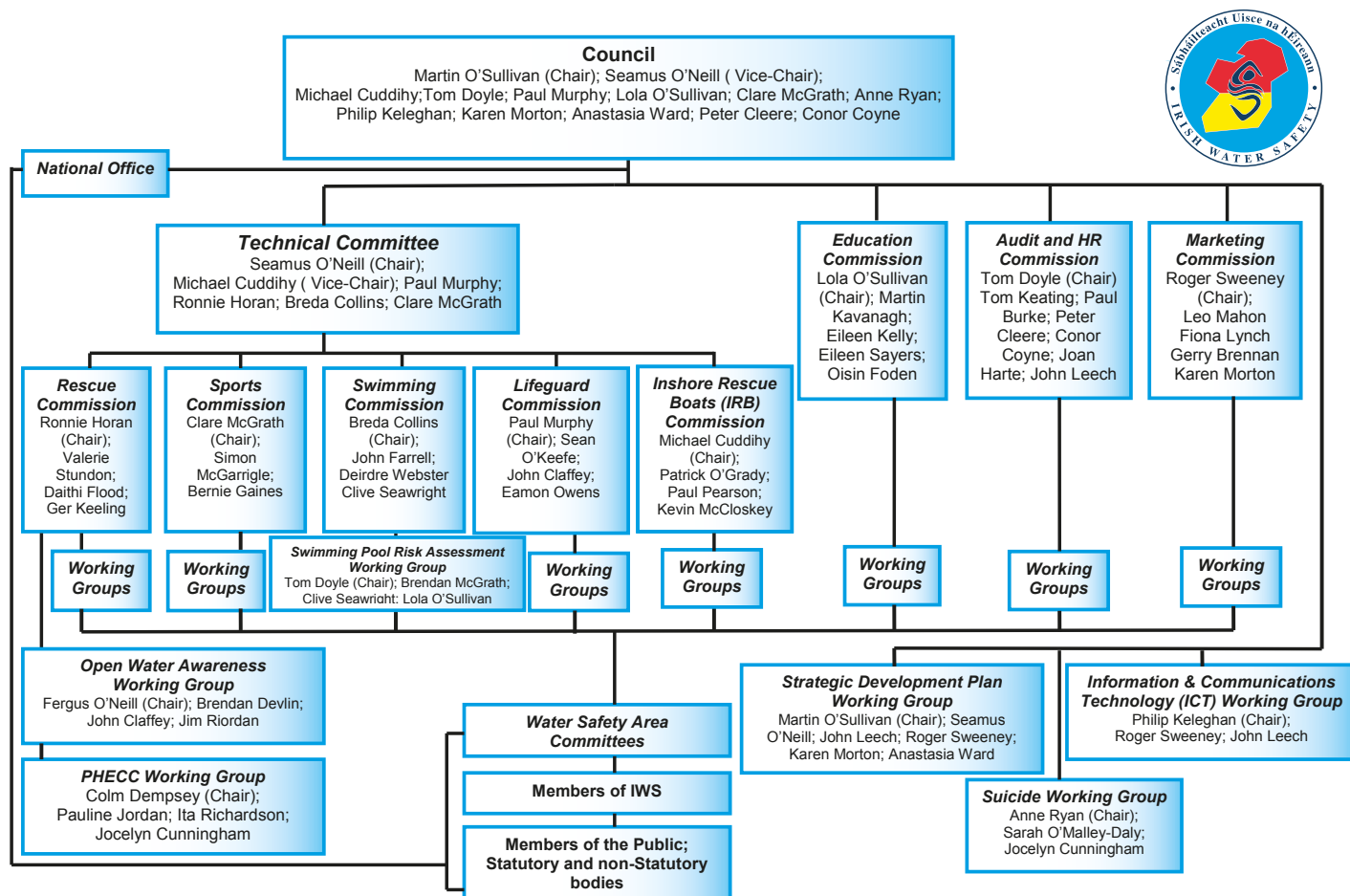


“Drownings” Beer mat campaign

100,000 beer mats in 100 pubs nationwide



ORGANISATION STRUCTURE OF IRISH WATER SAFETY 2017



(Specialised Working Groups designated by Council)

Hooked on water safety...

Congratulations to the students at Scoil Sheamais Naofa in Bearna, Co. Galway on winning Irish Water Safety's primary school competition run in partnership with the Bádóirí an Cladaig (Claddagh Boatmen) 2017 Regatta. In addition to receiving a trip to sea on a Galway Hooker, the prize included a tour of the traditional Galway Hooker boats, a visit to the Viking village and a talk on the history and boating traditions of the Claddagh boatmen.

"We thoroughly enjoyed the tour as it was both entertaining and educational", said schoolteacher Avril Ní Chonaire, "the pupils were

enthralled by both the Galway Hookers and the Vikings and also became more aware of the importance of wearing a lifejacket when on the water."

Irish Water Safety's Roger Sweeney complimented the winning school and those within Bádóirí an Cladaig for helping to promote water safety, "we were delighted to present twenty lifejackets to Bádóirí an Cladaig for use during this and future similar excursions that will help 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 many of the half a million primary school children on summer holidays may be at risk of drowning when holidaying close to aquatic environments. Summer holidays typically prompts many parents to talk about water safety with their children however primary school teachers are ideally placed to spend some time on the subject in advance of all school holidays year round. We ask all primary schools to please spend one hour teaching the free resources that are available on iws.ie and together we can bring drownings down."



PROTECT YOURSELF IN THE WATER



Ensure that you and your crew wear your PFD's whenever you are on the following

- Lakeshore
- Open Boats
- Quays
- Decks & Docks
- Marinas
- Rivers
- Canals
- Reservoirs



CONTACT



Irish Water Safety
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www.iws.ie

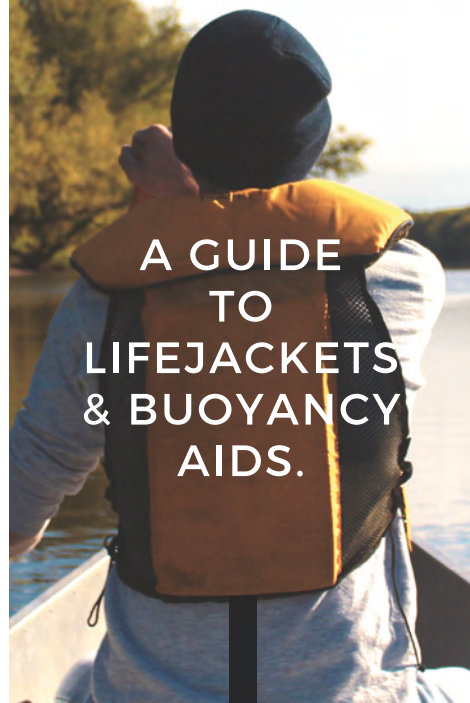


Irish Water Safety

Sábháilteacht Uisce na hÉireann

PERSONAL FLOTATION DEVICES

A GUIDE TO LIFEJACKETS & BUOYANCY AIDS.



What is a personal flotation device (PFD)?

This is a generic term used to describe lifejackets and buoyancy aids. The main difference between lifejackets and buoyancy aids is that a lifejacket is designed to turn an unconscious person face up on entering the water.

A buoyancy aid is not guaranteed to do this and is as the name describes, an aid to keeping you afloat.

Wearing Personal Flotation Devices.

It is vital to wear personal buoyancy or a lifejacket when afloat or if your activity takes you near the water. You must ensure that it is the correct size, properly fastened and that you understand how to operate it. Wearing an appropriate personal flotation device can give you extra time for the search and rescue services to find and rescue you.

Caring for your PFD.

Your PFD could save your life, so it is important to look after it. You should have it serviced in accordance with the manufacturer's recommendations. On a regular basis, you should visually check the PFD for wear and tear, especially at the folds, straps and fastenings. If used in salt water, you should regularly wash out your PFD with fresh water and allow to dry fully before repacking. Ensure you disarm any automatic inflation mechanism before washing your PFD to avoid accidental inflation.



Buoyancy of Lifejackets.

Buoyancy is measured in Newtons – 10 Newtons equals 1kg of flotation. There are 4 European standards for personal flotation devices, which must all carry the CE mark:



EN 393



EN ISO 12402-4



EN ISO 12402-3



EN ISO 12402-2



EN ISO 12402-1

1. 50 Newtons buoyancy aids with are only for use by swimmers in sheltered waters when help is close at hand. They are not guaranteed to turn a person from a facedown position in the water.
2. The 100 Newton buoyancy aid is for those who may still has to wait for rescue but are likely to be in sheltered and calm water.
3. The 150 Newton lifejacket is for general offshore and rough weather use where a high standard of performance is required.
4. The 275 Newton lifejacket is primarily for offshore and extreme conditions and those wearing heavy protective clothing.
5. IMO / SOLAS approved lifejackets are generally used for abandoning ship and are not intended for everyday use as they are generally bulky.

The right PFD for you?

The most suitable type for you will depend on the type of activity and the distance you are likely to be from the shore.

• **Foam-only** personal flotation devices provide buoyancy at all times. They may be bulky, but in addition to providing buoyancy, they often provide additional protection against wind and cold.

• **Air-only** lifejackets are likely to be the most compact and comfortable and may be **automatically inflated** on entering the water or inflated manually or orally. Spare gas cylinders and automatic inflation mechanisms should be carried.

It is recommended that all personal flotation devices are fitted with a whistle, light and retro-reflective strips and should have under-leg straps.

Under-leg strap is a very important feature especially for children to ensure a secure fit and prevent child from slipping out of the PFD.

• For some sports such as jet skiing, water skiing, dinghy sailing, windsurfing and canoeing, specialised personal flotation devices are available which are specifically designed to suit these sports.



Irish Water Safety - Council

Martin O'Sullivan
Chairman



Martin has been involved with water safety since 1970, when he did his lifesaving tests with the Red Cross. Martin has served as Chairman of Cork Water Safety Area Committee at various times since 1973 and is the current Chairman of the Rescue Commission. Martin is the IWS representative on the Blue Flag jury. He is an Examiner, Swimming teacher Tutor, Senior Risk Assessment Tutor with ILS (E) and Chairman of the Technical Committee of IWS. He has been involved internationally since 1990, is a member of the Board of Directors of ILSE and is the Chairman of the Rescue Commission of ILS. He has developed the ILSE Risk Assessment Project European. Martin, having started the year as Vice-Chairman, assumed the position in February of Acting Chairman from the former Chair Breda Collins.



Seamus O'Neill

Seamus O'Neill, Vice-Chairman, started lifesaving at the age of 10 and became an Instructor in 1975. Seamus is an Examiner, Lifeguard provider, International Beach Referee, Tutor and currently Chairman of the IWS Sports Commission and has served on the Education and Swimming Commissions. He is currently Treasurer of Donegal Water Safety Area Committee.

Michael Cuddihy

Michael "Buddy" Cuddihy has been a member of the board since 1987. During this time he has served on many national and international committees and is currently the Chairperson of the Lifeguard Commission and Vice Chairman of the Sports Commission of the European region (ILSE). He is also an executive member of the European College of Referees. He has a special interest in promoting sport within international lifesaving and has brought teams to South Africa, Australia, the USA and mainland Europe to compete successfully in international events. He is currently Treasurer of Waterford Water Safety Area Committee.



Lola O'Sullivan

Lola O'Sullivan is from Tramore, County Waterford. She is Chairperson of Irish Water Safety's Waterford Water Safety Area Committee and is a Councillor with Waterford City and County Councils. Lola has been involved with Water Safety for over 20 years. She is an active instructor and Pool Lifeguard Course Provider in Waterford and teaches both in the pool environment and the open sea. Lola is very involved in Surf Lifesaving in Waterford and has competed in Surf Lifesaving both nationally and internationally. She currently also holds the position of Sports Officer for Waterford. Lola also served as a crew member with the RNLI in Tramore.

Council cont'd...

Clare McGrath

Clare McGrath is the Chairman of the Sports commission. Member of sport commission for 12 years, she is a member of Irish Water Safety, Clare. She has been involved in organisation of Regional and National lifesaving competitions, both pool and beach for 15 years. She works with Clare County Council, as the Water Safety Development Officer, within the Environment Section. She is an active Irish Water Safety instructor, examiner, tutor and international referee and she has worked as a referee at the highest level at European and World competitions. She is currently the Chairman of the Board of Swim Ireland.



Paul Murphy

Paul Murphy is from Dublin and Paul has been involved in Irish Water Safety for over 35 years. He is involved in IWS as an Instructor, Examiner, Pool & Beach Lifeguard Provider and Swim Teacher Tutor, He is currently the Vice-Chairman and Certificates Secretary of the Dublin Water Safety Area Committee. Paul has also served IWS on different Commissions over the last 15 years and at present is the Secretary of the IWS Lifeguard/Lifesaving Commission.

Tom Doyle

Tom Doyle is from Wexford, Tom is Chairman of Wexford WSAC and Water Safety Development Officer for Wexford County Council. Tom has been involved in Water Safety since the early seventies having worked in Wexford Swimming pool for over 30 years. He organizes the summer programme for the county each year. At present on the Lifeguard commission. He is also vice chair of the board of Wexford Credit Union and Chair of Chapter 9 which is a grouping of credit unions in south east of Ireland. His leisure interests include electrical design, scuba diving, and cycling.



Irish Water Safety

Sábháilteacht Uisce na hÉireann

Council cont'd...

Philip Keleghan

Philip Keleghan is from Co. Wicklow and has been involved in Water Safety and other aquatic activities for over forty years. He is an active Water Safety Instructor, Examiner and Swimming Tutor and is currently Vice-Chairman of Kildare Water Safety. He has a special interest in the development of strong local area committees and is currently working to develop an Inland Water Safety and Lifesaving Training Centre at Blessington.



Anne Ryan

Anne Ryan is a Wexford Native, Anne is an Instructor and Volunteer with Irish Water Safety since 1995. Among her many credentials within the volunteering ethos of Irish Water Safety, Anne is also the Local Area Secretary, a Swim Teacher and Examiner and the Wexford Water Safety Area Committee Secretary. In addition to these activities, Anne finds the time to organise Cahore Outdoor Water Safety Week, with which she has played an active part since 1996. In addition to working on FETAC updates, Anne works on all matters assigned to the Education Commission of which she is Vice Chair and is the QQI representative.

Karen Morton

Karen Morton lives in Dublin and is a Marketing Mentor & Consultant as well as a speaker on topics such as Mentoring and Social Media. Karen's career spans a mixture of multinationals (Dell, British Airways & Eircom) and fast growth start-ups (Monster.com) in a wide range of sectors. Karen spent 10 years at Dell in Marketing leadership roles including Chief Marketing Officer of Dell Financial Services. Karen's areas of expertise include Marketing, Communications, Social/Digital, Strategy and general Commercial. Karen led the Dell Women's Network for 3 years and sat on the Connecting Women in IT committee in Dublin. Karen is a graduate of the University of Limerick where she received an Honours Degree in Marketing & French. Karen is a previous Board member of the University of Limerick Alumni Association, Karen has a keen interest in water safety and was a Lifeguard at University.



Irish Water Safety

Sábháilteacht Uisce na hÉireann

Council cont'd...

Peter Cleere

Peter Cleere is a native of Skeoughvosteen, Co Kilkenny. He is currently a member of Kilkenny Water Safety since 2014 and is currently a county councillor for the Kilkenny City East Municipal area for Kilkenny County Council. He is also currently Chairperson of the Kilkenny Carlow Education Training Board (KCETB). Peter has 17 years' experience in the financial services industry and is a fully Qualified Financial Adviser (QFA) and also is a holder of the Professional Diploma in Financial Services. His leisure interests are primarily around GAA, where he currently is a player and an underage coach with his local club.



Anastasia Ward

Anastasia Ward, B.L. originally from Ballinasloe, County Galway, is a Barrister who qualified in 1994. In addition she has worked as a consultant to the Office of the Attorney General and has lectured across a vast selection of subject areas in a wide variety of third-level institutions including the Law Society of Ireland and Griffith College Dublin. She also runs a small pharmacy chain in partnership with her husband. Anastasia swam competitively for a number of years in the 1980's at a provincial level, and during this time, she also undertook lifesaving training. These experiences lead her to an appreciation of the importance of water safety generally, and of swimming as a life skill. Her leisure interests, apart from swimming, include cinema and classical music.

Conor Coyne

Conor Coyne is originally from Cashel in Connemara, and now lives in Maynooth, Co. Kildare. He is an established Senior Manager, with experience in several leadership roles across Commercial, Procurement, Contract Management and Operational areas. Conor currently works in Irish Water, having previously had roles in EY, Bord na Móna and JP Morgan. His education includes a Law degree from NUI Galway, a MBA from Trinity College Dublin and a Chartered Accountant qualification with CIMA. Conor's main interests include GAA, Connemara Pony breeding, running and most importantly swimming, having grown up in a community dominated by maritime.



Irish Water Safety

Sábháilteacht Uisce na hÉireann

Water Safety Area Committees

The organisation has thirty Water Safety Area Committees, arranged almost on a county basis plus the Defence Forces and the Gárda Síochána Water Safety Area Committees. Much recognition must be afforded to these Water Safety Area Committees who devise a programme of events and courses to cover their areas for the year. In addition to delivering water safety promotional programmes and demonstrations at schools, colleges, businesses, exhibitions and community events, each Committee delivers an extensive programme of pool water safety sessions in the winter and beach, lake and river water safety sessions in the summer.

The official membership structure is of a voluntary nature with over four thousand five hundred members nationwide. It operates on a number of different levels: Life Governors, Examiners, Trainee Examiners, Tutors, Instructors, Trainee Instructors and Non-Technical Volunteer Organisers. Each Local Authority has a Water Safety Development Officer who is a member of Irish Water Safety.

Thanks to all their efforts to promote water safety we have seen a significant increase in the development of water safety awareness in local communities.



*Water Safety Area Committee : An Garda Síochána
(L - R) Mr. Sean Hennessy, Sgt. Eleanor Osborne, Sgt. Eileen Kelly,
Garda Pat Kirwan, Garda Helen McGrath, Mrs. Sheila Ryan.*



*Water Safety Area Committee: Limerick - Back Row:
(L-R) Brian Kennedy, Marie Geoghegan, Isla Geoghegan, Kitty O'Sullivan,
Claire Wilmott, Margaret Cassidy, John Considine,
Front Row: (L-R) Michael O'Sullivan, Patsy O'Connor, Michael Trinder*



*Water Safety Area Committee : Monaghan BACK (L-R): Gerry Brennan,
Aoife Duffy, Niall Neeson, Peadar O'Lamhna, Fiona Lynch,
Theresa Dalton Tibby, Gearoid Mc Carthy; FRONT: Jessica Corrigan,
Kathleen O'Hanlon, Norman Griffin, Ann Marie McCaul*



*Water Safety Area Committee: South Tipperary
Back row (L-R): Johnny Guidera, Michael Kelleher,
William Lonergan, Ciaran Casey
Front Row : Peter McCarthy, Donal McNamara, Brendan O'Dwyer*



*Water Safety Area Committee: Donegal Back row (L-R) Charlie Kennedy, Kate Bond, Kevin McCloskey, Michael Keane, Hannah Sheridan,
Margaret Gallagher, Sarah Kelly, Marjorie Gallagher, David Friel WSDO, Front row (L-R) Paul McGuinness, Mary Anderson,
Donna Ferguson, Seamus O'Neill, Triona McMenamin and John Morrell*

An 'Hippocampe' wheelchair for IWS Kerry

by Sathbh O'Neill, Kerry Area Committee

Some photos from a recent swim week that highlight the positive and all inclusive nature of IWS summer weeks! Cormac Downey has cerebral palsy but that didn't stop him from taking part in

Ballybunion swim week thanks to the 'Hippocampe' wheelchair.

Cormac's reaction to seeing the beach friendly wheelchair was heart warming, he and his family were delighted! Up

to receiving access to the wheelchair, Cormac's father had to carry him to the water - this piece of equipment has given the Downey family a new lease of life and makes a trip to the beach stress free.



Water Safety Area Committee : Louth; Front row (L-R)- Jennifer McGinn, May Coyle, Anne Boyle, Paddy Drumgoole, Majella Donnelly, Maura Burns
Middle Row - Ruth Lennon, Brian McGinn, Catherine Lynch, Darragh McEvoy, Maioire O'Brien, Frances O'Regan, Mary Harvey
Back Row - Ciara Lynch, Jack Lynch, Padraig Donnelly, Sean Murray, Laura Murray



Water Safety Area Committee : Cavan
Front row: (L-R) Sarah White - DLP, Martin Maguire WSDO and Treasurer, Mary Duffy Chairperson, Helen O'Hara Secretary, Olivia Quinn Examiner,
Middle Row: Martina Tiernan, Lesley Harrison Brady, Elizabeth McCaul, Shelia Brady, Kathleen Tierne, Back Row: Aisling O'Hara, Joanna O'Hara, Philomena Lynch, Nora Murphy, Yvonne Rooney, John Reilly, Miriam Gilsenan Keogan, Evelyn O'Reilly, Rosemary Gilsenan.

IWS - Waterford



1



2



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4



5

1. Rosie subject, Aoife rescuer
2. Tramore Coast Guard team with Rosie
3. Hand over of casualty to Tramore Order of Malta AM
4. Kieran , Maria and Buddy
5. Dolores O'Sullivan and Frank Nolan both Life Governors

IWS - LOUTH AT CLOGHERHEAD BEACH



IWS - KILDARE



*Kildare Water Safety Area Committee:
Back row (L-R)- Philip Keleghan, Anna Byrne, Dan O'Connell,
Alan McCormack, Frank McCormack, Rosemary Finn, Mark Carroll,
Leo Mahon, Elizabeth Tivnan. Front Row (L-R) Anne Logue,
Jean Mahon, Niamh Moran, Susan Corcoran, Sarah Mullaly.*



The sun sets on Galway Bay's Salthill where thousands of children and adults have for decades learned water safety skills from a dedicated corps of volunteers.

IWS - WEXFORD



IWS volunteer Mr Nick Corish, 93, examining a class of Safety 1 and 2 pupils at Cahore Water Safety Week in Wexford.

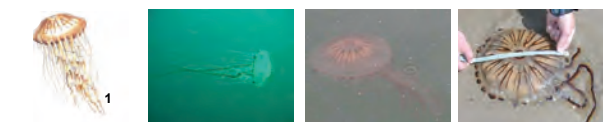


Jellyfish ID Card

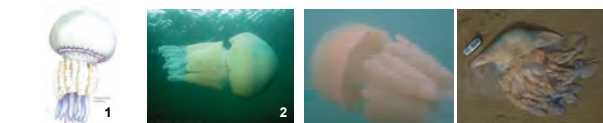
We would like to thank the following for permission to use their images: 1 = Pete Hayward/Tony Nelson-Smith (reprint from Collins Guide to the Sea Shore), 2 = Peter Dyrinda (Dyrinda, P.E.J. 2003. Gower Peninsula, South Wales: landscapes, habitats and biodiversity), 3 = Pat O'Brien, 4 = Rowan Byrne, 5 = Amy Dale, 6 = Michelle Cronin, 7 = Patricia Byrne.



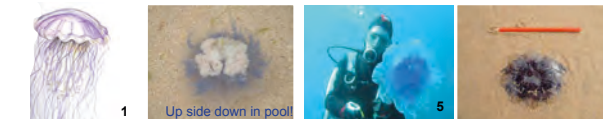
Species 1: Common Jellyfish (*Aurelia aurita*). This is the most familiar jellyfish. It is recognised by its four purplish/pink gonad rings. The rest of the jellyfish is transparent and has numerous short tentacles around the margin of the bell (difficult to see when out of water). Up to 400mm in diameter,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



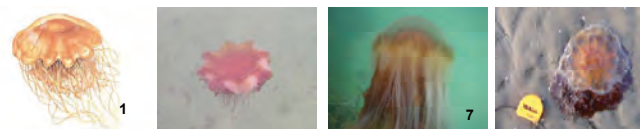
Species 2: Compass Jellyfish (*Chrysaora hysoscella*). Most distinguishing characteristic is the reddish-brown 'V' shaped markings on the bell. Has 24 long tentacles dangling from the margin and four frilly mouth-arms trailing from the inside. Colour is white to yellow with brown 'V' shaped markings.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



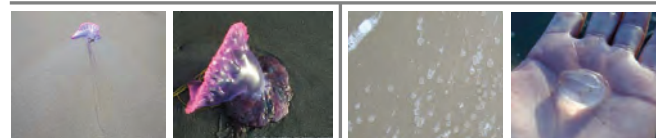
Species 5: Lion's Mane Jellyfish (*Cyanea capillata*). Can reach a bell diameter of 2 meters, normally much smaller. Bell margin divided into 8 lobes and 8 clusters of up to 150 tentacles each. Tentacles are longer than the oral arms. Colour varies from deep red to yellow individuals. **Warning! These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



Species 8: Portuguese Man O'War (*Physalia physalis*). Again not a true jellyfish but related. Large & conspicuous float up to 30cm long & 10cm wide. Float is silver-blue with red/pink tinged rest of colony is blue purple. **WARNING! Inflicts severe stings.**

Species 9: Sea gooseberry (*Pleurobrachia pileus*). Not a jellyfish at all but a Ctenophore. Shaped like a gooseberry and is transparent. Up to 20 mm long. If you look close you can see 8 ciliary plates or comb rows. **No sting.**



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Surf Lifesaving in Iran, Summer 2016

The first Surf Rescue and Basic Life Support training workshop was delivered last summer by International volunteers, including head lifeguard Pieter Van Platen from South Africa, with the local surfing community of the Sistan-Baluchistan province of Iran. This was the first mix-gender water safety event and training of it's kind, following the recent emergence of surfing in the country.

By Easkey Britton



Going to Iran for the first time in 2010 was born out of curiosity - wanting to better understand the world through direct experience rather than being told how it's supposed to be. Often what we hear and are told don't measure up to the reality of the actual experience. Initially for me it was simply the sense of adventure, the pull of a place so unknown to me and shock at my own ignorance of such a complex, historically rich, and highly politicised part of the world. I was invited to be part of that first trip by a surf photographer/travel writer through a mutual friend who proposed the trip. In the end, we were two women, one with her surfboard and one with a small film camera (French filmmaker Marion Poizeau)— the only two to make it. The rest of our group dropped out or didn't make it for various reasons, including our trip organiser.

We were on our own. And we did find surf! It's been an unexpected and

ever-evolving journey since - the story of the first female surfers of Iran, the cross-cultural impact of surfing, the mixing of not just gender but social class, religion and ethnicity, is well documented in Marion Poizeau's award-winning documentary *Into the Sea* filmed in 2013 and released in 2014 (available on iTunes).

We've engaged in a collaborative process every summer since, co-organising surf workshops with the local community and it seems surfing is there to stay now. As the sport grows it's important to share and build ocean awareness and water safety training, in one of the most isolated, marginalised and socially deprived regions of Iran - lacking in any surf lifesaving, BLS or lifeguard facilities or training. It's bringing people together at events like these, with a shared passion for the sea and surfing, that prove the power of the ocean

to connect. I hope the development of surfing in Iran and beyond, continues to allow space for new ways of doing and being through surfing, more creative spaces to help us reconnect with matters most; ourselves, each other and nature. Or as friend and fellow wavemaker, Shirin Gerami, and Iran's first female triathlete so beautifully described it; "Surfing can showcase the beauty in our differences by allowing us to be truly who we are when we surrender to the playfulness of waves and wave-riding." Training equipment and safety information, etc. were kindly donated by the Irish Water Safety.

If you are interested in volunteering your skills for further training workshops in the future please get in contact with Easkey Britton: hello@easkeybritton.com

IWS National Team Trials

The Sports Commission would like to congratulate all those who took part in the National team Trials in UL Limerick & Spanish Point/White Strand in Co. Clare in July and to all those who took part and assisted in the running of the event.

Below are the 2017 National Teams.

Junior Girls

1. Roisin Cahill – Co. Clare
2. Amy O'Brien – Co. Wicklow
3. Nicole Devitt – Co. Wicklow
4. Aisling Barry – Co. Cork
5. Aoife Madigan – Co. Clare
6. Emer Kelly – Co. Wicklow

Junior Boys

1. Odhran Savage – Co. Waterford
2. Kai Wilmott – Co. Waterford
3. Marley Haugh – Co. Clare
4. Ryan Cotter – Co. Cork
5. Tim Collins – Co. Clare
6. Noel Shannon – Co. Clare

Senior Ladies

1. Katie Shannon – Co. Clare
2. Aoife Deane – Co. Clare
3. Denise Bolger – Co. Wexford
4. Hana Blake – Co. Wicklow
5. Lily Barrett – Co. Clare
6. Triona McMenamin – Co. Donegal

Senior Men

1. Cillian Melly – Co. Mayo
2. Joseph Mooney – Co. Sligo
3. Bill Milne – Co. Wexford
4. Ryan Shannon – Co. Clare
5. David Butler – Co. Dublin
6. Alex McLoughlin – Co. Galway

Congratulations to all those who have been named on the teams.

AUTOMATED BEACH PATROLS FOR CLARE TAKE-OFF

An Irish software start-up has teamed up with Clare County Council to boost lifeguarding operations by trialling the use of drone technology, which will be deployed as automated beach patrols for the first time ever in Ireland.

This unique partnership will see DroneSAR (the developers of a new drone search and rescue app) combine their expertise to allow lifeguards to quickly deploy drones as their first response to monitor those in distress.

DroneSAR's flight-planning software allows drones to scan large areas from above, reduce risk to search and rescue personnel, shorten search times, and ultimately save lives. It can live-stream high-resolution images and video back to incident control room. The location of the person or persons in distress can also be identified with GPS co-ordinates, and shared instantaneously with search-and-rescue (SAR) teams on the ground via SMS or email.

In a recent study in Sweden, it took a 14-strong lifeguard team an average of 4 minutes 34 seconds to search and locate a manikin in a 100m by 100m area. In stark contrast, it only took the drone team, comprising one pilot and lifeguard, an average of 47 seconds to search the same area.

Clare McGrath, Water Safety Development Officer with Clare County Council, said: "Our lifeguards are tasked with quick response times and do so over large distances. Fast detection is crucial in the Drowning Chain of Survival.

"DroneSAR's flight management technology, will deliver key operational advantages for our counties beach lifeguard operations by enabling them to quickly search for missing, injured or get early notification of people in distress. Any piece of



A drone pictured outside the lifeguard hut at Spanish Point.

equipment that will allow a quicker dispatch time for ambulances, medical assistance and increased beach patrols will be a huge advantage."

MEETING DRONE REGULATIONS

The new partnership will equip lifeguards in Spanish Point beach with the most modern drone technology and the DroneSAR software. DroneSAR will provide the drones and Irish Aviation Authority (IAA) drone instructors to supervise the drone flights in the early stages. Drones will be flown within the bounds of the IAA drone regulations.

A live-video downlink will enable the search pattern of each drone to be monitored by the lifeguard from the lifeguard hut. The Water Safety Development Officer can use the live browser secure link to remotely monitor search progress from any computer or laptop.

Oisín McGrath, DroneSAR CEO, said: "Lifeguard teams using DroneSAR will now be able to monitor live footage from the furthest reaches of their patrol areas, with instant access to call emergency services should the need arise.

"Drones can now be viewed as airborne lifeguards who cover large amounts of ground quickly and easily. As a past beach lifeguard, I am extremely excited about the endless possibilities that these trials will bring to the world of beach patrols."

DroneSAR's new drone software enables DJI drones with a range of rescue functions. The team is composed of military flight instructors, an app designer and a mountain rescue team leader. Together they have developed this software to reduce risk, save time and increase operational effectiveness of rescue teams worldwide. For more information visit www.dronesarpilot.com

A young boy with curly hair, wearing a white tank top and orange shorts, is playing on a sandy beach. He is holding a yellow shovel and standing next to a yellow bucket. The background shows the ocean waves and a blue sky with clouds.

DON'T LET WATER DESTROY SUMMER

ALWAYS WATCH YOUR

CHILDREN NEAR WATER