



## Water Safety Ireland –Kildare, Lifesaving as Sport

"Sport is an added component of Life Saving, helping lifeguards to challenge themselves to improve and perform. Lifesaving sport was primarily intended to encourage Lifesavers to develop, maintain and improve essential physical and mental skills needed to save lives in the aquatic environment. Lifesaving competitions consist of a variety of competitions to further develop and demonstrate lifesaving skills, fitness and motivation."(ILS website)

The sport of Surf Life Saving is a unique and multi-disciplined sport which originated from Australia.

Irish Water Safety has organised the sport in Ireland since 1946. It has been developed to improve the standard of lifeguarding in Ireland and assist lifesavers save lives. It then injects a lifesaving skill back into a community and the training is all volunteer based making it a special activity that people want to be involved in and get so much enjoyment from.

In 1950, His Excellency President Sean T. O'Ceallaigh presented the President's Award to IWS for competition between the counties of Ireland and it is competed for every year. Since then this award is still the premier award associated with the National Championships.

Lifesaving has never been stronger in Ireland, especially at the grass roots level. We have thousands of children, teenagers and adults with a particularly growing sector of 8-14 year old Nippers who come through participating in Irish Water Safety Lifesaving classes and competitions. The drop off rate during adolescence is a lot less than in other sports.

Ireland already has an excellent reputation as a competitor on the International stage in lifesaving events with several International awards in both still-water and surf events.

The National Championships are part of Irish Water Safety's extensive programme to promote water safety in Ireland with a particular focus on the necessary skills required by pool Lifeguards nationwide. The events promote the fitness and readiness for action of the lifesavers and demonstrate Lifeguard water rescues to the public.

National championships are now divided into two sections, pool and surf

### Events:

- OPEN SURF EVENTS:
- SURF (swim) RACE
- CAN BUOY RESCUE RACE
- BOARD RESCUE RACE
- TAPLIN RELAY RACE
- BOARD RACE
- SURF SKI RACE
- BEACH FLAGS RACE
- 90 MTR SPRINT RACE

### POOL EVENTS:

- STAGED INCIDENT (SERC)
- 200m OBSTACLE SWIM
- 50m MANIKIN CARRY
- 100m MANIKIN CARRY WITH FINS

- 100m MANIKIN TOW WITH FINs
- SUPERLIFESAVER
- 4X50 MTR MANIKIN RELAY
- 4X50 MTR MEDLEY RELAY
- 4X 50MTR OBSTACLE RELAY
- ROPE THROW

## WSI Kildare Surf Lifesaving programme

Our programme is run at Pollaphuca Reservoir, Baltyboys, Blessington beside Blessington Sailing Club



### **Directions**

Head south from Blessington village on the N81, straight through the roundabout. Take left turn for Vallemount onto R758 . Cross bridge,. Approx 2 miles from main road - Cul de Sac on left leads to Club. If you reach a right turn to Tulfarris, you

have gone 100m too far.

## GPS Co-ords

N 53° 07' 44.6"  
W 006° 31' 21.3"

Minimum requirement to join

- You must be 7 years old
- Confident in the water
- Be able to swim a minimum of 150 m
- Good Health

Step 1

1. Register as IWS Competitor member
2. Log on to [www.iws.ie](http://www.iws.ie)
3. At the bottom of the page click on JOIN IWS to this link  
<https://www.iwsmembership.ie/default.aspx>
4. Register as competitor and upload your photo.
5. If you join in 2019 membership is €30 and valid for 3 years, you pay this fee locally at the club.

Step 2

1. Complete the club family registration form **Water Safety Ireland Kildare Lake 2019 FORM 1** available at the club office at the lake.
2. Each member under 18 years old must also have a guardian complete **Water Safety Ireland Kildare Lake 2019 FORM 3** available at the club office at the lake.
3. Pay the appropriate club fee for 2019 season
4. WSI Kildare Lake Fees

WSI Kildare Season Fee	€
Individual	€60
2 Family Members	€110
Family	€160

Requirements

- **Swimgear**
- **Wetsuit**
- **Swim Cap IWS yellow or IWS – Kildare Club Cap only**
- **Water Bottle**
- **Swim fins**
- **Buoyancy**

Note: Parents/Guardians are requested to assist with refreshments at the end of each session and assisting with the returning of all equipment to its original storage area.

**Further Information contact; Leo 0860146261 (WSI Kildare)**