Visit Ireland in 2018

Drowning Prevention and Rescue Research Conference 2018

Presentations, Discussions, Workshops

Glenroyal Hotel, Maynooth, Co. Kildare, Ireland.

Monday, 10th to Thursday, 13th September

E-mail: info@lifesavingfoundation.ie
GLENROYAL HOTEL, Maynooth, Co. Kildare (http://www.glenroyal.ie)

Many wonderful walking trails
Leisure pool

Direct connections to/from Dublin Airport and Dublin City Centre

Dublin Airport
Regular train services to Maynooth

Four star hotel and leisure centre with fitness centre and two swimming pools.

Four star accommodation
The Lifesaving Foundation's
8th International Drowning Prevention and Rescue Research Conference
Monday 10th to Thursday 13th September 2018

This is an open invitation to all lifesavers to visit Ireland in 2018. Come and join with a group of world leading drowning prevention and rescue researchers to discuss how we can individually and collectively reduce the unacceptable high number of drowning events worldwide. In the best Irish tradition we guarantee you ‘one hundred thousand welcomes’.

The Glenroyal Hotel is a wonderful venue for our 2018 conference offering excellent conference facilities with good four star accommodation and meals. The hotel has a leisure centre with two swimming pools and a large exercise room. It is also a short distance from the grounds of Maynooth University and from the Royal Canal both with interesting walks.

Conference participants can either book a full conference package which includes accommodation in Glenroyal Hotel and all meals or pay the conference fee and add dinner in the hotel, and find your own accommodation, or just pay the conference fee (which includes lunch) and make your own accommodation and dinner arrangements.

There is a coach transfer from Dublin Airport to directly outside of Glenroyal Hotel and direct rail connections east to Dublin City Centre or west into middle Ireland and further onwards to Ireland’s Wild Atlantic Way.

We have made a number of major changes to our conference format and programme. These include reducing the total number of oral presentations to thirty and ending the concurrent filming of conference presentations. Both of these changes are being implemented to facilitate longer discussion time on the various presentation topics. With a number of world class experts on different aspects of drowning attending it makes sense to promote a full discussion of key topics. Arrangements can be made to have a separate private filming of the presentations of presenters wishing this (at their own expense).

More attention is being paid to poster presentations with longer break times to facilitate viewing them at ease. Remember at our conference you are not limited to discussing posters at set times. You can sit beside a presenter at breakfast, lunch, dinner, at coffee breaks or in the bar at night and open a conversation with them on their poster.

The programme will include two major discussion-cum-practical workshops. The conference programme will open mid-Monday morning (10th September) with a ‘wet workshop’ titled ‘Understanding the role of the PFD’. The programme on Wednesday afternoon (12th September) will end with a 2 hour ‘dry workshop’ titled ‘Understanding the challenges facing the First Responder in water based incidents’. Both workshops will be led by Dr. Patrick Buck PhD author of the book A Field Guide for the treatment of drowning, hypothermia, & cold water immersion incidents.

We are continuing with student scholarships through the successful Surgeon Admiral Frank Golden Student Scholarship Scheme. Applications are open to students researching any aspect of drowning but preference will be given to topics associated with ‘Personal survival and self-rescue in common drowning situations.

Details of how to apply for a grant are available on page 9. The closing date for applications is 30th April, 2018.

Preliminary enquiries to john@lifesavingfoundation.ie.

This year in conjunction with the Garda Commissioner Eamonn Doherty Research Fund we are offering two scholarships to police officers (in-service or retired) who offer papers on any aspect of police drowning prevention or rescue. Details of how to apply for a grant are available on page 9. The closing date for applications is 30th April, 2018

Preliminary enquiries to john@lifesavingfoundation.ie.

We have moved the popular afternoon tour and entertainment to the last day of the conference to make two full days of presentations on Tuesday and Wednesday.

The tour group will visit Georgian Castletown House, drive through Wicklow National Park to the Glendalough Monastic Site, and then to Taylors Three Rock Irish Cabaret, for dinner and entertainment.

Tuesday night we have the honour of presenting the 2017 Ireland Medal to Australian lifesaver Dr. Shayne Baker.

The guest speaker at the Ireland Medal ceremony is Ice and Marathon Open Water Swimmer Nuala Moore.
ORAL PRESENTATIONS:
Presentations may be submitted on any aspect of drowning prevention and rescue. As there are only 30 oral presentation places preference will be given to presentations on the theme ‘Personal survival and self-rescue in common drowning situations’

POSTER PRESENTATIONS:
Posters may be submitted on any aspect of drowning prevention and rescue.

ORAL PRESENTATION LENGTH
All oral presentations will be of 20 minute maximum duration followed by 10 minutes of discussion.

ABSTRACTS
All potential presenters must initially submit a 150 word outline of the intended presentation content stating whether the application is for an oral presentation, poster presentation, or either. On acceptance of a presentation the presenter must supply the Foundation with a 750 maximum word referenced abstract for inclusion in the Abstract Book.

PRESENTATION SLIDES
All presenters will supply the Foundation with a copy of their presentation slides or poster image before the conference for distribution to conference participants after the conference. Video inserts should be included as separate files.

INTERNATIONAL JOURNAL OF AQUATIC EDUCATION AND EDUCATION (IJARE)
All presenters will be encouraged to submit full papers for publication in IJARE.
http://scholarworks.bgsu.edu/ijare/

ATTENDING OUR CONFERENCE
The Standard Conference Fee is €360.00. Unless otherwise agreed, all participants will pay this fee separate to their accommodation and dinner arrangements. All invoices will be sent and processed in Euro.

ACCOMMODATION OPTIONS
Conference Package:
The fully inclusive conference single package fee of €880 includes the conference fee and four (4) nights full board accommodation in a single room in Glenroyal Hotel. Breakfast, lunch, and dinner are included. This table shows different conference package options.

<table>
<thead>
<tr>
<th>No accommodation or dinner option</th>
<th>Total cost including conference fee and dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fees</td>
</tr>
<tr>
<td>Single Person</td>
<td>€360</td>
</tr>
<tr>
<td>Double/Twin Room x 1 Conference Attendee</td>
<td>€360</td>
</tr>
<tr>
<td>Double/Twin Room x 2 Conference Attendees</td>
<td>€720</td>
</tr>
</tbody>
</table>

Other Accommodation Options:
There are a number of other accommodation options available around Maynooth. Search ‘Accommodation in Maynooth Ireland’ on-line to check availability. You can stay elsewhere and add dinner to the conference fee at €40 per dinner.

TOUR: The tour cost of €50 per person is extra to the conference and accommodation fees.

BOOKING DEPOSIT
A booking deposit of €200 will be accepted. Final, full payments of both the conference fee and accommodation cost must be made by 31st July, 2018 unless agreed otherwise.

WHAT IS INCLUDED IN THE CONFERENCE FEE
Fee includes access to all presentations, abstract book, presentation slides, tea & coffee, and buffet lunches. Please note accommodation, travel, social programmes, breakfast and dinner are not included in the fee.

REFUNDS & CANCELLATIONS
Final date for cancellation with refund minus handling and bank charges is 31/07/2018.

VISITOR VISA REQUIREMENTS FOR IRELAND
Information on visa entry requirements for Ireland can be found at this site;
**CONFERENCE PROGRAMME OVERVIEW**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
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| **Monday 10th September** | 11.00am: WORKSHOP in swimming pool Understanding the role of the Personal Floatation Device  
  12.30pm: LUNCH  
  2.00pm: OFFICIAL START OF CONFERENCE  
  2.30pm: Presentations 1 & 2  
  3.45pm: Afternoon Tea & Poster Break  
  4.30pm: Presentations 3 & 4  
  6.00pm: End of Afternoon Session  
  8.00pm: Chairperson's Reception  
  8.30pm: Private Conference Dinner |
| **Tuesday 11th September** | 7.00am: Breakfast  
  8.30am: Presentations 1 & 2 & 3  
  10.30am: Coffee & Poster Break  
  11.00am: Presentations 4 & 5 & 6  
  1.00pm: Lunch  
  2.00pm: Presentations 7 & 8 & 9 & 10  
  4.30pm: Afternoon Tea & Poster Break  
  6.30pm: Buffet Conference Dinner |
| **Wednesday 12th September** | 7.00am: Breakfast  
  8.30am: Presentations 1 & 2 & 3  
  10.30am: Coffee & Poster Break  
  11.00am: Presentations 4 & 5 & 6  
  1.00pm: Lunch  
  2.00pm: Presentations 7 & 8 & 9 & 10  
  4.30pm: Afternoon Tea & Poster Break  
  5.00pm: WORKSHOP Understanding the challenges facing the First Responder in water based incidents  
  8.00pm: Private Conference Dinner |
| **Thursday 13th September** | 7.00am: Breakfast  
  8.30am: Presentations 1 & 2 & 3  
  10.30am: Coffee & Poster Break  
  10.45am: Presentations 4 & 5  
  11.45pm: Close of Conference  
  12.15pm: Lunch  
  1.00pm: Afternoon Tour and Dinner & Entertainment |

**IRELAND MEDAL CEREMONY**

7.30pm: Ireland Medal Reception  
8.00pm: Ireland Medal Ceremony  
9.30pm: End of Ceremony

**THIS PROGRAMME IS SUBJECT TO MINOR CHANGE**
IRELAND MEDAL CEREMONY & WORKSHOPS

IRELAND MEDAL CEREMONY

7.30pm, Tuesday 11th September 2018
Glenroyal Hotel, Maynooth

Recipient of the 2017 Ireland Medal
Dr. Shayne Baker D. Prof. OAM

The 2017 Ireland Medal was awarded to Royal Life Saving Society Australia lifesaver Dr. Shayne Baker D. Prof. OAM in recognition of his long exceptional service to saving lives from drowning worldwide. Shayne has been involved for over 30 years in all aspects of lifesaving in Australia and in the Asia/Pacific Region, from teaching basic water safety to children to leading a team of beach lifeguards. As a lifesaving administrator he has served as Royal Life Saving Society Australia National President (2003 – 2009) and is currently serving a four year term as Commissioner of the International Life Saving Federation’s Rescue Commission. Shayne’s maternal ancestors emigrated to Australia in 1862 from the Quin-Clooney area of Co. Clare. Shayne will speak on his lifesaving and lifeguarding career in Australia and elsewhere.

Guest Speaker  Nuala Moore - Ice and Open Water Marathon Swimmer

Kerry woman Nuala Moore describes distance swimming in freezing ice water as “one of the most amazing experiences of learning, of self-discovery and mindfulness”. She has observed the vulnerability of the human spirit as the cold takes hold and watched swimmers continuing their swim past their ability to function. These are learning experiences pointing to how we can set in place procedures that can assist all areas of water users. Self-employed in retail she funds her own trips around the world. These have included competing in the Russia Open 1000 metre zero degree swim and being a member of the Bering Strait Relay Team. She was the International Ice Swimming Association World Ambassador of the Year 2014 / 2015 for her work on safety. Concerned about exponential growth in relation to the number of swimmers attempting to cross over into ice swimming and the need for education and training Nuala published “An Insight into the World of Ice Swimming” in 2016. In April 2018 Nuala aims to be the first person to swim the one mile imaginary line that separates the Pacific and the Atlantic oceans off the Renowned Cape Horn in both directions. Known as the graveyard of ships, Cape Horn in Chile is the southernmost tip of South America. Water temperatures between 6-9 degrees centigrade and strong wind conditions make it as one of the most difficult swims in the world. Nuala will have a team whose focus will be to ensure her safety. This will be followed by solo swims across the Beagle Channel first and then the Straits of Magellan.

CONFERENCE WORKSHOPS

The conference programme includes two workshops conducted by Dr. Patrick Buck PhD, REMT author of “A field guide to the treatment of drowning, hypothermia & cold water immersion”. Attendance at one or both workshops is optional and is included in the conference fee.

The first workshop will take place during the morning of Monday 10th September in a Glenroyal Hotel swimming pool. The workshop title is Understanding the role of the Personal Floatation Device (PFD). This will be a ‘wet’ workshop in that participants will enter the pool wearing a variety of PFDs. WEAR A LIFEJACKET is a lifesaving mantra but what do you really know about buoyancy devices and life jackets?

Our thanks to CH Marine for the PFDs.

The second workshop will take place during the afternoon of Wednesday 12th September in Glenroyal Hotel. The workshop title is Understanding the challenges facing the First Responder in water based incidents.

Dr Patrick Buck is a marine biologist, remote medic and educator. He has extensive experience in marine survival and a deep passion for remote medicine and its application in the marine environment.
The following is a small sample of presentations on different aspects of personal survival and self-rescue in drowning situations. Time has been allocated after each presentation for discussion by all conference participants. Your opinion matters.

Towards an Integrated Psychophysiological Model of Acute Cold Water Survival
A study to examine if there is a predictive relationship between prior high levels of anxiety and the cold shock response.
Dr. Martin Barwood PhD has 10 years’ of research experience in the area of Environmental Physiology, Sports Performance and Health and over a hundred published journal articles, abstracts and industry reports. His work has included examining the efficacy of ergogenic aids, the health consequence of over-exposure to extreme environments, human performance in cold water and human adaptation to heat and cold. He has presented at National and International conferences and makes frequent research contributions to the fields of Health and Sports Performance.

Self-rescue from Motor Vehicle Submersion in Water
A five-year retrospective review of vehicle related drowning fatalities between 2010 and 2014.
Dr. Tessa Clemens, PhD is National Technical Manager, Canadian Drowning Prevention Coalition, Ontario and is a Research fellow in the Centre for Global Child Health at Sick Kids Hospital in Toronto. Her area of focus is the epidemiology and prevention of paediatric injuries in low and middle-income countries. She has a PhD in Kinesiology and Health Science from York University in Toronto. Her dissertation research focused on the epidemiology and prevention of drowning in Canada and the reporting and classification of drowning deaths worldwide.

Personal Survival in Open Water - Life jackets as a Drowning Prevention Strategy for Swimmers
A study of the use of life jackets by swimmers in US Washington State. Life jackets are primarily associated with boating safety. Do we need to change this?
Elizabeth ‘Tizzy’ Bennett, MPH, MCHES is Director, Community Health and Engagement at Seattle children’s Hospital. She has Primary and Master’s degrees in Health Education, She is a Clinical Instructor in the University of Washington’s Department of Health Services.

Aquatic Survival and Competency
How do we assess our personal survival competence in water situations? In 2017-2018 over 200 children in Australia participated in a programme to develop their survival abilities in water.
Dr. Shayne Baker, D.Prof. OAM has given long, exceptional service to saving lives from drowning worldwide. He has been involved for over 30 years in all aspects of lifesaving in Australia and in the Asia/Pacific Region from teaching basic water safety to children to leading a team of beach lifeguards. As a lifesaving administrator he has served as Royal Life Saving Society, Australia, National President (2003-2009) and is currently serving a four year term on International Life Saving Federation’s Rescue Commission.

Effective water competence training at school: Teaching strategies for skills, knowledge and attitude
Children and adolescents process information differently according to their maturity. This needs to be taken into account when formatting water competence training.
Kristine De Martelaer is Professor of the special chair of ‘Pedagogy and Education of Physical Education’ in the University of Utrecht. Her research topics are situated within sport pedagogy: fundamental movement skills of young children, competencies of PE teachers and voluntary youth coaches, didactical approaches of responsibility-based teaching, ethics in sport, water safety and basic life support (BLS). She is President of the International Centre for Ethics in Sport (ICES).

The Crisis in the Aquatic Profession: From a Philosophical / Pedagogical Perspective
The profession of aquatics is in crisis. The cohort of non-swimmers is annually increasing at a faster rate than the number of instructors trained. The turnover rate of instructors is very high because their career life-span is short.
Dr. Robert Keig Stallman is a retired Associate Professor at Norwegian School of Sport Science. He has been active in many branches of aquatics for over 50 yrs. He has worked in approximately 12 aquatic organisations in 6 countries. He is still actively writing, researching and presenting. He is especially interested in learning to swim as a drowning prevention intervention, lifesaving education of the general public, lifeguard training, movement analysis of lifesaving techniques, public water safety awareness, etc.

Helping People to Learn How to Float
Being able to float on the back is essential to being safe and self-reliant in water. The skill, however, can easily remain a life-long mystery to some.
Andrea Andrews was an engineering geologist for 9 years and has been an ASA Level 2 swimming teacher for 11 years with specialist training in conquering aquatic fear as an MSI instructor. She works as a swimming teacher and runs a business partnership with Mrs Zoe Cheale called A2Z Swim. Her articles are regularly published in The Swimming Times.

The Assessment of Swimming and Survival Skills
Some swimming programmes, although well-structured on paper, show a lack of proper skill assessment and verification in a pool session. The presentation highlights what is involved in an assessment process.
Paolo Di Paola has been involved in swimming for over 40 years, as a swimmer and as a swimming teacher and coach of both adults and children. He holds Irish, Italian, and American coaching and teaching qualifications. As a coach he has an extensive experience in the field of swimming skills acquisition, in developing Age Group Swimmers, and has been Performance Manager and assistant coach of the Irish National Youth Squad in 2012/2013. Paolo has also worked in Swim Ireland, the National Governing Body for Irish Swimming, between 2011 and 2014, as Education and Child Learn to Swim Programme Officer first and then as Education Manager.
THURSDAY TOUR & ENTERTAINMENT

The popular afternoon historic tour and entertainment will visit Georgian Castletown House, drive through Wicklow National Park to the world famous Glendalough Monastic Site, and end at legendary Taylors Three Rock Pub, for dinner and Irish Cabaret show.

Castletown in County Kildare is a Palladian country house built in 1722 for William Conolly the Speaker of the Irish House of Commons. The Conolly family lived in their ancestral house until 1965. In 1994 its 120-acre residual demesne was transferred into public ownership. The only Irish Palladian house to have been built with the correct classical proportions, it is said to have influenced the design of the White House in Washington. The tour offers an insight into Upstairs/Downstairs life in a large country house. Castletown outdoors in the 18th century was designed with formally laid out landscapes in the French Baroque style. The historic landscape of Castletown has survived. Visitors can wander along the river walks of Lady Louisa Conolly (responsible for decorating it in the 1760s and 1770s) and see the remains of her bathing house. In the 19th century, restoration efforts were focused on the immediate surroundings of the house; a formal garden was built behind the house and yew trees planted in front.

Glendalough, the “Valley of Two Lakes”, is a place of outstanding natural beauty containing many Irish 6th century monastic monuments from a time, before the Viking invasion, when Ireland was called the island of ‘saints and scholars’. Home of Saint Kevin this famous ancient seat of learning, offers an insight into early Irish university life. Living as a hermit in the cave above the Upper Lake, the saint attracted followers and in time a major monastic city grew up. Displays in the visitor centre tell its story.

Wicklow Mountains National Park has the distinction of being the largest of Ireland’s six National Parks. The National Park extends over much of the Wicklow mountains. Upland blanket bog and heath cover the upland slopes and rounded peaks. The wide open vistas are interrupted only by forestry plantations and narrow winding mountain roads. Fast-flowing streams descend into the deep lakes of the wooded valleys and continue their course into the surrounding lowlands. The primary purpose of Wicklow Mountains National Park is the conservation of biodiversity and landscape.

Our tour ends in Rathfarnham, County Dublin, at Taylors Three Rock Pub, a farmhouse bar with the largest thatched roof in Ireland. The name Taylor’s Three Rock comes from two sources; The Taylor Family Homestead and Three Rock Mountain. The Taylors have lived here since 1690. They were wealthy farmers and in the 18th Century, Thomas Taylor became Lord Mayor of Dublin. The family continues to live and farm in the locality and many roads and place names bear their family name. Three Rock Mountain rises directly behind the pub. http://www.taylorsthreerock.ie/portfolio/irish-cabaret/

The programme is provisional and subject to change with suitable substitution.
THE SURGEON ADMIRAL FRANK GOLDEN OBE, MD, PhD STUDENT SCHOLARSHIP FUND

STUDENT RESEARCH SCHOLARSHIPS
A number of student scholarships are being funded by Ireland Medal Recipients and others in memory of one of the world’s leading drowning prevention researchers Surgeon Admiral Frank Golden MD, PhD.

Scholarship applicants must submit an outline presentation on some aspect of drowning prevention, rescue or aftercare. Preference will be given to topics associated with ‘Personal survival and self-rescue in common drowning situations’. A panel of assessors will decide on successful applicants.

1. The scholarships will cover the conference fee and twin shared accommodation on a full board basis at the conference venue for two days. Extra days may be added at recipient’s expense. Scholarships will not cover travel to and from the conference venue.
2. Scholarship recipients will make a presentation in English.
3. Scholarships are open to under-graduate and post-graduate students attending a recognised university or other third level college.
4. Students may contact the Foundation by e-mail seeking clarification or further information.
5. The closing date for applications is 30th April, 2018. Early applications are welcomed.
6. Students applying for a scholarship should e-mail the Lifesaving Foundation using both of these two addresses; john@lifesavingfoundation.ie & thelifesavingfoundation@gmail.com

The following details are required:
1. Full Name
2. Contact Postal Address
3. Contact e-mail address
4. Age
5. Gender
6. College
7. College Department
8. Course Title
9. Course Tutor / Head of Department
10. Tutor e-mail
11. Presentation Title
12. Presentation Outline (150 words)

Persons wishing to make a donation to the student scholarship fund may do so directly by cheque, credit transfer or by credit card via our website www.lifesavingfoundation.ie

THE GARDA COMMISSIONER EAMONN DOHERTY POLICE RESEARCH FUND

POLICE RESEARCH SCHOLARSHIPS
Eamonn Doherty joined An Garda Síochána in 1943 rising through the ranks to the position of Garda Commissioner (chief of Ireland’s police force) in 1987. During his time as President of the Garda Training College he introduced lifesaving to the curriculum of all Garda trainees. He was chairperson of the Royal Life Saving Society Ireland Region and of the Irish Marine Gallantry and Meritorious Service Award body. Following his retirement from the Garda he chaired The Doherty Commission which reviewed Ireland’s Air Sea Rescue Service. The Doherty Commission Report led to an expansion of the helicopter rescue service and its transfer from Irish Air Corp control to The Irish Coast Guard.

Police officers investigate most drowning events and are often among the first responders to an event. THE GARDA COMMISSIONER EAMONN DOHERTY POLICE RESEARCH FUND was established to fund research into police involvement in drowning prevention, rescue, and aftercare worldwide.

Two scholarships to the Lifesaving Foundation’s 2018 conference are available to police officers worldwide. Scholarship applicants may be serving or retired police officers involved in lifesaving activities. Applicants should submit an outline presentation on some aspect of police involvement in drowning prevention, rescue or aftercare. A panel of assessors will decide on successful applicants.

The following details are required:
1. The scholarships will cover the conference fee on a full board basis at the conference venue for two days. Extra days may be added at recipient’s expense. Scholarships will not cover travel to and from the conference venue.
2. Scholarship recipients will make a presentation in English.
3. Potential applicants may contact the Foundation by e-mail seeking clarification or further information.
4. The closing date for applications is 30th April, 2018. Early applications are welcomed.
5. The following information should be e-mailed the Lifesaving Foundation using both of these two addresses; john@lifesavingfoundation.ie & thelifesavingfoundation@gmail.com

The following details are required:
1. Full Name
2. Contact Postal Address
3. Contact e-mail address
4. International Phone Number
5. Age
6. Gender
7. Police Force
8. Position in Force
9. Lifesaving Background
10. Presentation Title
11. Presentation Outline (150 words)

Persons wishing to make a donation to the police research may do so directly by cheque, credit transfer or by credit card via our website www.lifesavingfoundation.ie
DROWNING!
FLOAT FIRST
SLOW DOWN YOUR BREATHING

If you cannot exit the water immediately

FLOAT FIRST
- Float on your back.
- Move your hands out and back slowly under the water.
- Kick your legs slowly.
- Don’t try to remove clothing.

SLOW DOWN YOUR BREATHING
- Take slow, deep breaths.
- Try to hold your breath for a few seconds.
- Any cold discomfort will pass in minutes.
- While floating face upwards, if help is available, wave one arm out of the water while moving the other hand under the water.

SWIM SLOWLY LATER
- Wait until you are breathing easily.
- Swim slowly, in clothing, with your head up and hands in the water.