

The Lifesaving Foundation



A History of The Lifesaving Foundation's Ireland Medal & Its Recipients

John Connolly

The Lifesaving Foundation

info@lifesavingfoundation.ie

© Copyright 2014

Abstract

The Ireland Medal was introduced in 2004 as a joint project between the Irish Lifesaving Foundation and The Royal Life Saving Society Republic of Ireland Branch (RLSS IRELAND) to mark the centenary of the RLSS branch (1904-2004) and the birth of The Irish Lifesaving Foundation as a legally independent charity in 2003. The Foundation had originated as an RLSS IRELAND sub-committee (Connolly, 2012). The gilded medal is 50 millimeters in diameter and 4 millimeters thick, is manufactured by Lee Brothers of Dublin, Ireland. It is awarded annually *'to an Irish person or organization or to a person of Irish descent in recognition of an exceptional contribution to saving lives from drowning'* and has been awarded 11 times. The medal has a high status within world lifesaving circles due to the quality of medal recipients, often generates valuable publicity for lifesaving, and frequently draws attention to hidden or overlooked aspects of drowning.

Key words: lifesaving, lifeguarding, Ireland Medal, drowning, The Lifesaving Foundation.

In 2003 The Irish Lifesaving Foundation, having originated as a sub-committee of The Royal Life Saving Society Republic of Ireland Branch (RLSS IRELAND), decided to mark the centenary of Royal Life Saving Society activity in Ireland by way of introducing a special medal recognizing exceptional contributions to saving lives from drowning. The award, to be presented in 2004, would also be used to publicize the Foundation's incorporation as a fully independent Irish charity. The medal would be awarded *'to an Irish person or organization or to a person of Irish descent in recognition of an exceptional contribution to saving lives from drowning'*. Following much consideration a gilded medal 50 millimeters in diameter and 4 millimeters thick, manufactured by Lee brothers, Dublin, Ireland, was chosen. The medal obverse has an image of a swimmer towing a drowning casualty (Photo 1). The reverse is blank to facilitate the engraving of a recipient's name and the year received.

Photo 1: A black and white image of the obverse side of the Ireland Medal.



The Formation and Operation of RLSS IRELAND

RLSS IRELAND is the working title of The Royal Life Saving Society Republic of Ireland Branch (RLSS IRELAND, 2012). It is a sub-member of The Royal Life Saving Society United Kingdom National Branch (RLSS UK) for historical reasons (RLSS UK, 2012). RLSS UK is the founding member of the Royal Life Saving Commonwealth (RLSS Commonwealth, 2012).

The Royal Life Saving Society was founded in London, on the 3rd January 1891, as The Swimmers' Life Saving Society but the name was quickly changed to The Life Saving Society. In 1904 the organization was granted the prefix 'royal' by His Majesty King Edward VII becoming The Royal Life Saving Society (Pearsall, 1991). Ireland was part of the British Empire at the time. Irish school teachers, working in the United Kingdom, were early participants in Life Saving Society classes and they introduced lifesaving to Ireland through inter-school visits. In Ireland life saving instruction was added to after-school programmes in mainly private schools. By 1904 there was a structured RLSS organization in Ireland (RLSS IRELAND 2004).

When Ireland gained its independence in 1922 the then members choose to remain within RLSS UK and not form a new separate organization for two key reasons. They saw that the original organization was non-racial and non-sectarian treating all members equally, and remaining within RLSS UK would negate the need to set up and fund a new headquarters structure in Ireland.

This decision was reaffirmed, for the same reasons, in 1948 when Ireland declared itself to be a republic, in 1968 shortly after the foundation of Irish Water Safety as Ireland's statutory national life saving organization, and in 2003 in the lead in to the Irish centenary celebrations (Connolly n.d.). The Royal Life Saving Society continues to have a strong presence in Ireland, especially in the area of lifeguard training. It celebrated its centenary in Ireland in 2004 (RLSS IRELAND 2004).

The Irish Lifesaving Foundation

The Lifesaving Foundation began as an Overseas Aid Sub-committee of RLSS IRELAND in 1999. The sub-committee raised funds supporting projects in developing countries, especially in Africa, sending equipment and clothing to embryonic lifesaving groups and tutors to train lifesavers. In 2003, the sub-committee was disbanded and reformed as a separate charity registered in Ireland as The Irish Lifesaving Foundation. In 2010, the name was changed to The Lifesaving Foundation in recognition of an increasing international membership and re-registered as a charity in Ireland (see www.lifesavingfoundation.ie).

The Foundation has four key project areas in addition to awarding the Ireland Medal. These are the promotion of female swimming instruction worldwide (specifically via the Sri Lanka Women's Swimming Project, 2012), a Lifeguard Training Project whereby unemployed youths in developing countries are trained as lifeguards for employment, the publication of water safety information, and the promotion of drowning research (particularly in the field of suicide by drowning). The Foundation currently supports projects in Lesotho, Sri Lanka, South Africa, Kenya, Liberia and Tanzania (Connolly, 2012).

The Ireland Medal

Although the Ireland Medal was to be launched in 2004 a decision was taken to award the first medal retrospectively (2003) to An Garda Síochána (Ireland's Police Force). This was done to facilitate an early presentation in 2004 of the inaugural medal by the then Irish Prime Minister, Bertie Ahearn TD, in Government Buildings. Later in that year the 2004 medal was presented to Admiral Frank Golden MD RNRtd by the flag officer of the Irish Navy. Eleven Ireland Medals have been awarded (2003-2013 inclusive). A joint decision by the RLSS IRELAND Management Committee and Irish Lifesaving Foundation Board of Directors was required for the first three awards, after which the RLSS withdrew and the remaining medals have been awarded by the Foundation acting alone. In addition to recognizing outstanding work in drowning prevention the medal has generated much valuable publicity (Photo 2).

Originally the medal could be awarded to an individual in recognition of an outstanding rescue but the eligibility criteria were changed in 2007 removing it. This was done in response to a lack of nominations but also in recognition of the growth in prestige of the award through the quality of early recipients. Rescue organisations were first awarded the Ireland Medal in 2007 (Foyle Search and Rescue) and this has proved to be better than recognizing specific single rescue events.

A new medal will be introduced in 2015 as the original stock of medals purchased will have been exhausted. This will result in some changes to the obverse image as RLSS IRELAND no longer has a role and 'Irish' has been deleted from the Foundation's name.

The medal award ceremony was accompanied by a half-day seminar titled the Ireland Seminar at which medal recipients and guests presented papers on various lifesaving topics. This seminar developed over the intervening years and in 2012 the presentation of the 2011 Ireland Medal was part of a three day conference (www.lifesavingfoundation.ie).

Photo 2: Example of publicity generated by the Ireland Medal.

CLUB NEWS

DUBLIN FIRE BRIGADE AWARDED FOR WATER RESCUE SERVICES

IRISH LIFESAVING FOUNDATION AWARDS THE 2009 IRELAND MEDAL TO DUBLIN FIRE BRIGADE. REPORTS ANGELA COYLE.

Dublin Fire Brigade was the recipient of the 2009 Irish Lifesaving Foundation Ireland Medal at an award ceremony held in Dublin Fire Brigade's Training Centre on June 19th. Introduced by the Irish Lifesaving Foundation in 2003, the Ireland Medal promotes an awareness and recognition of excellence in lifesaving in Ireland, and by Irish persons or persons of Irish descent worldwide. Between three and four million people lose their life by drowning each year globally. Also, drowning is the number one cause of accidental death for children under 15 years, so it is critical that the great work of those involved in lifesaving is recognised.

DFB was awarded the Medal for the many water rescue performed by its River Rescue Service last year. As well as providing a constant fire and ambulance service, they have trained water rescue units in three locations in Dublin. Rescue boats are moored in the River Liffey close to Tara Street Fire Station and DFB has 70 trained rescue boat crew members. There are over 300 firefighters trained as Swiftwater Rescue Technicians (SRTs), over 1,000 trained in water awareness and approximately 150 trained as Swiftwater First Responders (SFRs). All these trained in water rescue are volunteers, and do not receive any extra salary for holding water rescue qualifications.

EMERGENCY CALLS
DFB responds to approximately 145,000 emergency calls each year in fire, ambulance, land rescue and waste rescue situations. Firefighters in Dublin have attended to over 2,000 water related incidents in the ten years since the water rescue units were established, rescuing over 1,000 people from drowning in that period.

Speaking at the award ceremony, Hugh O'Neill, Chief Fire Officer of DFB said that he was accepting the Ireland Medal on behalf of the men and women who make up DFB. The introduction of water rescue units came about when the DFB was being called to water incidents where a person was drowning - the firefighters present were untrained, not equipped and inappropriately dressed for the water situations. However, this did not stop brave firefighters from entering the water in such situations. It came as no surprise when the firefighters agreed to volunteer for the water rescue service. While the bravery of firefighters is often taken for granted, it is always nice to have their courage and devotion to saving lives from whatever source recognised by others.

Meanwhile, the Ireland Medal for 2008 was awarded to Chief Justice, Service Higgins from Australia for his promotion of lifesaving in Australia and in the



Presented at the Ireland Medal Ceremony 2009 held at Dublin Fire Brigade Training Centre. Photo: Peter Hugh O'Neil, Chief Fire Officer. Awarded the 2009 Ireland Medal with O'Neil, Justice Service Higgins awarded the 2008 Ireland Medal. Photo: Peter Hugh O'Neil, Dublin Fire Brigade and Third District (DFB) Officer, Dublin Fire Brigade. Photo by James Carter.

FIRECALL 11

Ireland Medal Citations

The Ireland Medal is awarded annually *‘to an Irish person or organisation or to a person of Irish descent in recognition of an exceptional contribution to saving lives from drowning’*. The following are the citations accompanying the awarding of the first nine Ireland Medals.

2003: An Garda Síochána

An Garda Síochána (Ireland's Police Force) was founded in 1922. Few historical records relating to swimming rescues by serving officers exist for the majority of the 20th century. It appears to have been taken for granted by government and public that police officers could be called upon to rescue persons from drowning, as part of their normal duties, and therefore swimming and rescue instruction was part of the recruit training programme.

Late 20th century research has established that, despite the existence of numerous water rescue organizations, members of An Garda Síochána are often first responders to drowning incidents. Recent research shows that approximately 20 police officers enter deep water annually and make swimming rescues, often in extremely difficult circumstances (Photo 3). The majority of those rescued had deliberately entered the water, are young males, and have been drinking beforehand. Gardai usually work in teams and swim in full uniform often displaying great courage and commitment.

Photo 3: Presentation of the inaugural (2003) Ireland Medal to An Garda Síochána by Ireland's Prime Minister Bertie Ahearne.



2004: Admiral Frank Golden MD, PhD

Frank Golden was born and educated in Cork City, Ireland, receiving his medical doctorate from the National University of Ireland (University College Cork) in 1960 (Photo 4). He joined the Royal Navy as a medical officer in the early 1960s, retiring in 1993 with the rank of Rear Admiral. During his naval career he directed the Royal Navy's survival medical research department and was a consultant advisor to the Royal Navy in applied physiology. Always willing to include himself in his ongoing experimental work (once voluntarily spending a week adrift in a life raft on the open sea) he received a PhD in 1979 from the University of Leeds for his work on the early rewarming of hypothermic casualties. He now acts as a consultant advisor in human and applied physiology at the University of Portsmouth and is a trustee of the Royal National Lifeboat Institute (RNLI) and chairman of its Medical and Survival Committee. Over the years he has written many articles on hypothermia and survival in water, most recently authoring the book *Essentials of Sea Survival* (2002) in conjunction with his University of Portsmouth colleague Professor Michael Tipton. He is the recipient of an Order of the British Empire (OBE), for his work on sea survival; the Gilbert Blane Medal (from the Royal College of Surgeons) for his research into post-immersion death and the Stewart Memorial Prize (from the Royal Aeronautical Society) for his work on the rescue and aftercare of immersion victims.

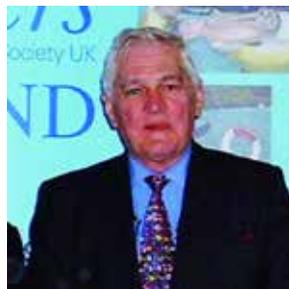


Photo 4: (Left to right) Admiral Frank Golden (2004 medal), John Connolly (Lifesaving Foundation), and Major General John Pearn (2005 medal).



2005: Professor John Pearn MD, PhD

John Pearn is Professor of Pediatrics and Child Health and Deputy Head in the School of Medicine at the University of Queensland, based in the Royal Children's Hospital, Brisbane. A former Surgeon General of the Australian Defense Force, he commanded the Health Service Branches of the Royal Australian Navy, Air Force and the Army from 1997 to 2000. During his military career he saw operational service in Papua New Guinea, in the Vietnam War and in post-genocide Rwanda. Most recently he served as a pediatrician and tropical medicine physician in post-sunami Sumatra. He served as National Director of Training for St. John Ambulance Australia from 1989 to 1999 during which time he was Editor – in – Chief of the training manual *Australian First Aid*.



His lifesaving activities go back to the early 1970s. In 1974 he instituted the Brisbane Drowning Study in a groundbreaking attempt to address the serious problem of toddler drownings in Australia. In addition to studying this problem he actively worked for the introduction of safety legislation for home swimming pools. He has published over 50 articles and book chapters on drowning related topics in international medical and resuscitation literature. He was appointed a Technical Lecturer and Examiner with Royal Lifesaving Australia in 1976. More recently he served on the World Task Force on the Prevention of Drowning for the Amsterdam Drowning Congress and is a member of International Life Saving Federation's Medical Commission and is chairman of its Ethics Commission.

2006: Garda Commissioner Eamonn Doherty

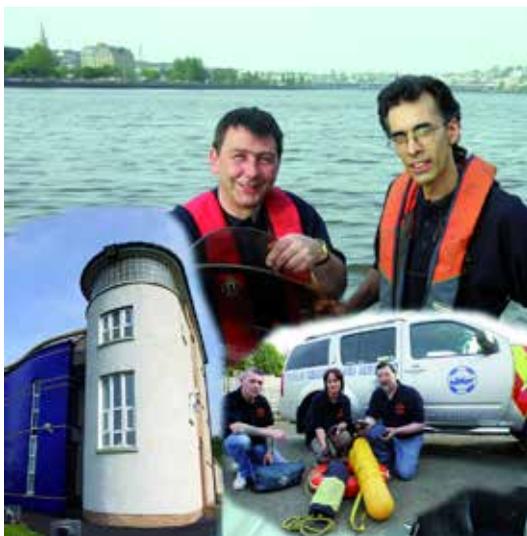
Eamonn Doherty is a native of Buncrana, Co. Donegal. He joined An Garda Síochána in 1943 rising through the ranks to the position of Garda Commissioner (chief of Ireland's police force) in 1987. On his retirement from the Gardaí Eamonn represented Ireland on a European anti-drugs task force for a period of six years. He has also chaired an independent arbitration panel overseeing the drinks industry's code of practice, adjudicating on complaints from the public.



In addition to his many public duties he is patron of The Irish Amateur Boxing Association. Eamonn's first introduction to lifesaving was during his time as President of the Garda Training College when he introduced lifesaving to the curriculum of all Garda trainees. He was appointed chairperson of the Royal Life Saving Society Ireland Region (overseeing the activities of the RLSS Republic of Ireland and Northern Ireland Branches) in the early 1980's, while Assistant Garda Commissioner, and continued in this role on his promotion to Deputy Commissioner and Commissioner until the RLSS was restructured in the early 1990's. Serving police officers perform over 20 swimming rescues annually saving many lives. He chairs the Irish Marine Gallantry and Meritorious Service Award body. In Irish rescue circles Eamonn is best known for his chairing of The Doherty Commission which studied Ireland's Air Sea Rescue Service, producing the Doherty Report which led to the transfer of this rescue service from the Irish Air Corp to The Irish Coast Guard. A consequence of this was the stationing of a rescue helicopters at a number of regional airports in place of the previously Dublin centralized rescue service.

2007: Foyle Search and Rescue

Foyle Search and Rescue (FSR) was founded in 1993 in response to the large number of persons successfully completing suicide by drowning in the River Foyle, Co. Londonderry, Northern Ireland. Since then FSR has helped more than 1000 persons in distress in or near the river. Working with a team of about 40 key volunteers FSR provides 24 hour / 7 day pager response coverage of the River Foyle, River Faughan and waterways around Strabane. Shore Patrols patrol the river walkways and the two bridges over the Foyle between 9pm and 3am, with a fully crewed rescue boat on the river, on Thursday, Friday and Saturday nights. The service has its own permanent base in Prehen and is considering buying a small hovercraft to provide fast easy access to places difficult to reach with their rescue boat.



A History of The Lifesaving Foundation's Ireland Medal & Its Recipients

The Londonderry Sentinel reported in July 2007; *“Foyle Search and Rescue emergency response team volunteers have been called out 25 times since the beginning of the year and unfortunately, have recovered three bodies in the space of the last three months. They have rescued six people from the river who would otherwise have drowned, and assisted in taking a further six people back to safety from the water’s edge. They have also rescued a boat with four people on board, which was stranded on rocks off Culmore Point. They have attended a further nine incidents which thankfully did not need any further assistance.*

Photo 5: Members of Foyle Search and Rescue accepting the 2007 Ireland Medal from Mayor of Waterford City, Counc. Mary O’Halloran.



2008: Chief Justice Terence Higgins AO

The Honorable Terence Higgins AO has been President of the Royal Life Saving Society Australia ACT Branch since 1993, has served as National President of RLSSA (1997 – 2003), after which he served as RLSSA’s International Development Liaison Officer until beginning his second term as national President in 2009. He has been Legal Advisor to RLSSA since 1993.

During his first term as National President of the Royal Life Saving Society Australia he presided over a time of unprecedented growth of revenue, which increased by over 500%, and saw close to one million Australians taking part in RLSSA courses annually. He oversaw the development of national sponsorship and fundraising programmes and implemented significant changes to



the governance structures of RLSSA which ensured that RLSSA was a driving force in the development and implementation of the Australian Water Safety Plan 1998 – 2003. In 2003 he was elected as the International Life Saving (ILS) Asia Pacific Regional Development Coordinator and interim chair of the ILS Development Aid Commission (2003 – 2004). His mother's great grandfather, Patrick Casey of Co. Westmeath, was transported to Hobart Town for stealing a sack of grain. His father's great grandfather, John Hussey Higgins, immigrated to Victoria from Dublin.

2009: Dublin Fire Brigade



In addition to providing a 365 day fire, rescue and ambulance service Dublin Fire Brigade also has water rescue units based at three locations throughout Dublin City. Rescue boats are moored on the River Liffey close to Tara Street Fire Station and all front line fire engines carry two dry suits for use in water rescue situations. The Brigade has 70 fully trained rescue boat crew, 300 Swift Water Rescue Technicians and over 1000 Swift Water First Responders. All are volunteers and do not receive extra salary for holding water rescue qualifications.

Dublin Fire Brigade responds to approximately 145,000 emergency calls annually. The crews responding to call-outs are fully trained to deal with a fire, ambulance and water rescue situations. In the 10 years since the water rescue units were established fire fighters in Dublin have attended to over 2000 water related incidents and over 1000 persons have been rescued from drowning.

2010: Patricia Wilcox

Mrs. Patricia Wilcox's introduction to saving lives began in 1966 with her being awarded First Aid and General Nursing Certificates by the South African Red Cross Society. She qualified as a Swimming Teacher in 1975, as a Lifesaving Instructor in 1989 and as a Senior Lifesaving Examiner in 1990. Following her appointment as an examiner she began working in Soweto as a volunteer teacher and examiner. In her



own words: "things were quite volatile in Soweto then and travel was not always easy, no road signs, they had been removed to confuse the security forces. General lighting was provided by high security lights, no regular street lights. One of the lifeguards would meet us outside of the hospital and travel with us to the pool. This first visit was quite an eye opener for me as I had never been to a 'township' before. Europeans were still discouraged from going in although permits were no longer needed. I encountered shock and fear for my safety by most people who became aware of what I was doing."

Over time she became aware that there were full and part-time job opportunities for qualified lifeguards in Johannesburg and she began to focus more and more of her swimming and lifesaving training towards achieving this goal for her 'youngsters'. In 1997 she retired early from school teaching to concentrate on her lifesaving work. Since 1990 she has trained hundreds of young unemployed swimmers as lifeguards thereby giving them a job and a position of status, as lifeguards are considered valuable members of the South African community.

In addition to her work in Soweto Patricia has served as Lifesaving South Africa's Director of Education and Training and as a member of the Management Board. In these roles she worked on the publication of a new Stillwater Nipper Handbook, new Lifesaving Manual and new Water Safety Booklet. She is a member of the South African Qualifications Authority in the fields of sport, recreation and fitness. For these and her other voluntary work Patricia Wilcox has been awarded the 2010 Ireland Medal.

2011: Professor Linda Quan MD

Professor Linda Quan is a pediatric emergency medicine physician at Seattle Children's Hospital and Regional Medical Center and a professor in the University of Washington's Department of Pediatrics (Center for Child Health, Behavior and Development). She has been involved in research and the development of guidelines at a national and international level in pediatric resuscitation, emergency medical services and drowning. She has spent a large part of her career conducting research into of drowning, drowning prevention, and pediatric resuscitation for which she has received many awards. She combines research, outreach and advocacy to stop drowning and is a recognized world leader in drowning prevention, with a special emphasis on open water such as lakes and rivers.



Photo 6: Presentation of the 2011 Ireland Medal (left to right)
Mr. John Connolly, Professor Linda Quan,
Professor John Pearn and Mr. Brendan Donohoe.



2012: Mr. John Connolly

John Connolly is a retired Primary School Head Teacher and Honorary Chief Executive Officer of the Lifesaving Foundation. Using his position as the local teachers' union representative he established Waterford Schools Swimming Association (WSSA) in 1977 to organise and promote swimming instruction in schools. He served as chairperson for 15 years during which time the number of schools providing swimming as part of their curriculum rose from 1 to 31. The association was terminated when swimming became part of the national school curriculum.



As a member of The Royal Life Saving Society in Ireland (RLSS IRELAND) he established a voluntary week-end beach lifeguard service at Dunmore East, Co. Waterford in 1979 which became a full-time council lifeguard service in 1988 to obtain a Blue Flag. He founded Bonmahon Lifeguard Club in 1984 to provide a voluntary weekend lifeguard service on a surf beach in Co. Waterford. The service became full-time in 1990 when an in-shore lifeboat service was also added. Over 200 persons have been rescued from drowning by club lifeguards. He retired from the club in 1992.

He was elected to the RLSS IRELAND Branch Management Committee in 1976 serving in a number of roles including Branch President (2 terms) and Branch Secretary (5 terms), retiring from the committee in 2005 on his appointment as his schools head teacher.

In 1999 he established the RLSS IRELAND Overseas Aid Subcommittee as a millennium project to provide financial and technical aid to lifesavers in developing countries. Irish lifesavers travelled to Kenya and Lesotho training lifesavers. He travelled to Lesotho twice during which successfully helped to set up a national lifesaving organisation, The Royal Lesotho Lifesaving Association. The Overseas Aid Sub-committee was converted into the Irish Lifesaving Foundation and incorporated as a charity in 2003. In 2010 it was reorganised and re-incorporated as The Lifesaving Foundation.

2013: Professor Stephen Langendorfer, PhD.

Dr. Stephen J. Langendorfer, Ph.D. is Director of the School of Human Movement, Sport, and Leisure Studies and Professor, Exercise Science (formerly Kinesiology), at Bowling Green State University, Ohio, USA. Professor Langendorfer is a recognised authority in the areas of aquatics and lifespan motor development.

He is the author of numerous scholarly publications in motor development, developmental aquatics and measurement and

evaluation, including co-authoring Aquatic Readiness:

Developing Water Competence in Young Children (1995), Human Kinetics. He has presented several hundred scholarly papers at international, national, regional, and local venues. Since 1987 he has served as a volunteer consultant to the American Red Cross [Infant and Preschool Aquatic Program (1988), Swimming and Diving (1992) and Water Safety Instructor (1992)] for which he was awarded the Golden Whale Award from the Commodore Longfellow Society and Lifesaving Hall of Fame.

He was selected as the founding editor for the International Journal in Aquatic Research and Education (IJARE), a peer-reviewed scholarly publication focusing on dissemination of non-competitive aquatic research from around the world. He was the first head lifeguard for the City of Ithaca's Cass Park Pool while coaching for Roy Staley's Ithaca Aquatics and then served as the first aquatic instructor and swim coach for the Lansing (N.Y.) Central Schools from 1974-1977.

Stephen's great grandfather Patrick McNally was born in Co. Mayo in 1843. His great grandmother Mary Cunningham was born in Ireland in 1849. Patrick and Mary married in the USA in 1870. One of their daughters Katherine Teresa McNally married Stephen's grandfather John Francis Langendorfer.



Summary

The Ireland Medal is accepted as a prestigious lifesaving award by the world lifesaving community. This is primarily due to the achievements of medal recipients who, in accepting the award, have donated some of their personal prestige to it. Although nominations primarily come from members of the Lifesaving Foundation any person may nominate a candidate for the medal by contacting the Foundation (info@lifesavingfoundation.ie). In addition to generating valuable publicity an unexpected major consequence of the introduction of the medal has been the growth of an annual technical conference based in Ireland.

References

Connolly, J. (2012). A Historical Overview of the Lifesaving Foundation's First Decade. In: Avramidis, S. (Ed). *International Aquatic History Symposium and Film Festival*, Ft Lauderdale, USA: International Swimming Hall of Fame.

Connolly, J. (n.d.). Private notes from RLSS IRELAND minute books taken in preparation for 1904-2004 centenary year ceremonies. Unpublished paper.

Pearsall, R. (1991). *Lifesaving: the story of The Royal Life Saving Society: the first 100 years*. David & Charles, Newton Abbot, UK.

Royal Life Saving Society Commonwealth (2012). Official website. Retrieved on 09/01/2012 from www.rlsscommonwealth.com

Royal Life Saving Society Ireland (2004). Annual Report. Retrieved on 09/01/2012 from www.rlssireland.com.

Royal Life Saving Society Ireland (2012). Official website. Retrieved on 09/01/2012 from www.rlssireland.com

Royal Life Saving Society UK (2012). Official website. Retrieved on 09/01/2012 from www.lifesavers.org.uk

Sri Lanka Women's Swimming Project (2012). Official website. Retrieved on 09/01/2012 from www.icanswimcanyou.com.

Ireland Medal Website: www.lifesavingfoundation.ie/irelandmedal/



Companies Registration Office Number: CRO 368309

Irish Revenue Commissioners Charity Number: CHY 15102

Directors: Mr John Connolly (Secretary); Mr Brendan Donohoe; Mr Robert Cadman

Registered Office: 11 Iveragh Close, Lismore Lawn, Waterford City, Ireland.

Auditor: Mr Barry Kennedy, Park Chambers, 96 Lower Yellow Road, Waterford City, Ireland.

Solicitor: Mr. Gerard O'Herlihy, Nolan Farrell & Goff, Newtown, Waterford City.

Bankers: Bank of Ireland, Lisduggan, Waterford City

Sort Code: 90-62-16 :: Account: 18573923