



# THE LIFESAVING FOUNDATION



## JOHN LONG

### IRELAND MEDAL ANNOUNCEMENT

The Lifesaving Foundation is pleased to announce the presentation of a special Honorary Ireland Medal to retired Royal Life Saving Society Commonwealth Secretary John Long in recognition of his long exceptional and truly worldwide contribution to saving lives from drowning. John has been a member of the Royal Life Saving Society, United Kingdom Branch, since 1957 and has lifesaving experience from local club level to international level through his work with the Commonwealth RLSS and also the International Life Saving Federation.



John was a retired Senior Police Officer before being appointed RLSS Commonwealth Secretary. The Ireland Medal and



Parchment will be presented to him in June 2015 by Ireland's Police Commissioner Nóirín O'Sullivan at a special ceremony in the Garda College.



#### POLICE EXPERIENCE

Between 1957 and 1991 John was a police officer initially in the Suffolk Constabulary and later in the Warwickshire Constabulary, rising to the rank of Chief Superintendent. He served in the Criminal Investigation Department and uniform branches in Suffolk and duties performed included Head of the Force Accident Prevention Department. Upon transfer to Warwickshire Constabulary, in 1979, he was appointed Superintendent in charge of Communications and later as the Force's Head of Research and Development and as a Sub Divisional Commander.



John spent one year in Uganda as a member of a team of Foreign and Commonwealth Office Police Advisers and worked for the British Government with Police Forces in Canada, the USA and Germany. He worked for a short period with the police service in Sweden and also in Colombia assisting with the anti-drugs war. He was twice seconded to the Home Office. Firstly, between 1977 and 79, in the rank of Superintendent, as a member of the Police Research Services Unit and secondly, between 1987 and 1991, as a Chief Superintendent, to the Police National Computer 2 Project with the last part at rank of Acting Assistant Chief Constable. He is the holder of the Police Good Conduct and Long Service Medals.

#### LIFESAVING EXPERIENCE

John Long has been a member of the Royal Life Saving Society United Kingdom National Branch since 1957 and has held posts as Trainer/Assessor, Treasurer, Secretary and Chairman in two different UK Branches. During 34 years of police service he was responsible for the police lifesaving teams in both Suffolk and

Warwickshire. He has been President of the Warwick Life Saving Club since its formation in 1982 and was Chairman of the RLSS UK West Midlands Region between 2001 and 2011. In 2013 John was appointed President of The RLSS UK Warwickshire Branch.



*John and his wife Pat as guests at a RLSS Commonwealth function in Canada*

In 1992 he was appointed Interim Commonwealth Secretary of the RLSS, a post confirmed in 1993 until his retirement in 2010. He held the position of the RLSS Observer on the Board of the International Life

Saving Federation (ILS) from 1994 until 2005 and was Secretary to the ILS Development Commission between 1992 and 2005. In 1983-84, whilst on police secondment for the British government, he re-started lifesaving activities and reformed the RLSS Uganda Branch following its disbandment during the 10 years of the Idi Amin regime.

Since 2008 he has been Patron of the Rashtriya Life Saving Society of India having been one of the prime movers in the establishment of the organisation in 1999.



#### HONOURS

John is the holder of the Albert Schweitzer Silver Medal of Merit for humanitarian service, the RLSS UK Service Cross, the RLSS British Columbia & Yukon Branch Gold Benefactors Medal, the RLSS Alberta & North West Territories Silver Benefactor Medal, the RLSS UK Honorary Life Governor honour, the RLSS Canada Centenary Medal and in 2000 was appointed to the position of RLSS Commonwealth Vice-President. In 2002 he was awarded RLSS UK's Medal of Distinction and in 2004 was awarded HRH Prince Michael of Kent's Certificate of Merit for outstanding service to lifesaving. In 2004 John was made a Knight in the Order of Lifesaving by the International Life Saving Federation, at their meeting in Egypt, for his service to lifesaving worldwide. In 2008 he received the RLSS UK Long Service Medal in recognition of his 50 years of service to the Society. In 2010 he was awarded by the Hong Kong Life Saving Society with its highest honour "the Order of the Dolphin" for "outstanding international service to lifesaving in general and Hong Kong Lifesaving Society in particular".



On 12th April 2012 John received the King Edward VII Cup from HM Queen Elizabeth II during a private audience at Windsor Castle. The Cup, awarded once every five years, is the highest honour the Royal Life Saving Society can bestow on any of its members, in over 40 countries worldwide. The citation accompanying the cup simply read "for exceptional service to the RLSS over some 50 years".



#### THE LIFESAVING FOUNDATION

The Lifesaving Foundation is an international charity devoted to saving lives from drowning. Founded and based in Ireland since 2004 it supports a number of drowning prevention projects in Lesotho, Sri Lanka, South Africa, Liberia and organises conferences regularly devoted to promoting research into drowning prevention and rescue. Its website can be accessed at [www.lifesavingfoundation.ie](http://www.lifesavingfoundation.ie) and can be contacted at [info@lifesavingfoundation.ie](mailto:info@lifesavingfoundation.ie)