



## THE IRELAND AWARDS

### THE IRELAND MEDAL CEREMONY

Dooley's Hotel, The Quay, Waterford City  
Monday, 24th February, 2020  
Commencing at 7.30 p.m.

**AWARDED** in recognition of a long, exceptional  
contribution to saving lives from drowning.

***"Promoting and supporting evidence based drowning prevention and rescue research"***

The Lifesaving Foundation CLG is a not-for-profit company limited by guarantee,  
registered as a charity in Ireland.

Company Number: 368309 | Revenue Charity Number: CHY 15105

Charity Regulatory Authority Number: 20051211

E-mail: [info@thefoundation.ie](mailto:info@thefoundation.ie) / Web: [www.thefoundation.ie](http://www.thefoundation.ie)

## THE IRELAND MEDAL

The Ireland Medal was introduced in 2003 to mark the incorporation of what had been The Royal Life Saving Society Ireland Branch's Overseas Aid Project as a new independent not-for-profit charity known today as The Lifesaving Foundation CLG. The medal is awarded annually to an Irish person, a person of proven Irish descent or an Irish organisation. The award criteria requires a 'long exceptional contribution to saving lives from drowning'. Every third year the medal is awarded to a person, without proven Irish ancestry, who has made a significant contribution to the saving of lives from drowning. On such occasions the medal is referred to as the International Irish Medal. Usually one medal is awarded annually but this is at the discretion of the Foundation.



The first medal was awarded to Ireland's police force, An Garda Síochána, in recognition of the thousands of swimming rescues carried out by its officers since 1922. The medal was presented to then Commissioner Noel Conroy by Ireland's Taoiseach (Prime Minister) Bertie Ahern.



In 2016 a revised second version of the medal was introduced sponsored by the Hogan family in memory of their grandfather James Hogan, and his brothers Thomas and John, who between them saved over 50 persons from drowning in the River Barrow as it flows through New Ross, Co. Wexford, in the first quarter of the 20th century.



*The Hogan family at new Ross Regatta 1899*

The medal has no intrinsic value itself but today it is recognised as one of the world's major lifesaving awards thanks to the exceptionally high quality of its recipients.

John Connolly  
Honorary Secretary

## 2003 - 2006

2003

### An Garda Síochána (IRELAND)



An Garda Síochána (Ireland's Police Force) was founded in 1922. It appears to have been taken for granted by government and the 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 members of An Garda Síochána are often first responders to drowning incidents. Approximately 20 officers enter deep water annually to make swimming rescues, often in extremely difficult circumstances. The majority of those rescued had deliberately entered the water, are young males, and have been drinking beforehand. Gardai usually work in teams, swim in uniform, often displaying great courage and commitment to saving a life. It is estimated that around 2000 persons have been rescued since 1922.

2004

### Frank Golden (UK & IRELAND)



Surgeon Admiral Frank Golden OBE MD PhD was born and educated in Cork City, Ireland, receiving his medical doctorate from the National University of Ireland (UCC) in 1960. He joined the Royal Navy as a medical officer retiring in 1993 with the rank of Rear Admiral. He received a PhD in 1979 from the University of Leeds for his work on the early rewarming of hypothermic casualties. During his naval career he directed the Royal Navy's survival medical research department. He was a consultant advisor in human and applied physiology at the University of Portsmouth and the Royal National Lifeboat Institute (RNLI) being chairman of its Medical and Survival Committee. He wrote 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. Frank Golden died on 5th January 2014.

2005

### John Pearn (AUSTRALIA)



Major General Professor John Pearn AO GCStJ RFD MD PhD FRACP is Professor of Paediatrics at the University of Queensland, based in the Rosc Children's Hospital, Brisbane. A former Surgeon General of the Australian Defence 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, in post-genocide Rwanda and in post-tsunami Sumatra. He served as National Director of Training for St. John Ambulance Australia from 1989 to 1999 and was Editor – in – Chief of the manual *Australian First Aid*. In 1974 he instituted the Brisbane Drowning Study to address the serious problem of toddler drownings in Australia. He has published numerous articles and book chapters on drowning related topics in international medical literature. He is a member of the ILS Medical Commission.

2006

### Eamonn Doherty (IRELAND)



Eamonn Doherty joined An Garda Síochána in 1943 rising through the ranks to the position of Garda Commissioner. In retirement he represented Ireland on a European anti-drugs task force and chaired an independent arbitration panel overseeing the drinks industry's code of practice and was patron of The Irish Athletic Boxing Association. As President of the Garda Training College he introduced lifesaving into the curriculum of all Garda trainees. He was appointed chairperson of the Royal Life Saving Society's Ireland Region (overseeing the activities of the RLSS Republic of Ireland and Northern Ireland Branches) in the early 1980's and continued in this role until the early 1990's. He chaired the Irish Marine Gallantry and Meritorious Service Award body. Eamonn chaired 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 and the stationing of rescue helicopters at a number of regional airports in place of the previously Dublin centralised rescue service.

## 2007 - 2010

**2007**

### **Foyle Search & Rescue (NORTHERN IRELAND)**



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. Between 1993 – 2006 FSR helped more than 1000 persons in distress in or near the river. Working with about 40 key volunteers FSR provides 24 hour / 7 day pager response coverage of the River Foyle, River Faughan and waterways around Strabane. Members patrol the river walkways and 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 Londonderry Sentinel reported in July 2007; "Foyle Search and Rescue emergency response team volunteers have been called out 25 times in 2007 and have recovered three bodies, rescued six people from the river, assisted in taking a further six people back to safety from the water's edge and rescued four people on board a boat. They have attended a further nine incidents which did not need any further assistance."

**2008**

### **Terence Higgins (AUSTRALIA)**



The Honourable Terence Higgins AO QC was appointed Chief Justice of the Supreme Court of the Australian Capital Territory in 2003. He has been President of the Royal Life Saving 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. 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 with 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 Co-ordinator and interim chair of the ILS Development Aid Commission (2003 – 2004).

**2009**

### **Dublin Fire Brigade (IRELAND)**



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 over 2000 water related incidents and over 1000 persons have been rescued from drowning.

**2010**

### **Patricia Wilcox (SOUTH AFRICA)**



Mrs. Patricia Wilcox's qualified as a Swimming Teacher in 1975, Lifesaving Instructor in 1989 and Lifesaving Examiner in 1990. Shortly afterwards she began working in Soweto as a volunteer teacher and examiner. "Things were quite volatile in Soweto. Travel was not easy. Road signs had been removed and general lighting was by high security lights. A lifeguard would meet us at the hospital and take 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. I encountered shock and fear for my safety by most people who became aware of what I was doing." She became aware that there were full and part-time jobs for qualified lifeguards in Johannesburg and began focusing more of her training towards achieving this goal for her 'youngsters'. 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.





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## 2011 - 2014

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**2011**

### **Linda Quan (UNITED STATES OF AMERICA)**



Linda Quan is a paediatric emergency medicine physician at Seattle Children's Hospital and Regional Medical Center and a professor in the University of Washington's Department of Paediatrics (Center for Child Health, Behaviour and Development). Dr. Quan has been involved in research and guidelines at a national and international level in paediatric resuscitation, emergency medical services and drowning. She was chief of emergency services at Seattle Children's Hospital for more than two decades. Dr. Quan is board certified by the American Board of Pediatrics in emergency medicine. She has served on many committees for the American Academy of Pediatrics, American Heart Association, Emergency Medical Services for Children (EMS-C), CDC Injury Prevention, and recently for the American Red Cross. She has spent a large part of her career on researching drowning, drowning prevention, and paediatric resuscitation for which she has received many awards.

**2012**

### **John Connolly (IRELAND)**



John Connolly is a retired Primary School Principal Teacher. He joined the RLSS in 1973 and founded Waterford Lifeguard Club to provide RLSS lifesaving and lifeguard training. The club ceased operating in 2005 by which time over 10,000 adults and children had been taught to swim and over 1000 senior lifesaving awards received. Using his position as the local teachers' trade union representative he organised swimming instruction in schools. He established beach lifeguard services at Dunmore East and Bonmahon, Co. Waterford. 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). In 2003 he founded the Irish Lifesaving Foundation charity. He has regularly contributed to conferences presenting papers at various World Drowning Prevention Conferences. In 2009 he organised the first Lifesaving Foundation Drowning Prevention Conference which has continued since then. He has authored a number of drowning prevention documents.

**2013**

### **Stephen Langendorfer (UNITED STATES OF AMERICA)**



Professor Stephen J. Langendorfer, Ph.D. is Director of the School of Human Movement, Sport, and Leisure Studies and Exercise Science at Bowling Green State University, Ohio, USA. He is a recognized 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). He has presented several hundred scholarly papers at international and national events. Since 1987 he has served as a volunteer water safety consultant to the American Red Cross for which he was awarded the Golden Whale Award from the Commodore Longfellow Society and Lifesaving Hall of Fame. He is the founding editor of the International Journal in Aquatic Research and Education (IJARE), a peer-reviewed scholarly publication. 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.

**2014**

### **Kevin Moran (NEW ZEALAND & UK)**



Dr Kevin Moran ONZM PhD has displayed long outstanding leadership and dedication to water safety and lifesaving involving his membership of International Life Saving's Research and Information Committee; Co-chairing the International Task Force on Open Water Drowning Prevention; he was a founding member of the New Zealand Drowning Prevention Council and WaterSafe Auckland, which he chaired for a number of years. He has been a frontline surf lifeguard for almost 50 years. Currently he is a Principal Lecturer in Health and Physical Education in the School of Curriculum and Pedagogy at the Faculty of Education, University of Auckland. His doctoral thesis is titled Re-thinking drowning risk: the role of water safety knowledge, attitudes and behaviours in the aquatic recreation of New Zealand youth. Recent publications include studies on toddler parent perceptions of CPR and drowning prevention, parental supervision of children at beaches, lifeguard CPR knowledge and beliefs, rock fisher water safety, defining swimming ability in the context of drowning prevention, and high risk behaviours among youth around water.

## 2015 - 2017

**2015**

### **John Long (UNITED KINGDOM) International Medal**



Chief Superintendent (Rtd) John Long has lifesaving experience from local club level to international level. Between 1957 and 1991 he was a police officer rising to the rank of Chief Superintendent. He held RLSS posts as Trainer/Assessor, Treasurer, Secretary and Chairman in two different UK Branches. 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. He was Commonwealth Secretary of the RLSS between 1992 – 2010; an Observer on the Board of the International Life Saving Federation (ILS) from 1994 until 2005; and Secretary to the ILS Development Commission between 1992 and 2005. 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. On 12th April 2012 John received the King Edward VII Cup from HM Queen Elizabeth II during a private audience at Windsor Castle.

**2016**

### **Brendan Donohoe (IRELAND) Individual Medal**



Brendan Donohoe has been awarded the 2016 Individual Ireland Medal in recognition of 50 years of continuous exceptional service to saving lives from drowning as a lifeguard, a lifesaving teacher, a lifeguard trainer/assessor and as a lifesaving administrator. Joining the RLSS in the 1960's Brendan served on the Ireland Branch executive as Branch Membership Secretary, Branch Technical Officer, Branch Chief Examiner, four terms as Branch President, and be elected to the RLSS UK National Executive Board representing the Republic of Ireland and Northern Ireland Branches as Ireland Region member. On 20th June 2016 his RLSS Monkstown Lifesaving Club celebrated its 40th birthday. Brendan can usually be found on Thursday nights in the Blue Pool Monkstown teaching lifesaving or training lifeguards. He was a founding member of the Irish Lifesaving Foundation and from 2010 has been Chairperson of the restructured Lifesaving Foundation. In this role he has supported the provision of financial and technical aid to lifesaving groups in developing countries visiting Africa twice.

**2016**

### **The Naval Service (IRELAND)**



The 2016 Ireland Medal was awarded to The Irish Naval Service in recognition of its permanent role as on-scene coordinator in deep sea Search and Rescue (SAR) lifesaving operations and its recent humanitarian rescuer role in the Mediterranean Sea. The Irish Government decided to send naval ships to the Mediterranean as part of the European Union refugee response. In May 2015 LÉ Eithne entered the Mediterranean and took up station off the coast of North Africa where over 8 weeks they saved 3,376 migrants. The LÉ Niamh replaced LÉ Eithne in July 2015 on a three month mission rescuing more than 4,100 people. In October 2015 LÉ Samuel Beckett replaced LÉ Eithne and by the end of 2015 over 8,000 migrants had been rescued from drowning by Irish Naval Service ships. LÉ Róisín was deployed to the Mediterranean on 01 May 2016 and rescue a total of 1,264 people. LÉ James Joyce, replaced LÉ Róisín in July with LÉ Samuel Beckett taking over at the end of September. By October 2016 over 10,000 persons had been rescued from drowning in the Mediterranean.

**2017**

### **Shayne Baker (AUSTRALIA)**



Dr. Shayne Baker OAM was awarded the 2017 medal 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. In his Queensland City of Toowoomba Shayne is the leader of a team of dedicated aquatic professionals facilitating an annual summer lifesaving programme for older children. For 20 years he worked as a volunteer lifeguard initially with Neptune RLSC and currently as a member of Miami Surf Life Saving Club on Australia's Gold Coast. Shayne was awarded the Order of Australia Medal for services to lifesaving in 2012. He was Toowoomba Regional Council Australia Day Citizen of the Year 2017.



## **IRELAND MEDAL CEREMONY**

**Monday, 24th February, 2020**

**Dooley's Hotel, The Quay, Waterford.**

### **PROGRAMME**

7.00 p.m.	Photographs	
7.30 p.m.	Welcome & Safety Messages Introduction of Guests Present	Vincent Flynn Chairperson, Lifesaving Foundation
7.45 p.m.	Presentation of cheque to The Foundation	Matt Givens, President, Garda Síochána Retired Members' Association
7.50 p.m.	"Post Traumatic Stress Disorder and Police Officers"	Lee Howard Manchester Constabulary
8.05 p.m.	"The Ireland Medal"	John Connolly Secretary, Lifesaving Foundation
8.20 p.m.	"The Hogan Brothers"	John Walsh Grandson of Jimmy Hogan
8.30 p.m.	Address by Commodore Malone	Commodore Michael Malone, Flag Officer, Irish Naval Service
	Reading of the Medal Citation	Vincent Flynn
	Presentation of Ireland Medal and Waterford Crystal	Commodore Malone
	Messages of Congratulations from former Ireland Medal recipients	Brendan Donohoe Ireland Medal recipient (2016)
9.00 p.m.	Address by Ireland Medal Recipient	Prof. Michael Tipton, MBE
9.25 p.m.	Close of Ceremony	Vincent Flynn

### **TUESDAY MORNING, 25th February, 2020 at 10.00 a.m.**

Professor Tipton will deliver a lecture to an invited audience in Waterford Institute of Technology's Luke Wadding Library on the physiology of drowning. The lecture is titled  
*"The cause of the cause of drowning".*



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## 2019 Ireland Medal Recipient

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### Professor Michael Tipton, MBE, PhD (United Kingdom)



Professor Michael Tipton MBE has had a long involvement in saving lives from drowning worldwide. In addition to his survival research Mike is a Trustee and Director of Surf Life Saving GB (SLSGB) and recently completed 10 years on the Royal National Lifeboat Institution's (RNLI) Medical & Survival Committee and is a member of the Council of RNLI. He provides technical input on the physiological responses associated with immersion-related deaths and the prevention, rescue, and treatment of immersion casualties. In recognition of his contribution to SLSGB, he was awarded life membership earlier this year. He was made Honorary Life Member of the International Association for Safety & Survival Training in 2004. Mike is also a member of the medical committee of the Society for Anhidrotic Ectodermal Dysplasia; a member of the Maritime Coastguard Agency's Immersion Casualty Review panel; and a co-founder of the International Drowning Researcher's Alliance.

Mike's maternal ancestor Timothy Cavanagh emigrated from Ireland to Bristol, England. He is married to Carole, they have two grown up children, Sam and Jenny.

### PROFESSIONAL CAREER

He is Associate Head (Research), Department of Sport & Exercise Science, at The University of Portsmouth. He was based at the Institute of Naval Medicine (INM) from 1983 to 2004 and was Consultant Head of the Environmental Medicine Division from 1996. He has spent 35 years working in the areas of thermoregulation, environmental and occupational physiology. He and his colleagues in the Extreme Environments Laboratory examine the physiological and psychological responses to adverse environments and the selection, preparation and protection of those who enter such environments. He provides advice to a range of universities, government departments, industries, medical, search and rescue and media organisations.

He has published over 600 scientific papers, reports, chapters in these areas as well as the books, "The Essentials of Sea Survival" (Golden & Tipton, 2002) and "The Science of Beach Lifeguarding" (Tipton & Wooler, 2016). He has been a consultant in survival and thermal medicine to the Royal Air Force and UKSport, chaired UKSport's Research Advisory Group and sits on the English Institute of Sports' Research & Ethics Advisory Board. He was Senior Editor of the journal "Extreme Physiology and Medicine" until 2016 and is currently Editor-in-Chief of The Physiological Society's journal "Experimental Physiology". He is a Fellow of both the Royal Society of Medicine and The Physiological Society. He was awarded an MBE in 2018 for his services to physiological research in extreme environments.



*Carole and Michael Tipton*

## 2018 - 2019

### 2018

#### Joost Bierens (NETHERLANDS) International Medal



Professor Joost Bierens of the Netherlands name is linked with some of the greatest contemporary achievements in world lifesaving. His first experience with water safety was working as a beach lifeguard during medical school vacations (1974 to 1980) when he became interested in aquatic emergencies and water safety. In 1996, he completed his PhD thesis: "Drowning in the Netherlands, Pathophysiology, Epidemiology and Clinical Studies". He was the coordinating editor of "The Handbook on Drowning, Prevention, Rescue and Treatment" (2006) which contained papers from 179 contributors from over 40 countries and its successor 'Drowning' (2014). He has published over 150 scientific peer-reviewed articles and chapters on lifeguarding, drowning, hypothermia and water safety. He was appointed the first Professor in Emergency Medicine in the Netherlands at the Department of Anaesthesiology of the VU University Medical Center until his term ended in 2009. Since 2015 he is the visiting professor at the Department of Emergency Medicine of the Vrije Universiteit Brussels and thesis coordinator of the European Masters in Disaster Medicine.

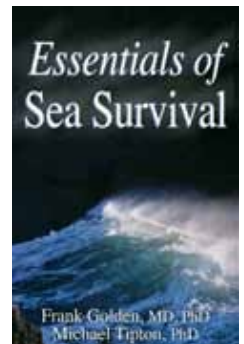
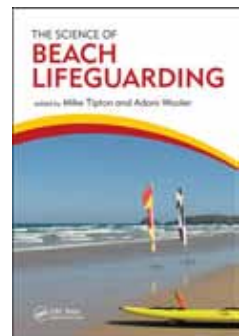
### 2019

#### Professor Michael Tipton, MBE, PhD. (UNITED KINGDOM)



Professor Michael Tipton MBE has had a long involvement in saving lives from drowning worldwide. In addition to his survival research Mike is a Trustee and Director of Surf Lifesaving GB (SLSGB) and recently completed 10 years on the Royal National Lifeboat Institution's (RNLI) Medical & Survival Committee and is a member of the Council of RNLI. He provides technical input on the physiological responses associated with immersion-related deaths and the prevention, rescue, and treatment of immersion casualties. In recognition of his contribution to SLSGB, he was awarded life membership earlier this year. He was made Honorary Life Member of the International Association for Safety & Survival Training in 2004. Mike is also a member of the medical committee of the Society for Anhidrotic Ectodermal Dysplasia; a member of the Maritime Coastguard Agency's Immersion Casualty Review panel; and a co-founder of the International Drowning Researcher's Alliance.

Mike's maternal ancestor Timothy Cavanagh emigrated from Ireland to Bristol, England. He is married to Carole, they have two grown up children, Sam and Jenny.



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## Recognition Awards

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In 2016 the Foundation Board decided to recognise the contribution made by founding member Vincent Flynn to lifesaving in general and to the Foundation in particular. An A4 size parchment was presented to Vincent at the start of the medal ceremony. In November 2018, wanting to highlight the success of foot patrols in suicide by drowning prevention, an award was made to Wexford Marine Watch who had reduced a 15 deaths a year rate in Wexford Harbour to zero over 3 years. A title was needed for the award and it was called a Recognition Award. In 2019 we presented a Recognition Award to Dr Bob Stallman who does have 25 years exceptional service to lifesaving but no Irish ancestry. The board decided to continue with the Recognition Award without it having any of the limitations associated with the Ireland Medal. It would not be an annual award and there would not be a single award limit per year. To standardise terminology we adopted the overall name Ireland Awards with two sub-divisions – The Ireland Medal and The Recognition Award.

**2016**

### Vincent Flynn (IRELAND)



Vincent Flynn came to lifesaving from the Order of Malta's Waterford Unit where he had been a volunteer member for many years with the position of Cadet Master and first aid instructor. He served as Chairperson of Waterford Lifeguard Club for some years, qualified as a Lifeguard Trainer Assessor, was a member of Bonmahon Lifeguard Club and Bonmahon Lifeboat, served on the Executive Committee of RLSS IRELAND for some years and was a founding member and one of the first Directors of the Lifesaving Foundation. He owns the company AlphaDP and has printed all Foundation documents, leaflets and brochures.

**2018**

### Wexford Marine Watch (IRELAND)



The charity Wexford Marine Watch organises suicide prevention patrols along Wexford Quays, Estuary and Harbour. Local statutory and voluntary emergency services – Wexford RNLI, Civil Defence, An Garda Síochána, the National Ambulance Service, Order of Malta Ambulance Corps, Wexford Fire Service, Irish Coast Guard and Wexford Local Authorities, – came together in 2012 to ensure a swift, co-ordinated response to someone in difficulty. Before 2012 there was an average of 15 deaths annually in the harbour and in the first four years of Wexford Marine Watch patrols nobody lost their life to suicide.

**2018**

### Colin Macdonald (SCOTLAND & LESOTHO)



Octogenarian Colin Macdonald OBE, BA, MA was first awarded a RLSS Bronze Medallion in 1951 in Scotland and more recently in Lesotho in his honorary role as President of the Royal Lesotho Lifesaving Association (RLLA). By profession he is a retired school Head Teacher, having worked as a teacher in Africa for over 50 years in Nigeria, Ghana, and Lesotho, retiring at the age of 75 years. He built 3 swimming pools in his schools mostly using student labour. He was honoured with an OBE in 2011 for his services to education in Africa. His interests are swimming, lifesaving, mountain climbing, hill walking, and messing about with vintage cars and old machinery. The award was presented in recognition of his outstanding work in building RLLA into a national organisation within Lesotho and in playing a productive role in international lifesaving.

**2019**

### Robert Stallman (NORWAY & TANZANIA)



Dr Robert (Bob) Stallman PhD is a retired Associate Professor from the Norwegian School of Sports Science's Department of Physical Performance. He has over 50 published research papers in his name as the lead or associate author. He is a member of The International 'Can You Swim?' Project team which is attempting to define 'being able to swim'. The project team published "From Swimming Skill to Water Competence: Towards a More Inclusive Drowning Prevention Future" and "Guiding Principles: Water Competence to Drowning Prevention". With his friends and colleagues Bob set out to identify the essential competencies which should be learned/taught for drowning prevention. Supporting each with research evidence. They urged that "water competence must take on a more comprehensive role in water safety education, especially related to drowning prevention". Other papers of his include "Decrement in Swimming Performance with Added Burden of Outer Clothing" and "The Effect of Waves on the Performance of Five Different Swimming Strokes" and "Can You Swim: Real and Perceived Water Competency Among Young Adults. He divides his time between Norway and Tanzania.

# DROWNING RESEARCH SAVES LIVES

Research undertaken by the Lifesaving Foundation is of a practical life saving nature. Topics currently being researched include swimmer survival in drowning situations, foot patrols as a suicide prevention measure, and foreign holiday drowning prevention



Assoc Professor Bob Stallman speaking in WIT ARENA of the survival of swimmers in drowning situations



Professor Joost Bierens MD speaking in WIT's School of Health Sciences on the history of the resuscitation of drowned persons



Back Row - Left to Right - Lt. Colr Eddie Mulligan Irish Naval Service, Mr Niall Curtin Fire Chief, Waterford Fire Service, Mr Brendan Donohoe Lifesaving Foundation Chairperson, Insp Michael Cleary (Rtd), Chief Supr John Long (Rtd) International Director of The Lifesaving Foundation, Mrs Terry Hanway Past-President RLSS Ireland, Mr John Connolly Lifesaving Foundation Secretary, Professor Willie Donnelly President of Waterford Institute of Technology, Supr Matt Cosgrave (Rtd) President, Garda Sióchána Retired Members Association,  
 Dr Suzanne Danielle Head of Department of Nursing & Health Care at Waterford Institute of Technology, Prof Joost Bierens MD, PhD, Dr Michael Bergin School of Health Sciences at Waterford Institute of Technology, Barry Kennedy Foundation auditor, Deirdre Doherty Daughter of deceased Garda Commissioner Eamonn Doherty  
 Front Row - Left to Right - Garda Lorcan Byrne, An Garda Sióchána Water Unit, Dr Staines Avranikis, Stephen Kelly Waterford Marine Search and Rescue, Garda Brian Moore, An Garda Sióchána Water Unit



## LIFESAVING FOUNDATION COLLECTION IN LUKE WADDING LIBRARY, WIT

The Lifesaving Foundation Collection is a Drowning Research Library within Waterford Institute of Technology's Luke Wadding Library. The joint aim of the Foundation and WIT is to create in Waterford a world leading drowning research library with open access to all interested persons worldwide.



Presentation of Books to The Luke Wadding Library at Waterford Institute of Technology  
Left to Right - Chief Supr John Long (Retd) International Director of The Lifesaving Foundation, Mr Brendan Donohoe Lifesaving Foundation Chairperson, Prof Joost Bierens MD, PhD Editor of The Handbook on Drowning, Professor Willie Donnelly President of Waterford Institute of Technology, Mr John Connolly Lifesaving Foundation Secretary, Mr Kieran Cronin Waterford Institute of Technology Librarian, Dr Stathis Avramidis The Hellenic Centre for Disease Control

### LIFESAVING FOUNDATION ANTHEM

The Foundation's anthem "Do Not Go Gentle", composed by Dr Martin O'Leary, can be heard on You Tube at <https://www.youtube.com/watch?v=dkcdt1xv6Pw&t=9s>. It was first performed in Ireland at the Ireland Medal ceremony in Ireland's Naval Base. In 2019 it was performed at a concert in Maynooth University's choral chapel.

## THE NEW ROSS HOGAN BROTHERS

*The Ireland Medal and Ireland Parchment are sponsored by descendants of the Hogan family from New Ross, County Wexford, in memory of brothers Dr JJ Hogan MD, Ireland's sculling champion Thomas Hogan, and extraordinary lifesaver James Hogan.*



*James Hogan outside his shop in New Ross c.1940*

**“An expert swimmer in his day, he held the unique record of rescuing thirty lives from the River Barrow.”**

*James Hogan Obituary, New Ross Standard. (1946)*

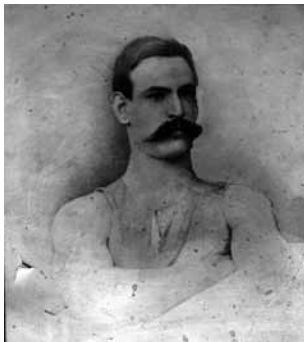
### SEPTUAGENARIAN RESCUES CHILD FROM DROWNING

*“The child, who is aged about six years, was riding a bicycle along the Quay, and when close to the edge the machine made a sudden turn and toppled over the parapet into the river, which was then in flood tide, taking the rider with it. Mr Hogan was sitting some distance away...dived into the water without taking off boots or clothes, not even his hat. He swam to where the child had disappeared, dived and brought her to the surface, and then swam with her to the quay wall and lifted her up to the people standing on the edge.” July 1940.*

### ROYAL HUMANE SOCIETY AWARD CITATION

*“An incident occurred on the occasion of the New Ross Regatta in July when a little boy fell into the river and sank. Mr. James Hogan without waiting to divest himself of either clothes or boots jumped in, dived to the bottom and rescued the boy who was in an exhausted condition and then swam 50 yards to the landing stage.”*

### THOMAS HOGAN



*“International oarsman Mr. Thomas Hogan, deceased brother of James Hogan, in his life time saved 14 people from drowning.”*

*New Ross Standard (1940)*

### FR. THOMAS HOGAN



*Fr. Tom Hogan next to his grandfather's banner.*

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# THE IRELAND MEDAL

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## Criteria & Nomination Process

1. The Ireland Medal may be awarded annually to an Irish citizen or person of Irish descent in recognition of a long (25 years plus) exceptional contribution to saving lives from drowning. Every third year the Foundation may award an International Ireland Medal to a person who does not have proven Irish ancestry. The next international year is 2021.
2. The medal may be awarded to an Irish organisation deemed – through the collective actions of its members over a substantial period – to have made a significantly exceptional contribution to water safety / rescue inside Ireland or worldwide.
3. Nominations will normally be made by Lifesaving Foundation members, Ireland Medal recipients, or national lifesaving bodies. The Secretary of The Lifesaving Foundation will receive nominations from other persons or bodies and if deemed to be of sufficient merit such nominations will be considered.
4. The first step when making a nomination is to write a covering letter to the Lifesaving Foundation Secretary outlining the achievements of the person being nominated and his or her Irish connection. This should be accompanied by copies of any available supporting documentation. The closing date for nominations is 30th September in any year. To avoid possible disappointment persons nominated should not be informed of a nomination beforehand.
5. It should be noted that the Lifesaving Foundation does not reimburse travel costs incurred by those attending a medal presentation ceremony. The Foundation may provide accommodation in Ireland for up to two persons sharing one room for a period of time sufficient to enable a recipient attend a medal ceremony.
6. If no nomination of a sufficient merit is received the committee may decide not to award a medal for that year.
7. If a number of suitable nominations are received the committee may decide to award more than one medal for that year or may decide to award a special medal mid-year.
8. Correspondence to:  
The Lifesaving Foundation,  
11 Iveragh Close,  
Lismore Lawn,  
Waterford City, X91K5XR



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## RECOGNITION AWARD

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### Nomination Process

Nomination for a Recognition Award should be made by way of a covering letter to the Secretary outlining the lifesaving achievements of the person or group being nominated. The Secretary will respond to this and take the matter further.

**The 2019  
Ireland Medal  
recipient is**



**Professor Michael Tipton, MBE, PhD, MSc, FPhysiol.**

**The United Kingdom**