

WELCOME TO OUR FIRST 2012 NEWSLETTER

This newsletter is the first opportunity the Board of Directors has had to present members and supporters with an overview and update on current projects following a complete overhaul of all Lifesaving Foundation activities begun in 2010. We hope you agree with us in that all are worthy of our ongoing support.

If you are reading a printed version of the newsletter and wish to access the electronic version go to www.lifesavingfoundation.ie. Throughout the document you will find web address links which will enable you to access further information on projects or high definition copies of images.

LIFESAVING CONFERENCES

The Foundation organised its first conference in 2009 in Dublin and has continued to do so annually since then. The 2012 conference will take place in Co. Carlow, Ireland between Thursday 27th and Saturday 29th September. Full details and a copy of the conference brochure are available on our website: www.lifesavingfoundation.ie.

A key part of Foundation conferences is the publication of a proceedings book of papers after each event. This was first done in 2010 (free download available on our website). The 2011 book is being prepared and will be published in April.

The Lifesaving Foundation



Drowning Prevention & Rescue Conference 2012

incorporating the 2011 Ireland Medal presentation ceremony

Mount Wolseley Spa & Golf Hotel,
Co. Carlow, Ireland

Thursday 27th – Saturday 29th September, 2012

Theme: "I'm Alive!"



Membership Invitation:

If you would like to join the Lifesaving Foundation or to financially support our work go to our website Home Page www.lifesavingfoundation.ie

2011 IRELAND MEDAL



The 2011 Ireland Medal has been awarded to American Dr. Linda Quan. Linda 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 Pediatrics (Center for Child Health, Behavior and Development). She has been involved in research and guidelines at a national and international level in paediatric resuscitation, emergency medical services and drowning. Full details are available on our website.



Take a look at our new look Website www.lifesavingfoundation.ie



or you may like us on Facebook

www.facebook.com/lifesavingfoundation

Lifeguard Training Project in South Africa

Since 2005 the Foundation has financially supported the training of over 500 young unemployed swimmers as professional lifeguards to meet local safety needs in Africa and Asia. The project is based in Soweto, South Africa and run by Mrs. Patricia Wilcox. This project not only gives a vocational qualification to unemployed youths and boosts tourism in developing areas but also by the training provided places trained first aiders in communities that often lack any medical services. The majority of those trained are in full-time employment as lifeguards.

The following message was received from Pat Wilcox in January 2012.

Dear John and all of the wonderful members of the Lifesaving Foundation,

Thank you all for your ongoing support. It is really appreciated.

I had a very rewarding last quarter with good candidates and they all had at least a few days work during the summer.

They got municipal seasonal contracts, worked in private resorts, at swim school functions, at Jewish summer camp and private functions.

All had requested help from the club and it was good to be able to give so many lifeguards the opportunity to work so soon after qualifying.

Hope you all had a peaceful Christmas and our best wishes for 2012

Regards and thanks from everyone.

PAT

Pat travelled to Maseru recently and during her time there expanded the Lifeguard Training Project into Lesotho. She updated and upgraded the qualifications of some of those currently working as lifeguards and worked with some new candidates.



Left to right: Mottlatsi Motebang and Hlapalimane Letlaka who were employed as pool lifeguards during the summer months.



The Tanzania Life Saving Society

The Lifesaving Foundation continues to work with the Tanzania Life Saving Society (TALISS) through Professor Bob Stallman. Previously the Foundation has financially supported water safety instruction for scouts and lifesaving training for TALISS members. Bob sent the following report from TALISS for our newsletter;

Tanzania is located in East Africa and has a population of about 40 million citizens. Tanzania borders with the Indian Ocean on the east, Kenya and Uganda on the north, Rwanda, Burundi, DRC, and Zambia on the west, Malawi and Mozambique on the south. The country has 25 regions and more than 130 districts. Twelve of the regions have borders with water bodies which include the Indian Ocean, Lake Victoria, Lake Tanganyika and Lake Nyasa. Fishing is an economic activity that a good number of people along water bodies are involved in. Transportation on water bodies by citizens living nearby is also very common though safety measures are minimal. Recently, some racing competitions using local fishing vessels have also taken place.

Aquatic games and sports in Tanzania are organized by the Tanzania Swimming Association (TSA) and Tanzania Life Savings Society (TALISS). TSA is responsible for swimming activities from novice to high performance level. TALISS is responsible for water safety for all citizens, for teaching life saving and for life saving sports. TSA and TALISS have existed in Tanzania for more than two decades. Unfortunately activities by TSA and TALISS are limited to a small section of dwellers in Dar es Salaam, Tanga, Moshi in Kilimanjaro region, Mwanza and Arusha.

Drowning cases reported occur due to transportation, floods, fishing activities, and water leisure activities such as swimming. Most of these drowning cases are the result of a lack in basic swimming and life saving skills. TALISS has embarked upon a project aimed at improving aquatic activities by providing lifesaving and swimming skills to communities that are close to water bodies. It also aims to obtain data on the drowning incidence rate in Tanzania. Coordinated by the ministry responsible for sports development in Tanzania, it is hoped that local and international partners will join with TSA, TALISS and Scouts to deliver this project effectively and efficiently to all communities in need. The Tanzania Scout Association has a very long history of outdoor activities of which aquatics and water safety is a major part. The project would introduce a common Tanzanian program for teaching swimming, including a small instruction book. Deliverance of this project is expected to reduce the drowning incidence in Tanzania.

Professor Stallman and a group of interested persons are working on the project. They plan to

- Finish the instruction manual and write a curriculum for training instructors.
- Conduct a workshop for individuals who will become Instructors with a hoped for geographic spread focussing on those areas most exposed to water.
- Head Instructors will be charged with going home and conducting courses for local people who have competence in swimming and lifesaving (personal skills)
- Efforts will be made to establish a branch of TALISS in every city where there is a Head Instructor developing local cooperation with the Scouts and Tanzania Swimming Association.

The Foundation looks forward to continuing working with TALISS.

*Professor
Robert Stallman
presenting
lifesaving
awards in
Moshe,
Tanzania.*



Sri Lanka Swimming Project Report for 2011

2011 has been a busy and tense year. We moved to Sri Lanka on a more permanent basis as we found that having one foot in the UK and managing the Project with only 3 visits a year to Sri Lanka was just too expensive for our personal budget to maintain. What the women really needed was our continuous presence there to keep the momentum of training going.

Finally, after an anxious six months in country, the Ministry of Sport once again recognized my passion for saving lives by teaching their women to swim for free and resumed issuing me with an annual residential visa.

The Project this year has been based in Habaraduwa, a small rural, coastal village just south of the Provincial Capital of Galle. Recruiting girls and women to swim in this community has proved quite difficult, as many of the horrors of the tsunami are now 7 years old. It was originally difficult to establish ourselves in this thinly populated area and persuade women of the need to be safe in water. However, following several door-to-door recruiting campaigns, many women finally came forward to learn to swim.

By the end of the year I trained four girls to become STB(C) swimming teachers. I was delighted with their enthusiasm and commitment, particularly since two of them had not been in any kind of water before April. In the space of seven months they had mastered all the strokes themselves and then went on to learn how to teach others with empathy, clear instructions and encouragement.



Newly Qualified Sumudu

The secret of our success is on-to-one instruction, where eye contact, physical contact and quiet, stage-by-stage instructions usually get a complete non-swimmer to float-and-breathe into a closely supervised but completely independent back float in their first lesson. Once the student knows that they are completely safe in this position, confidence soars and they can then be taught movement.

In the community pool at Galle, which we use exclusively for women on a Monday afternoon, we regularly have between 40-60 women come for lessons. This is a full size 25 metre pool with a proper deep end, so when we issue an 'icanswimcanyou' certificate to an individual, we really do know they have sound aquatic

competence in deep water. We continue to espouse the need to float-and-breathe first and then swim and the larger pool has a social dynamic of its own. One popular spectacle to is to do an En-Masse Float-and-Breathe every now and again. On one occasion shown below, we invited swimmers we had trained up to seven years ago and I am pleased to report that learning to float is like learning to ride a bicycle – it is a skill one never forgets.



Mass Float.

An effortless back float guarantees an open airway and unrestricted breathing, and encourages unhurried rational thought about what to do next. Being mainly Buddhists, the Sinhalese are particularly good at meditating for the ten minutes we require students to float for as part of the 'icanswimcanyou' certification, the other part being a 100m figure-of-eight non-stop swim.

I believe that we are now ready to expand into "Mother and Baby" sessions in the near future, if we can find the extra funding for additional teachers. The aim will be to draw in young mothers who otherwise would not have the opportunity to learn to swim and, of course, it conditions their infant children to recognize that getting wet is a fun activity to look forward to. A swimming pool accessible to the public is opening up in our village of Habaraduwa and we are looking forward to establishing Women's Days there and, of course, finding full-time paid employment for our female swimming teachers.

As always, the critical path to expanding swimming in Sri Lanka, has been the shortage of suitably qualified swimming teachers; the task is made all the harder because first you have to teach your potential teachers how to swim in the first place. Hence our long term aim to found and fund a Women's Swimming Academy. Perhaps, after 7 years, we may pull this off in 2012. As always, we are enormously grateful to the Lifesaving Foundation of Ireland and the Sri Lanka Aquatic Sports Union for their unstinting support and encouragement without whom there would be no Project.

The Royal Lesotho Lifesaving Association

Colin MacDonald reports the following activity by The Royal Lesotho Lifesaving Association. The Foundation has been financially supporting schools based water safety instruction and lifesaving training in Lesotho for 10 years. We are proud to have played a small role in establishing this national lifesaving organisation, which operates under the patronage of His Majesty King Letsie III.

Certificates awarded in 2011. Since the beginning of 2011, RLLA has awarded the following lifesaving certificates: 52 Basic Certificates, 12 Intermediate Certificates and 11 Bronze Medallions.

Training and Assessment. Since October, we have conducted the following training and assessment sessions;

Maqalika Lake: Qualifying swim for Bronze Medallion.

Maseru Prep School: Training for Intermediate Certificate for Maseru schools, 50 attended

Moshoeshe II High School: Training for schools near Matsieng. 16 attended.

Training at Quthing: 19 attended, 4 swimmers completed 400m in under 13 minutes, and with more practice in lifesaving could achieve Bronze Medallion standard.

Mohale's Hoek: 35 attended Dec 2nd: Awards presentation at the Palace in the morning and training at Lehakoe in the afternoon.

Maseru Club Pool: Training of Machabeng students (14) plus St. James (2). An assessment was carried out and 4 Machabeng students were awarded the Basic Certificate.

Maseru Club Pool: Advanced training for invited participants. Good progress was made with instruction for the Intermediate Certificate. Some could be ready for assessment soon but no one passed the time-requirements for the Bronze Medallion.

Training in Bloemfontein.

On 10th December 5 boys travelled to Bloemfontein in South Africa. They were selected as having swum 400m in less than 9 minutes.

Lifesaving in Bloemfontein is competitive, so they only want the fastest swimmers. They have invited us back for a week-end training camp.



Motlatsi Motebang, Malefetsane Kololikane and Hlapalimane Letlaka are currently employed as lifeguards at the Lesotho Sun Hotel.

KENYA

The Foundation has been supporting lifesaving projects in Kenya since 2002. This image shows our most recent project – the production of a water safety poster designed in Kenya by the Kenya Lifesaving Federation and financially supported by the Foundation.



Colin Macdonald (centre) with new Bronze Medallion recipients.

Lifeguard employment. In November, Malefetsane Kololikane, Motlatsi Motebang and Hlapalimane Letlaka were employed as lifeguards at the Lesotho Sun Hotel. Malefetsane remains there while the other two have resumed their studies.

Finally, Colin reports that he spent many days in December renovating and repainting the pool at his former school. This will provide the RLLA with an additional training venue.

The Foundation looks forward to supporting lifesaving in Lesotho for another 10 years.

SUICIDE BY DROWNING

The Lifesaving Foundation has been working with a number of Irish rescue services, all of whom have great experience rescuing persons who have deliberately entered water with a view to killing themselves. Ireland has a serious suicide problem but many organisations have developed successful prevention and rescue strategies which, through the Foundation, they are willing to share with the world's lifesaving community. These posters were displayed at the World Drowning Prevention Conference in Vietnam and at the Foundation's 2011 Research Conference. Further and fuller details are available on the Foundation's website at www.lifesavingfoundation.ie.

Full copies of these posters with accompanying papers are available at

<http://www.lifesavingfoundation.ie/index.php/publications/suicide-by-drowning/>

THE WORLD CONFERENCE ON DROWNING PREVENTION, VIETNAM, 2011
DUBLIN FIRE BRIGADE WATER RESCUE UNIT

Dublin Fire Brigade was founded in 1862; in 1898 an emergency ambulance service was introduced, and in 2000 a Water Rescue Unit was added.
 All fire tenders are crewed by water rescue trained firefighters and carry water rescue equipment.

2010 WATER RESCUE TRAINED HUMAN RESOURCES

- 1000 Water Awareness trained personnel
- 150 First Responders
- 350 Swift Water Rescue Technicians (SRT 1)
- 60 Advanced Swift Water Rescue Technicians (SRT 2)
- 24 Swift Water Rescue Instructors
- 12 Rescue Powerboat Instructors

TRAINING

- Water Awareness - a one day course concentrating on personal water safety.
- First Responder - a three day course dealing with rescue situations in still water or slow moving water situations.
- Swift Water Rescue Technicians (SRT 1) - a five day course dealing with rescue situations in fast moving water.
- Swift Water Rescue Technicians Advanced (SRT 2) - a five day advanced course for holders of SRT 1 qualifications.
- Swift Water Rescue Technician Instructors - this five day course trains holders of the SRT 2 qualification as SRT Instructors.
- Swift Sailing Association / National Powerboat Holding Award - this five day course trains participants as ponding fishermen.

EQUIPMENT

- 2.8 litre rigid inflatable boat powered with twin 40 horse power outboards.
- 4.8 metre RIB inflatable with a 15 horse power engine.
- 4.8 metre Zodiac inflatable with a compressible rig.
- 4.8 metre Zodiac fast hull motorised rescue boat.
- Six lengths of inflatable pathway to rescue a 30 metre bridge.
- Inflatable fire hoses to form a long floating boom.
- A variety of ropes and tactical equipment.

FLOODING

Fire Fighters are faced with the following flood hazards:

- Structure - water pressure may lift and move walls.
- Chemicals - water contaminated by household or industrial chemicals.
- Load - water contaminated by fuel from vehicles or storage tanks.
- Surface change - water under walking surfaces covered with objects.
- Electricity - also likely may be contacted through the water.
- Swirls - flood drains may become a safety hazard.
- Pollution - water may be polluted by sewerage.
- Contaminants - water may be contaminated by unknown contaminants.
- Wind / Weathered vehicles - rescue may be inhibited by profusion.

DUBLIN FIRE BRIGADE
 Waterford Street, Dublin 2, Ireland
THE LIFESAVING FOUNDATION
 11 Lveragh Close, Lismore Lawn, Waterford City, Ireland
www.lifesavingfoundation.ie

Poster aimed at pool lifeguards
<http://www.lifesavingfoundation.ie/index.php/water-safety/>

I'll DIE before you stop talking

© Bernard & Inessa MacDonagh, Dublin, Ireland.

THE WORLD CONFERENCE ON DROWNING PREVENTION, VIETNAM, 2011
FOYLE SEARCH AND RESCUE

DERRY is a city divided in two by the River Foyle.

THE BEGINNING
 Foyle Search and Rescue was founded in the City of Derry (Londonderry), Northern Ireland in 1993 in response to 35-40 suicide by rowing deaths annually in the River Foyle as it flows through the city.

BRIDGES
 Two bridges span the river Crispavon Bridge (40 foot high double-decker road bridge) and Foyle Bridge (65 metre high haunched box girder road bridge).

LIFESAVING ACTIONS
 There patrols to intercept possible suicides before they enter the river
 20 water rescue boats to remove casualties from the water
 Search operations for people believed to be in the river
 Lifelines at lay divers, alarmed and monitored by CCTV
 Trained help offered to persons considering suicide
 Support to the families of those who have died by suicide
 Information talks to schools and youth organisations

OPERATIONAL DUTY
 Thursday, Friday and Saturday nights 9:30 pm to 3:00 am
 Teams of 10 life volunteers patrol the two bridges on foot with a back-up X4 vehicle
 A third team crew a rescue boat on patrol in the river.

Two Emergency Response Teams of 7 volunteers on call-out by pager outside of these times - 7 minute boat ready call-out response time

FOYLE SEARCH & RESCUE has two bases, Upriver at Rossini, (headquarters - a modern three-storey structure with boat-house, radio room, meeting facilities and an all-tidal floating pontoon) and downriver at Gillards which has a slipway launch site for their second boat.

FOYLE SEARCH & RESCUE
 30 Victoria Road, Friburn, Londonderry, Northern Ireland
www.foylesearchandrescue.org

THE LIFESAVING FOUNDATION
 11 Lveragh Close, Lismore Lawn, Waterford City, Ireland
www.lifesavingfoundation.ie

Waterford Marine Search & Rescue
 Charity Number CHT19307

Mission Statement:
 The overall objective of the Waterford Marine Search and Rescue Unit is to provide and organise search and rescue on lakes, rivers and tributaries in Waterford City and County 24 hours a day 365 days of the year. To achieve, through training and education, the best of skill necessary to carry out search and rescue operations and to co-ordinate with other rescue organisations and reduce the loss of life.

The Waterford Marine Search & Rescue service was set up in January 2010 to provide Waterford City and County with a 24 hour, 365 days a year search, rescue and recovery service.

Since January, 30 volunteer crew members have been trained in 247 radio, Level 2 power boating, canals, first responder and navigation.

Members undertake continuous training on a regular basis.

Safety Prevention:
 Ten members of the Waterford Marine Search and Rescue Unit on the premises of the Sunbelt Power Station, set up in Waterford City. Five members of the Waterford Marine Search & Rescue Unit also participate in the Regional Swift Boat Rescue Safety Training (2007).

The course was held for the Waterford City Swift Boat Rescue Unit and members of the Waterford Marine Search and Rescue Unit. The course was held at the Sunbelt Power Station, set up in Waterford City. The course was held at the Sunbelt Power Station, set up in Waterford City. The course was held at the Sunbelt Power Station, set up in Waterford City.

These bags in the Waterford Marine Search and Rescue have been used to rescue a person in the River Foyle.

Being Bored:
 The Waterford Marine Search and Rescue is always on the water in Waterford City and County, all present, all working, all over 24 hours. The Waterford Marine Search and Rescue is always on the water in Waterford City and County, all present, all working, all over 24 hours.

Being Bored and the Samaritans:
 Waterford Marine Search & Rescue has established a new initiative to provide new life saving equipment along the banks of the River Sun at and around Waterford City.

Being Bored and the Samaritans:
 In an effort to provide people from trying to take their own lives at the river, the life saving equipment along the banks of the River Sun at and around Waterford City.

Being Bored and the Samaritans:
 In the course of this year, a new initiative of new life saving equipment will be provided in the water along the banks of the River Sun at and around Waterford City. The equipment will be provided in the water along the banks of the River Sun at and around Waterford City.

Being Bored and the Samaritans:
 In an effort to provide people from trying to take their own lives at the river, the life saving equipment along the banks of the River Sun at and around Waterford City.