

Introducing our September, 2019 Newsletter: Brendan Donohoe



I write with great sadness of the tragic death of Garda Dave Hearne. Having rescued 7 from drowning he lost his own life while engaged in the activity he loved – scuba diving. He was committed to furthering safety in the world of diving and also in wider water activities. Our loss is nothing compared to that of his wife and family to whom we can only extend our heartfelt sympathies.

I have great pride in the quantity and quality of work of the Lifesaving Foundation undertaken since the last newsletter. There have been two seminars, on suicide prevention and swimming survival, we recognised the trojan research work of Professors Joost Bierens and Bob Stallman, our cooperation with Waterford Institute of Technology (WIT) is strengthening and the associated relationship with WIT's Luke Wadding Library where the Lifesaving Foundation Collections increases quarterly. The fuller stories of these and others can be seen in the newsletter.

Brendan Donohoe

“Looking to the Future”

John Connolly, Hon. Secretary, The Lifesaving Foundation



Brendan refers to past events so I want to look to the future, to the launch of a memorial event for Garda Dave Hearne, to Mike Tipton's Ireland Medal Ceremony, and to our 2020 conference. We have moved our centre of activity to Waterford. This is mainly to strengthen our research partnership with Waterford Institute of Technology but not only. It was in Waterford seaside resort Tramore that, aged 12 years, I watched a young man drown; it was in Waterford City, aged 15 years, that I brought the police to the home of my boyhood friend who had drowned in our local river; it was in Waterford that I started in-school swimming in Ireland, it was in Waterford that I put lifeguards on two local beaches; and it was in Waterford that I undertook my first drowning research - an analysis of drownings in our local river. All drowning prevention should be bottom up – reduce drowning deaths in your own locality, upscale it to reducing drowning deaths nationally, and then up again to reducing drowning deaths internationally.

John Connolly

2018 Ireland Medal Presentation



The 2018 International Ireland Medal was presented to Professor Joost Bierens MD, PhD, MCPM (The Netherlands) by Swim Ireland President Declan Harte on Saturday 6th April in Glenroyal Hotel, Maynooth. The ceremony was attended by The Honourable Adriaan Palm, Netherland's Ambassador to Ireland, previous medal recipients, and invited guests. Every third year an international medal is awarded

to a non-Irish individual lifesaver who has made a significant contribution to saving lives from drowning in Ireland. Professor Bierens was the general editor of the lifesaving major textbooks 'The Handbook on Drowning' (2005) and 'Drowning' (2014) and is the author of hundreds of research papers. He has presented at many Lifesaving Foundation conferences in Ireland. He actively supports the establishment of a world class drowning research library in Waterford being the first book donor. He presented copies of both textbooks to the Lifesaving Foundation Collection.



Image: John Walsh (sponsor), Brendan Donohoe, Declan Harte, Prof Joost Bierens, John Connolly, Ambassador the Hon Adriaan Palm

“The Facts and Myths of Suicide by Drowning” Seminar

The Foundation is of the opinion that there appears to be a general acceptance worldwide that it is impossible to successfully prevent or reduce the number of suicidal drownings, something shown not to be true in Ireland. The seminar on 6th April in Maynooth brought together representatives of a number of community suicide prevention organisations who described the activities of their groups and how they have successfully reduced the incidents of suicidal drowning in their areas. Through discussion and analysis of suicide by drowning data our aim is to separate fact from myth. Those present included Wexford Marine Watch, Waterford Marine Search and Rescue, Cork City Fire Service, Waterford Institute of Technology, Swim Ireland, and Mallow Search and Rescue.



The Foundation recorded the seminar – note the recorder in the centre of the floor

New Location: Foundation’s 2020 Conference in Waterford City

The Lifesaving Foundation’s 2020 Conference will take place between Monday 21st and Thursday 24th September in Waterford City Ireland. **The main presentation days will be Tuesday 22nd and Wednesday 23rd September with supporting programmes on the Monday and Thursday.** The decision to move the venue to Waterford was in support of the charity’s research partnership with Waterford Institute of Technology. Waterford is Ireland’s oldest city, founded by the Vikings on the southern bank of the River Suir, and home of the famous Waterford Crystal. Waterford also gave the world sliced bacon rashers and cream crackers. The decision will also result in a large reduction in the cost of attending the conference as accommodation in Waterford is much cheaper than in the Dublin area.



It has been recognised that when you have a number of experts in different drowning prevention and rescue disciplines together in one room discussion and debate are as important as presentations. With this in mind it has been decided to reduce the number of presentations and to introduce group and panel discussions. A separate conference brochure is being prepared. For now please enter the dates into your diary.

Monday 21st to Thursday 24th September, 2020.

Dr. Robert Stallman PhD Recognition Award

A specially commissioned Lifesaving Foundation Recognition Award parchment was presented to Dr. Robert (Bob) Stallman PhD by Swim Ireland President Declan Harte in WIT’s Sports Arena on 15th June. Bob Stallman 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”.



Brendan Donohoe (President RLSS Ireland), Prof Willie Donnelly (President WIT), John Connolly, Dr Robert Stallman, Marie Roche (Vice President Retired Gardaí), Declan Harte (Swim Ireland)

WIT LIBRARY GUIDES

SUBJECT AND TOPIC GUIDES

Library homepage / Library Guides / The Lifesaving Foundation Collection / Welcome

The Lifesaving Foundation Collection: Welcome

Print and electronic resources for The Lifesaving Foundation Collection

Search this Guide Search

Welcome Books Posters Film Leaflets Websites Online Course Academic Paper Theses Reports Conference Presentations Audio

Welcome

Welcome to the Lifesaving Foundation Collection subject guide.

Browse the tabs along the top of the screen to learn about library resources for the Lifesaving Foundation Collection.



Library Contact



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Studies,
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The aim of our project is simple. We want to assemble, in Waterford Institute of Technology's Luke Wadding Library, a world leading research collection of drowning related books and other publications. Today the Lifesaving Foundation Collection numbers around 300 separate book titles. Our aim is to increase it to over 500 titles by the end of 2019 and in 2020 to break the 1000 title barrier.

We have a secondary aim, piggybacking on the library's website through the Foundation's Subject Guide page (<http://wit-ie.libguides.com/c.php?g=665155>). It is to provide links to websites such as Ireland's Marine Casualty Investigation Board where you will find investigation reports on boat sinking's in Irish waters and The Life Saving Award Research Society which studies new and historic lifesaving medal stories. In time this webpage will contain hundreds of web links to tens of thousands of reports on real drowning incidents from around the world.

Thirdly, we aim to collect, in electronic format, water safety leaflets and posters on different aspects of drowning prevention. Our idea is that a teacher or a parent will be able to visit the Subject Guide webpage and find a leaflet on beach safety, fishing safety, rip currents or another aspect of water safety which they can print off - anywhere in the world.

We are really only at the starter stage with all three aims. This is a 5 year project and we are only half-way through year two. To achieve our aims we will need to receive donations and sponsorship. We have a project that is up and running which will help with our fundraising.

We are appealing for books or electronic links to these headings: **Books, Poster, Film, Leaflets, Websites, Online Courses, Academic Papers, Theses, Reports, Conference Presentations, Audio.**

Garda Dave Hearne RIP

Dave Hearne died tragically in May 2019 while scuba diving close to his home in County Wexford. Dave had worked as a beach lifeguard and a Water Safety Instructor before he joined Ireland's police force. He was a member of the Garda Underwater Team for a number of years. As a Traffic Corp officer he had rescued 7 persons from drowning. Dave spoke about his career at the Foundation's 2018 conference and had become a police rescuer advisor to the charity. His death shocked the Irish diving community as he was a highly qualified and experienced scuba diver. His loss to his family is beyond measure as is his loss to drowning prevention and rescue.

The Foundation Board, with the approval of his family, has agreed to organise a number of memorial events that will include donating a selection of sub aqua diving manuals to The Lifesaving Foundation Collection in Waterford Institute of Technology's Luke Wadding Library (<http://wit-ie.libguides.com/c.php?g=665155>) and a special 2020 conference event.



New Foundation Website

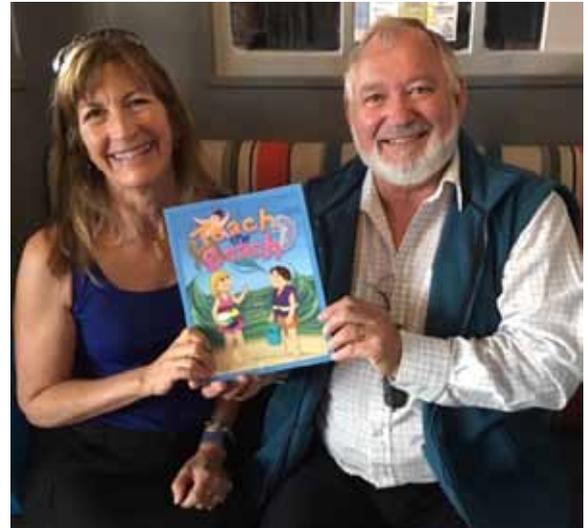
www.thefoundation.ie

The Foundation recently began work on a new website. Our aim is to have the new site fully functioning by the start of 2020. In the meantime we find ourselves with three active websites – our original website, the WIT Library webpage, and the new website! For a number of technical and financial reasons it is not possible for us to simply shut down our original site. We will have a gradual transfer of function to the new site. The WIT webpage is part of the institute's Luke Wadding Library's site and has been gifted to the charity. It is operated by library staff. The new web address is www.thefoundation.ie



USA Visitor to Ireland

I had the pleasure of spending a day in June with the USA's National Drowning Prevention Alliance's (NDPA) Mary Ann Downing who toured Ireland with family members. Before leaving the USA she collected a number of water safety books and booklets and presented them to the Foundation Collection in WIT. The Foundation welcomes donations of books, leaflets, pamphlets, etc. to the Collection. It is an ongoing project which will grow annually to number thousands of items freely available to all members of the world lifesaving community.



Mary Ann presenting a copy of *Teach the Beach* by Don Walsh to John Connolly

Why Do Swimmers Drown Seminar

The Foundation hosted a small specialist seminar in WIT ARENA on 15th June in conjunction with Bob Stallman's Recognition Award ceremony. The seminar was a mix of presentations and discussion on different aspects of drowning survival for swimmers. Those present listened to long distance and extreme open water swimmers describe times when they found themselves in life threatening difficulty while swimming. How current teaching programmes and practices prepare and fail swimmers for cold open water survival was discussed. World leading ice swimmer Nuala Moore expressed her concern at the lack of preparation and training seen in long distance pool swimmers transferring to long distance open water events. The seminar was the first part of the relaunch of an earlier Foundation survival I Am Not Drowning Project which is being retitled The I Am Not Drowning Today Project.



Front: Siobhán O'Brien (Swimmer Ireland), Marie Roche (Vice President Retired Gardaí), Dr Robert Stallman (Researcher Norway), Patricia Wilcox (Swimming Instructor South Africa), Colin Macdonald (former Chairman Royal Lesotho Lifesaving Association). Back: Ass Prof Hafthor Gudmundsson (Teacher/ Researcher Iceland), Declan Harte (Swimmer & President of Swim Ireland), Louise O'Sullivan (Lifeguard), Prof Willie Donnelly (President WIT), John Connolly (Lifesaving Foundation) Paolo Di Paola (Teacher Italy), Ass Prof Lillian Madsen (Teacher / Researcher Denmark), Nuala Moore (Ice swimmer Ireland), Brendan Donohoe (Lifeguard/ Teacher)

Choral Concert

The Foundation in association with Lucan Gospel Choir hosted a most successful choral concert in Maynooth College Chapel on Saturday 31st August. Joy Gospel Choir from Malta joined the Lucan choir in a wonderful night's entertainment. The programme included the Foundation commissioned lifesaving anthem 'Do Not Go Gentle'. Maynooth College Chapel is the largest choir chapel in the world.





IRELAND MEDAL 2019 RECIPIENT

The Lifesaving Foundation is pleased to announce the awarding of the 2019 Ireland Medal to United Kingdom Professor Michael Tipton MBE in recognition of his long exceptional service to saving lives from drowning worldwide. In addition to his survival research he 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. He is now a member of the Council of the RNLI. In both of these organisations Mike 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, Mike 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 the International Drowning Researcher's Alliance.

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



Carole and Michael Tipton

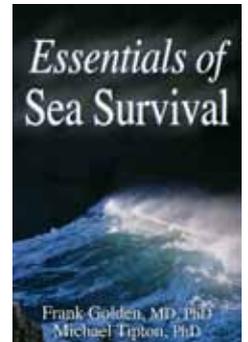


Mike with Frank Golden at Perranporth Surf Lifesaving Club

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.

UK IRELAND MEDAL RECIPIENTS

Mike had a long-time research partnership with his close friend and 2004 Ireland Medal recipient the late Surgeon Admiral Frank Golden RN. Surprisingly, Mike is only the second UK medal recipient. Previously the 2015 International Ireland Medal was awarded to retired police Chief Superintendent John Long. Although Frank Golden spent most of his life as a UK naval surgeon he was born in Cork and qualified as a doctor in UCC.



Measuring the physical demands of rescuing a casualty.



Measuring the demands of lifting a casualty from water onto Salcombe Lifeboat.



*Are you ready?
Immersing Shirley Robertson, Olympic 2-times gold medalist.*



*Mike Tipton MBE Investiture
by Her Majesty Queen Elizabeth II*



*Mike and Carole Tipton accepting deceased Surgeon Admiral Frank Golden's
Ireland Medal Parchment on behalf of Frank's family.*