



18 Feb 2013

CLARE LIFE GUARDS EXCEL AT NATIONAL CHAMPIONSHIPS
Teams from around Ireland challenge the best Lifesavers nationwide

Clare dominate podium

Competition was intense in the University of Limerick Pool for the National Stillwater Lifesaving Championships, on Sat 16th Feb where Ireland's top lifeguards guaranteed exciting competition throughout the day.

An action-filled day of events saw nearly 200 of Ireland's fittest Lifesavers compete at the University of Limerick's 50-metre pool complex. The Annual competition gives the best Lifesavers in Ireland an opportunity to compete in conditions that Lifesavers can encounter in real-life rescue situations. The sport of lifesaving teaches participants the skills necessary to rescue people in distress in water. Many of the competitors, having worked as Lifeguards in pools nationwide got their chance to pitch their skills against the finest lifesavers in the country. The events are varied and challenging with competitors swimming under immersed obstacles, rescuing "casualties" from the water and skilfully testing a variety of lifesaving skills in the process.

The National Championships are part of Irish Water Safety's extensive programme to promote water safety in Ireland with a particular focus on the necessary skills required by pool Lifeguards nationwide. The Championships encourage people to enrol in one of IWS's many courses nationwide in the valuable skills of swimming, rescue and lifesaving. The event promotes the fitness and readiness for action of the lifesavers and demonstrates Lifeguard water rescues to the public.

RESULTS:

Senior Men: 1st Clare A; 2nd Clare B; 3rd Waterford

Senior Ladies: 1st Clare A; 2nd Kilkenny; 3rd Clare B

Junior Boys: 1st Clare A; 2nd Wexford A; 3rd Clare B

Junior Girls: 1st Clare A; 2nd Clare B; 3rd Wexford A & Donegal

Masters: Kilkenny Masters

Team Rankings and full results: <http://www.iws.ie/sport-page41515.html>

Media enquiries to:

Irish Water Safety, The Long Walk, Galway

Roger Sweeney: 087-6789601

Email info@iws.ie Web www.iws.ie

MEDIA NOTES:

Ireland already has an excellent reputation as a competitor on the international stage in lifesaving events with several international awards in both still-water and surf events.

Lifesaving has never been stronger in Ireland, especially at the grass roots level. We have thousands of kids, teenagers and adults with a particularly growing sector of 8-14 year old nippers who come through participating in Irish Water Safety Lifesaving classes and competitions and the drop off rate during adolescence is a lot less than in other sports.

The sport of lifesaving is unique as it injects a lifesaving skill back into a community and the training is all volunteer based making it a special activity that people want to be involved in and get so much enjoyment from.

The Sport of Lifesaving:

- Life Saving Sport is recognised as an Olympic Category two Sport and it is recognised by the International Olympic Committee and the World Sports federation.
- The sport is controlled by International Lifesaving (ILS) Sport and this organisation is recognised by IOC as the controlling body for the sport worldwide. There are over one hundred countries registered as members of ILS.
- Within Europe the sport is controlled by International Lifesaving Sport Europe, a subsidiary body of ILS.
- Irish Water Safety is and has always been recognised by both bodies as the National Governing Body for the sport in Ireland.
- Ireland is represented on ILSE by the IWS Chairman, Mr Frank Nolan who is Vice President Europe ILSE. IWS is also represented on the Technical, Administrative, and Sports Commissions of ILSE.
- Irish Water Safety has organised the sport in Ireland since 1946. His Excellency President Sean T. O'Ceallaigh presented the Presidents Award to IWS in 1950 for competition between the counties of Ireland and it is competed for every year since then.
- ILS, ILSE and IWS all subscribe to WADA.
- The sport holds European and World Championships in addition to National Championships.
- The sport is controlled within IWS by a "SPORTS COMMISSION". Participation in competitions has been part funded by IWS.
- Life Saving Sport is quite distinct in that the disciplines in which people compete are directly related to elements of lifeguarding.

An introductory explanation of the different events:

200 m Obstacle Swim - The competitor swims 200 m in freestyle during which he/she swims under eight (8) immersed obstacles.

50 m Manikin Carry - The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

100 m Rescue Medley - The competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 20 m distance for men and 15m distance for women. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

100 m Manikin Carry with Fins - The competitor swims 50 m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

100 m Manikin Tow with Fins - The competitor swims 50 m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

200 m Super Lifesaver - The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 50 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.

Line Throw - In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12 m distant and pulls this "victim" back to the poolside.

4x25m Manikin Relay - Four competitors in turn carry a manikin approximately 25 m each.

4x50 m Obstacle Relay - Four competitors swim 50 m freestyle each passing under two (2) obstacles.

4x50 m Medley Relay - The first competitor swims 50 m freestyle without fins. The second competitor swims 50 m freestyle with fins. The third competitor swims 50 m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.