

## Media Appreciation Awards

Presented in appreciation for covering drowning prevention issues throughout the year.

### **Local Radio Station Award: Kfm (Kildare)**

Kfm is a local radio station serving broadcasting 24 hours a day to Kildare. It began broadcasting in 2004. Thanks to their coverage of water safety issues, listeners are more aware of the dangers at aquatic environments, and for this we are very grateful.

### **Community Radio Station Award: This Island Nation (by Tom MacSweeney)**

“This Island Nation” is a programme that broadcasts on community radio stations around the country and is designed to be a reflective, informative and entertaining programme about maritime matters including water safety. It is produced by Tom MacSweeney who is also a columnist with the Evening Echo in Cork and with Afloat Ireland’s national sailing magazine and is a Special Correspondent with Ireland’s national fishing industry newspaper, The Marine Times. He was formerly Marine Correspondent with RTE. We are grateful to Tom for including our water safety messages in his programme.

### **National Radio Broadcaster: RTÉ**

Radio Telefís Éireann began broadcasting in 1926, making it one of the oldest continuously operating public service broadcasters in the world. We are grateful to RTÉ for liaising with Water Safety Ireland on specific water safety issues to deliver important messages to the public and for helping us to raise awareness and to change attitudes and behaviours at our aquatic environments.

### **National TV Broadcaster: Virgin Media – Ireland AM**

Every summer, hundreds of thousands of people are attracted to Ireland’s waterways nationwide. Many of those taking to our wonderful aquatic environments have very little knowledge of the dangers of open water. We are grateful to the Ireland AM show on Virgin Media for helping us to raise awareness and to change attitudes and behaviours around water.

### **Provincial Press Award: The Clare Champion**

The Clare Champion is a weekly local newspaper that has continued to serve the people of County Clare since it was founded in 1903. A strong voice for the local community, the newspaper has featured many of Water Safety Ireland’s messages to readers. We congratulate the Clare Champion and thank them sincerely for helping to highlight water safety awareness.

### **National Press Award: The Irish Independent**

The Irish Independent is an Irish daily newspaper that was launched in 1905. Their printed and digital editions have covered many topical water safety issues throughout the year. We are truly grateful for this support as it helps to encourage parents to get their children involved in water safety training that instils essential water rescue and survival skills that helps to keep them safe at pools and open water areas nationwide and abroad.

### **Media Appreciation Award – online broadcasting: Emergency Services Ireland**

Since it was first published in 2001, 'Emergency Services Ireland' has provided a platform for state and voluntary emergency services to highlight their initiatives and projects nationwide. We are most grateful to the editor Grace Heneghan and team for including articles about Water Safety Ireland's volunteers at the frontline of water safety education, training and rescue.

### **Media Appreciation Award – Periodical: The Marine Times**

The Marine Times is a newspaper for Ireland's Fishing, Marine & Coastal Communities. The paper has for three decades, supported the fishing industry and ancillary industries associated with the marine sector, and has given coverage to all related developments, especially on matters related to safety and we are very grateful to them for including Water Safety Ireland's messages on a regular basis throughout the year.

## Community and Social Responsibility Awards

In recognition of the support given to Water Safety Ireland's community work, charitable activities and commitment to drowning prevention initiatives and the reduction of aquatic related injuries

### **Timemark**

Timemark Limited is a distributor of leading Watch and Jewellery brands. Founded in 1979, and entirely Irish owned and managed, Timemark sponsors the SEIKO Just In Time Award, which they have supported since its inception in 2001 and for which we are deeply grateful.

### **Dublin Swimming Club**

In May this year, Dublin Swimming Club celebrated 100 years of female participation in the club with 'Mná ag Snámh' at the newly refurbished Clontarf Baths. To mark the 100 years, over 100 women - along with the odd man wearing a wig and bikini - swam over 100 metres (4 lengths) of Clontarf Baths to raise money for Water Safety Ireland. The funds raised will help promote the participation of teenage girls in water sports. DSC has a proud history of female participation going back a century. At a time when women did not have equal voting rights to men, DSC swimmer Marguerite Dockrell (aged 16) was the first woman to take part in an Irish Olympic swimming team at the 1928 games. We are very grateful to the DSC for fundraising to give more teenagers like Marguerite an opportunity to learn swimming and lifesaving skills with Water Safety Ireland in Dublin.

### **Gavin Buckley**

Gavin's brother Aaron was tragically taken from us in June as a result of a water accident. Shortly thereafter, Gavin began a journey to spread awareness about water safety and help Water Safety Ireland with fundraising, published articles and radio interviews and talks to secondary schools about the importance of water safety. We are extremely grateful to Gavin for supporting Water Safety Ireland's efforts to change attitudes and behaviours around water and we commend Gavin for undertaking this journey in honour of Aaron.

### **Lorraine Teevan**

Little did Cavan-based freelance photographer Lorraine Teevan know that a photo she took of children having a summer splash would be published on the front page of the June 27th edition of the Irish Times newspaper. Lorraine's photograph reflects her skill as a photographer in capturing the joy that children experience when learning water safety as part of Water Safety Ireland's outdoor training at Annagh Lake in Cavan, one of many summer week training sessions nationwide. As a child, Lorraine took water safety classes in the very same location and participates to this very day, where her own 8-year old child is now learning to become a proficient lifesaver of the future. This is the second time that one of Lorraine's photos of Water Safety Ireland's classes has been published in The Irish Times and we are very grateful to her for helping us to encourage parents around the country to enrol their children in water safety classes in their area.

## Leon Quinlan Perpetual Award

### **Scoil Eoin, Kilbarrack, Co. Dublin**

When young Leon Quinlan drowned, his mother Lynn contacted Water Safety Ireland about running an event to raise awareness about water safety. Funding from that event enabled WSI to recruit an Education Development Officer to visit primary schools and teach water safety awareness to pupils. Lynn's support has enabled thousands of children to learn how to stay safe near water. We wish to thank Scoil Eoin for delivering Water Safety Ireland's Primary School Aquatics Programme – Primary Aquatics Water Safety (PAWS) to their pupils, co-ordinated by their teacher Ms Coppinger. The children learned about hazards in the home, on the farm and near water in their local area. They also investigated the locations of defibrillators in their local area and their use. They ran poster competitions, designed water safety promotion posters for display in their school and even created simple tutorial videos on how to prevent incidents occurring and how to conduct simple rescues. We are very grateful and congratulate Scoil Eoin for a particularly strong effort to teach water safety to the children in their care.

## Sports Persons of the Year Award

### **Aisling Barry, Cork**

This year Aisling competed for Water Safety Ireland both nationally & internationally. She won many medals at the National Stillwater Championships in the University of Limerick in February, and also won several medals at the National Senior and Junior Championships in Mullaghmore, Co. Sligo and in Kilkee, Co. Clare. She represented Ireland at the Spanish Nationals pool competition in May 2019, achieving an Irish senior record in the 100m manikin carry with fins and she was also part of a relay team that broke a senior Irish record. Aisling represented Ireland at the European Junior Championships in Italy in September, breaking a further Senior Irish record and winning a total of three medals in team events. Aisling is a dedicated competitor, a hard worker and a champion of team spirit.

### **Bernard Cahill, Clare**

Bernard excelled in his events in the National Still Water Championships, in the University of Limerick in February of this year and again at the National Open Water Lifesaving Championships in Kilkee, Co. Clare in September. Bernard comfortably won all four individual water events in the Senior Men category. His performance at the European Senior Championships in Italy was outstanding – he won two senior European titles in Surf Swim and Ocean Man events, attained silver in the Surf Ski event and bronze in a Board event. In team events he won gold in the Board Rescue event, silver in the Ocean Relay, and silver in the Mixed Taplin Relay. In the pool events, Bernard broke two individual Irish Senior records, and was part of relay teams that also broke two further Irish records. Bernard is a strong competitor, a diligent worker and a great role model for our younger competitors.

## Long Service Awards

Long Service Awards are presented in recognition of a voluntary commitment to promoting a public awareness of water safety and rescue based on the humanitarian goal of saving life.

Water Safety Ireland extends a sincere debt of gratitude to the following volunteers.

| First Name | Last Name         | County          | Years of Service |
|------------|-------------------|-----------------|------------------|
| Thomas     | Fitzgerald        | Banna           | 10               |
| Joe        | Pigott            | Bantry          | 10               |
| Mary       | Wrafter           | Defence         | 10               |
| David      | O Mahony          | Derrynane       | 10               |
| Martin     | Anderson          | Donegal         | 10               |
| Edel       | McCarthy          | Dublin          | 10               |
| Aidan      | Malone            | Kildare         | 10               |
| Sam        | Murray            | Kildare         | 10               |
| David      | Byrne             | Wexford         | 10               |
| Pauline    | Lehane            | Wexford         | 10               |
| David      | Lee               | Wexford         | 10               |
| Thomas     | Ward              | Banna           | 15               |
| Rob        | McGuinness        | Bantry          | 15               |
| Jonathan   | Mahony            | Ballybunion     | 15               |
| Grace      | Flahive           | Ballybunion     | 15               |
| Bláthnaid  | Wall              | Carlow          | 15               |
| Geraldine  | Deasy             | Derrynane       | 15               |
| Noel       | Donnelly          | Derrynane       | 15               |
| Michael    | Turner            | Derrynane       | 15               |
| Lisa       | Anderson          | Donegal         | 15               |
| Paul       | Hayes             | Dublin          | 15               |
| Sarah      | Ryan              | Wexford         | 15               |
| Colette    | Allen             | Wexford         | 15               |
| Ruairi     | Farrell           | Wexford         | 15               |
| Elizabeth  | Callaghan         | Wexford         | 15               |
| Emer       | Doyle             | Wexford         | 15               |
| Toby       | Campbell          | Bantry          | 20               |
| Anthony    | Nolan             | Carlow          | 20               |
| Deirdre    | Wall              | Carlow          | 20               |
| Helen      | O'Hara            | Cavan           | 20               |
| Anne Marie | McCaul            | Cavan           | 20               |
| Elizabeth  | McCaul            | Cavan           | 20               |
| Hilary     | Lynch             | Cork            | 20               |
| Michael    | Brogan            | Defence         | 20               |
| Lynn       | Anderson Gormonly | Donegal         | 20               |
| Mary       | Anderson          | Donegal         | 20               |
| John       | Farrell           | Dublin          | 20               |
| Peter      | Hennelly          | Tipperary North | 20               |
| Brian      | Dunne             | Tipperary North | 20               |

|          |                 |           |    |
|----------|-----------------|-----------|----|
| Emer     | Timmons Lunn    | Wexford   | 20 |
| Sarah    | Horgan          | Wexford   | 20 |
| Aine     | O'Connell       | Wexford   | 20 |
| Sinead   | Byrne           | Wexford   | 20 |
| Matt     | Murphy          | Bantry    | 30 |
| Oliver   | Goggin          | Bantry    | 30 |
| Diarmuid | Hurley          | Bantry    | 30 |
| Seán     | O'Ceilleachair  | Cork      | 30 |
| Michael  | Donnelly        | Derrynane | 30 |
| Charlie  | Kennedy         | Donegal   | 30 |
| Sarah    | Kelly           | Donegal   | 30 |
| Paul     | McGuinness      | Donegal   | 30 |
| Darina   | Byrne           | Dublin    | 30 |
| Carmel   | Crean           | Wexford   | 30 |
| Helena   | Duggan          | Wexford   | 30 |
| Mary     | O'Leary         | Wexford   | 30 |
| Teresa   | Finnegan        | Cavan     | 40 |
| Andrew   | Mason           | Dublin    | 40 |
| Paul     | Devins          | Dublin    | 40 |
| Kathleen | O'Connor        | Wexford   | 40 |
| Anne     | McCreary        | Wexford   | 40 |
| Ursula   | McCarroll-Carty | Wexford   | 40 |

## Volunteer of the Year Award

### Leo Mahon, Kildare

In the past year Leo was instrumental in commencing an outreach programme with Scouting Ireland in Kildare. This program has resulted in over 400 beavers from 16 separate groups receiving an introduction to water safety and some basic stay safe training, just in time for their summer programme.

As chairman of Kildare, Leo has driven the delivery of the PAWS programme to schools which have delivered 50,000 PAWS certificates over the previous four years. In addition, Leo has been committed to outdoor Water Safety Training through the development of the first Inland Water Safety training venue at Blessington, Co. Wicklow. This venue caters for over 50 trainees twice a week during the summer months. It also allows for the provision of water safety training to other interested groups such as rowing clubs and youth groups. Under Leo's stewardship the venue has become extremely well equipped. There are three rescue boats in constant use, and the Kildare can provide training equipment to cater for over 50 people at any one time.

In the last two years, working as a member of the Marketing Commission he has championed the delivery of nine printed editions of our members' magazine, as he sees this as a key tool for reaching out to volunteers and to the public.

As well as his "normal" pool and outdoor classes, Leo has been closely aligned with the Transition Year programme in Newbridge College for many years. The delivery of Pool Lifeguard and resuscitation training is considered a key element of the programme and is strongly supported by the school. When he is not involved in teaching and taking a leading role in Kildare Water Safety, Leo also acts as a Risk Assessor for the organisation.

Leo has taken on the provision of standardised clothing for the whole organisation. Through his drive and ambition, an originally local initiative to provide clothing and equipment for Kildare Water Safety Area Committee, has now become standard bearer provider of choice for Water Safety Ireland clothing and equipment nationwide.

Leo was a founding developer of [www.ringbuoys.ie](http://www.ringbuoys.ie) which allows members of the public to report missing and damaged ringbuoys.. Leo also created the "Uisce Bear" polar bear mascot to deliver water safety messages to children.

On a personal level Leo is passionate about the volunteering ethos of Water Safety Ireland and on average he contributes 10-15 hours per week to our cause. All his commitment, time and effort are invested back into the development of our organisation, both at a local and national level.

## Life Governor Awards

### **Bronagh Stafford, Wexford**

Bronagh has been involved in Water Safety Ireland since before its foundation; she was at one time one of only two swimming teachers in north Wexford when WSI first started. She has been actively involved in teaching and starting venues, and continues to teach every summer.

Bronagh has actively taught swimming to local children for over 50 years voluntarily with the rationale that if a child can swim it will be safe on or near the water. She was also actively involved in fundraising for the RNLI and was chairman of Courtown RNLI fundraising branch for many years.

Bronagh swam for Ireland and has been actively involved in swimming, WSI and is trustee of Courtown Sailing Club.

She installed two swimming pools in her holiday park, Prospect Holiday and Leisure Park. In these she teaches swimming, lifesaving, aqua aerobics and much more. In her own pools where Bronagh employs five Water Safety Ireland trained Lifeguards, safety is of the utmost importance.

Bronagh is a volunteer and gives her time freely so that children can learn to swim and be safe around water. In her own pools she proudly starts children from toddlers through to young adults who then go on to work as Lifeguards, swimming teachers and Water Safety Ireland instructors around the world. Her aim is to have all the children swimming and confident in water. Her aim is to teach swimming, promote safety and awareness so the drowning stats fall.



## The Des Kenny Award

Galway bookseller Des Kenny and his wife Maureen were regular sea swimmers in Salthill, starting each day with a dip at Blackrock and Ladies Beach. One day, Des was swimming with his eight-year-old son, Tom, off Blackrock when the young boy disappeared underwater. His head surfaced, and vanished again, but his father eventually managed to get him ashore and out of harm's way. "When we got home, the first thing my father did was get on the phone to find out where he could learn about water safety", Tom Kenny remembers. At the time, the Irish Red Cross in Dublin was the responsible body, and so Des Kenny signed up for training, completed all his lessons and became an instructor. He approached his new skill with enthusiasm and devotion, teaching his own children and members of Our Lady's Boy's Club in Galway City, setting up training courses throughout the county and beyond, and speaking to local authorities about safety on beaches and riverbanks. Being a fluent Irish speaker, he both set up and ran the first water safety courses on the Aran Islands. Like many west coast fishermen, Aran islanders had long lived, and died, by the "pisreog" that it was better not to know how to swim, and let the sea take one quickly if one's boat got into trouble. Des Kenny managed to break that spell, working with school students who in turn influenced their parents to get involved. Des Kenny was Chairman of Water Safety Ireland from 1971 to 1987.

### **The Des Kenny Award Recipients:**

#### **Padraig Begley & Conor McKeown**

On the 30<sup>th</sup> June 2019, two Lifeguards, Padraig Begley & Conor McKeown, were packing up to go home after their Lifeguarding duty on Port beach, when a member of the public informed them that a kite surfer had been lifted up by the wind and dropped onto the beach. Both Lifeguards ran to the Lifeguard hut and Conor obtained the first aid kit while Padraig ran to the injured man. After an assessment of the casualty, both Lifeguards realised that the casualty was unconscious so they proceeded to perform first aid. After approximately 40 minutes the paramedics arrived and both Lifeguards gave the necessary information to the emergency services. The man was taken to hospital and made a full recovery.

#### **Megan Kelly - Kilkenny**

On the 5<sup>th</sup> of December 2018, Megan was walking towards Christchurch after college when she noticed a man collapsed at a bus stop. Megan went to the man's aid and following rolling him over, she immediately asked her friend to phone emergency services. Megan then opened an airway and checked for breathing. She then proceeded to administer chest compressions. After 50 seconds of chest compressions the man gasped. Megan continued compressions and asked her friend to search for an AED. The man gained consciousness. Megan began to reassure the man and stayed with him until emergency services arrived. The man made a full recovery.

## Rescue Appreciation Awards

### **Garda Gerard Dunne and Garda Brendan Byrne**

On the 30<sup>th</sup> of July 2019, Garda Gerard Dunne and Garda Brendan Byrne were alerted to a woman suspended from railings above the River Liffey. With very few details about the person, the Gardaí assessed the area and spotted a woman hanging onto the railings a short distance away. Both Garda Dunne and Garda Byrne grabbed a secure hold of woman's wrists just as she let go. They held onto the woman for roughly ten minutes, before Dublin Fire Brigade arrived at the scene and assisted in the securing the person's rescue.

### **Sergeant Bobby Feery, Garda Thomas Kelly, Garda David Gilmore, Garda Kenneth Nerney, Garda Sharon McMeeking, Garda Gavin Conway, Garda Noel Ruane, Garda Niall Kenny, Garda Conor Murphy and Paul O' Donovan (Athlone Sub Aqua)**

On the 18<sup>th</sup> of March 2019, a man entered the River Shannon and was quickly swept downstream. Gardaí were on proactive patrols in the area at that time and after receiving a phone call, they arrived at the scene shortly afterwards. Upon discovering the man using torches, the units split onto both banks of the river. They encouraged him to stay calm, tracked his journey and directed the RNLI crew to locate him when they arrived. In an attempt to help the rescue efforts, another member of the public fell into the water and was assisted out of the river by Garda McMeeking and Garda Nerney. The Gardaí also coordinated with paramedics to ensure the man was attended to swiftly.

### **Fintan Ryan and Eoin Atkinson**

On the afternoon of the 10th of October 2019, both Fintan and Eoin were working on a project at crescent quay when they heard shouting from a person in distress in the water. They immediately went to his aid and pulled him out of the water to safety. They called emergency services and stayed with him until they arrived. The man made a full recovery.

### **Crew of "The Kerlogue" – Posthumous Award**

On 29<sup>th</sup> of December 1943, the 'Kerlogue' ship with its crew of ten, was 580 km south of Fastnet Rock on passage from Lisbon to Dublin when it was circled by a German long range reconnaissance aircraft signalling "SOS" and heading southeast. The Kerlogue altered course to southeast, where it came upon an appalling scene. The German *Narvik*-class destroyer *Z27* and two *Elbing* class torpedo boats, *T25* and *T26*, had been sunk. More than 700 men, most of them dead, were in the water. The brave crew of the Kerlogue spent ten hours plucking survivors from the icy water in the Bay of Biscay. 168 people were rescued.

### **Eric Giggins – Posthumous Award**

On board the Kerlogue that fateful day, was Chief Engineer Eric Giggins. The heroic actions of Eric and his colleagues saved the lives of 168 people. Eric and his brother Roy were immersed in seafaring life and trained other seafarers for many years. Eric also spent time working on ships for Guinness Ireland. Accepting today's posthumous Award is Eric's daughter Mary, a Water Safety Lifeguard and her daughter Alison, also a trained Lifeguard.

## SEIKO Just In Time Awards

Presented to those who came to the assistance of person(s) in difficulty in water and in danger of drowning

### **Matthew Sills – Waterford**

On the 5<sup>th</sup> of August 2019, Matthew was out and about in Tramore when he noticed a large group of people looking very panicked on the prom. This group was watching a brother and sister trying in vain to escape a rip current. A doctor and former lifeguard, Matthew had rescue equipment in his car and instantly ran for a rescue tube. He rushed into the water fully clothed and made his way to the two swimmers. At this point the woman had lost a lot of energy so Matthew placed the rescue tube around her and offered practical advice to the man. Matthew remarkably steered the swimmers ashore.

### **Tom Breen – Clare**

On the 14<sup>th</sup> of September 2019, Tom was taking part in his surf heat for the West Coast Surf Club Open Competition. Events took an unexpected turn when two nearby swimmers got into difficulty. Realising the peril they were in, Tom paddled out at speed to help the two people struggling in the water. As one of the swimmers experienced hypothermia, Tom brought this person onto his board and provided reassurance to the other in stressful circumstances. From there, Tom guided both swimmers onshore to safety, where the organisers of the competition were on hand to give assistance.

### **Barry Mahoney – Wicklow**

On the 27<sup>th</sup> of October 2018, Barry Mahoney was walking with his family along The Cove beach in Greystones. The family stopped after noticing a woman going for a swim in very difficult conditions. A number of strong waves hit the swimmer and she became disorientated as a result. Upon noticing her distress, Barry immediately responded to the unfolding emergency. He discarded his belongings and entered the sea with a lifebuoy. In spite of high waves and strong winds, Barry reached the woman and thankfully pulled her to safety.

### **Tom Upritchard – Cavan**

On the 15<sup>th</sup> of August 2019, Tom Upritchard was kayaking with his family at Craigavon Watersport Centre when his father became unstable in the water and fell overboard. With Tom's father beginning to panic, Tom sprang into action and jumped into the water. Calling on his own expertise he not only calmed his father by offering reassurance, he also gave practical advice to ensure they made it out of the water safely. Tom directed his father to turn onto his back and float. Both men managed to return to the shoreline with Tom's father completing an inverted breaststroke and a crisis was averted.

### **Cyril McKeon, Damien McCabe and Paul Gilmartin – Leitrim**

On the 6<sup>th</sup> of May 2018, a training session almost resulted in disaster for a prospective marathon runner. While preparing for an upcoming event, the man fell into the canal at Blueway Waterway. Luckily, Cyril McKeon, Damien McCabe and Paul Gilmartin were on hand as they too were training along the canal. After hearing a splash in the water all three

raced to the gentleman's assistance. The men performed CPR and made sure ambulance personnel were called to the scene.

#### **Garda Karl Byrne – Dublin**

On the 10<sup>th</sup> of November 2018, a man entered the River Liffey. Another individual saw the incident and decided to try to save the gentleman. Unfortunately, this attempt proved unsuccessful and two people were now in difficulty in the water. Thankfully, a quick thinking member of the public drew the attention of a passing Garda van. Garda Karl Byrne showed decisiveness when arriving at the scene and jumped into the river from a nearby bridge without fear. Despite the dangers of poor visibility and a strong current, Garda Byrne's efforts proved effective and he managed to rescue the two men in the water.

#### **Garda Donal Tully and Garda Neill Gavin – Dublin**

On the night of 31<sup>st</sup> October 2018, Gardaí were alerted to a woman in distress at White Rock Beach, Killiney. Upon reaching the location, it became obvious the woman was in difficulty and would need to be saved. Garda Donal Tully swam roughly 500 metres in cold and hazardous conditions to the individual. Garda Neill Gavin assisted in the operation, obtaining a lifebuoy further along the beach and throwing it to Garda Tully. The woman was subsequently brought to shore and successfully removed from the water.

#### **Garda Mark O' Sullivan and Garda Gerard Doyle – Donegal**

On the 19<sup>th</sup> of June 2019, Garda Mark O' Sullivan and Garda Gerard Doyle were called to Ballywhorskey Pier where a woman entered the water. Garda O' Sullivan threw a lifebuoy to the woman and she managed to grab onto of it. The two men pulled the woman close to the pier. Suddenly the Gardaí recognised the woman was in shock and had very little strength. Demonstrating calm in a pressurised situation, Garda O' Sullivan entered the water to hold onto the woman, while Garda Doyle retrieved a body brace from their patrol car. This was put around the woman's head to provide extra support. Both Garda held onto the woman until further emergency arrived and removed the woman from the water. The woman was transported to hospital and made a full recovery.

#### **Garda Caroline O' Brien, Garda Aoife Doyle and Garda James McGuill – Kilkenny**

On the 7<sup>th</sup> of July 2019, Garda Aoife Doyle saw a young man hanging from a wall. Garda Doyle and her colleagues rushed to the area in an attempt to stop the person from falling into the river below. Unfortunately, the man plunged into the water. Garda Caroline O' Brien also entered the water and brought the man to the surface. In the meantime, Garda Doyle found a lifebuoy nearby. Garda James McGuill then threw the lifebuoy to Garda O' Brien who was still keeping the man afloat in the water. Garda McGuill and Garda O' Brien pulled the man to safety. He was brought to hospital and made a full recovery.

#### **Deborah Reilly – Westmeath**

On the morning of the 12<sup>th</sup> of November 2018, at the River Shannon (Wolf Tone Terrace), while driving to work Deborah noticed a small crowd of people gathered at the water's edge. She noticed that there was a woman in the water. Deborah immediately instructed that someone phone emergency services and she entered the water. After a period of time, she managed to bring the woman to safety.

**Stephen Kiely, Sean Cremin and Tomás O’Riordan – Cork**

On the 8<sup>th</sup> March 2019, at Ballincollig Regional Park, fisheries officers Stephen Kiely & Sean Cremin were on patrol in the River Lee. They were informed that a man was in the river. Both officers went to the area and climbed down the bank to the casualty. They managed to bring the unconscious casualty onto the river bank. Officer Tom Riordan instructed Stephen on various steps of responsiveness from the casualty and informed him that they should commence CPR. Both Sean & Stephen performed CPR on the individual for approximately 7-10 minutes. The casualty eventually started to respond with signs of life. Emergency services arrived and took the casualty to hospital where he made a full recovery.