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## In This Issue ...

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## In This Issue ...

### Upcoming International Aquatic Conferences

This is the final reminder for the 1st European Conference of Evidence-Based Aquatic Therapy (ECEBAT) to be held next month (March 2013) in Izmir, Turkey. Questions about the conference can be addressed to Johan Lambeck, the Chair of the Scientific Committee and one of the members of the *IJARE* Editorial Board. You can locate additional information about registration at [www.aquatherapy2013.org](http://www.aquatherapy2013.org).

Advanced information for the 2013 International Life Saving Federation's World Conference on Drowning Prevention scheduled for Saturday, 19 October, 2013 to Tuesday, 22 October, 2013 in Potsdam/Berlin, Germany (organized by the [German Life Saving Association](http://www.worldconferenceondrowningprevention.org)) can be found at the following URL: <http://www.worldconferenceondrowningprevention.org>. By the time you are able to read this notice, the deadline for submission of papers will have passed, but for those wishing to attend the conference, you should be registering and making your housing and travel plans.

In 2014, Canberra, Australia will be the site for the next Biomechanics and Medicine in Swimming XII meetings, hosted by the Australian Institute of Sport (AIS). I know that the Scientific Organizing Committee already is hard at work. You can get more information at the following URL: <http://www.wcss.org.uk/>. According to my preliminary information, the organizing group is the World Commission on Science and Sport (WCSS). At the time of this writing, the specific dates were unavailable. I will post them as soon as I learn them. I do know that the AIS is quite keen to be hosting this event.

### In This Issue

I trust that readers once again will find informative, evidenced-based studies as well as educational pieces in this first issue of the seventh volume of the *International Journal of Aquatic Research and Education*. Unlike most previous issues, I don't start this issue so much with an "editorial" as with what I am calling an Editor's Report. As the report identifies ("*IJARE* – Six Years On"), I got the idea for this six-year summary after making a presentation to The Lifesaving Foundation in Ireland last September about the state of drowning prevention articles that *IJARE* had published in its first six volumes.

As you will note from the Table of Contents as well as from my introduction in the Report, I was ably assisted by Robert Turick and Chelsea Kaunert, two of Bowling Green State University's fine graduate students who assisted me with the data reduction and summary. We hope readers will find the information about "what," "how much," and "who" have published in *IJARE* during these first six years to be as fascinating as we found it to be. As a teaser, did you realize that we

have published 168 peer-reviewed papers (i.e., about 7 per issue) that were authored by 299 different individuals who were authors 479 times in these 24 issues?! Our report is jam-packed with a number of fascinating items of note that I encourage you to read and react to. If something seems unbelievable or alarming or just plain interesting, feel free to author a letter to the editor (of which to date we have published 11, by the way!).

## Original Research Articles

This first issue of the volume features four quite diverse articles based on very unique research studies. Each article comes from a different country (i.e., New Zealand, Canada, United Kingdom, and United States) making this an excellent international representation of aquatic research.

Regular readers perhaps may guess the lead author of the first research study, “Too Much Puff, Not Enough Push? Surf Lifeguard Simulated CPR Performance,” from the catchy phrasing of its title. Of course, that study would have been authored by Kevin Moran and Jonathon Webber, both of the University of Auckland in New Zealand. This is the second in a series of CPR-related studies that Kevin and colleagues have explored. In this case they found the somewhat distressing fact that surf lifeguards, despite their strong training, tend to over-ventilate during rescue breathing and under-compress during CPR compressions. Heartening news was that more recently-trained guards were more current in following all the preliminary steps including checking the safety of the scene and activating the emergency medical system than were longer-serving guards. You will want to read the details. I believe they hold critical details to inform our training agencies about how to keep first aid and CPR skills fresh and perhaps how to retrain senior guards in more efficacious ways.

The second research study was completed by first-time authors to *IJARE*, Adam B. Evans, from the University of Lincoln, and Mike Sleaf, from the University of Hull, both in the United Kingdom. Their article, “Swim for Health”: Program Evaluation of a Multiagency Aquatic Activity Intervention in the United Kingdom,” overviews a large and comprehensive study of an aquatic program introduced to combat inactivity and obesity. I suspect that both aquatic and public health professionals will find important and interesting information about the ups and downs, successes and challenges associated with the implementation of a large publicly-funded project. The authors are to be congratulated for having documented the outcomes and participation so thoroughly for such a large and wide-ranging project.

Our third research article, “Enhancing the Relevance and Effectiveness of Water Safety Education for Ethnic and Racial Minorities,” was authored by Matias I. Golob, Audrey R. Giles, and Kyle M. Rich, all from the University of Ottawa in Canada. These authors, all members of the Human Kinetics Department, are sport sociologists so this particular article has a very different orientation than many of our other aquatic articles. They also bring a slightly different perspective on adapting water safety education for ethnic and racial minorities than many U.S. readers will have experienced. I am pleased to have had this study submitted and eventually accepted for publication because it expands the number of articles *IJARE* has published dealing with water safety practices as they apply to those who may be out of the mainstream and who are in particular need of decreasing the risk of drowning.

Finally, we conclude the research articles with a study authored by Rachel and Tom Griffiths of the Aquatic Safety Research Group based on an extensive survey of practicing lifeguards they conducted. Their study, "Internal Noise Distractions in Lifeguarding," examines a heretofore seldom-studied area of factors that may distract lifeguards from their key duty of surveillance. Although it is descriptive, survey research that needs to be replicated and done by gathering more direct, empirical data, the paper breaks some new ground related to perceptual and cognitive activities that may be preventing on-duty lifeguards from detecting drowning victims. It bears reading and considering. Training agencies and aquatic facility employers may need to consider how they can address distraction issues similar to those identified in this study.

### **Educational Articles**

This issue contains an interesting educational article composed by Susan Grosse, one of the leading adapted aquatic educators in the U.S. In her offering, "Brain Gym in the Pool," Sue has reviewed "brain gym" as both a conceptual term and as a registered trademark perceptual motor activity program. She has provided a fascinating set of learning activities to adapt the terrestrial concept of "brain gym" to the aquatic environment. I highly recommend her article, especially to aquatic practitioners who may be in search of additional ideas for aquatic-based learning activities.

This issue concludes with Michael Norris' educational article, "Developing a Culture of Trust Among Novice Swimmers." His semi-autobiographical review about practices associated with helping inexperienced swimmers, both children and adults alike, to become more comfortable around the water is an interesting reflection about best practices and personal experiences. His insights are worth reading and considering.

Until our next issue, the second in the seventh volume in May of 2013, I wish you continued good reading and safe swimming.

*Steve Langendorfer, Editor  
International Journal of  
Aquatic Research and Education*