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In This Issue...

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In This Issue . . .

Stephen J. Langendorfer, Editor
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Upcoming Aquatic Events – 2015

I am composing this introduction to our fourth issue of Volume 8 of the *International Journal of Aquatic Research and Education* on a cold, rainy day in Balbriggan, Ireland, a seaside village northeast of Dublin on the Irish Sea, where I just finished attending the 2014 Lifesaving Foundation Drowning Prevention Conference. As usual after an intensive conference attended by almost 50 drowning prevention experts from 15 countries around the globe, my head is crammed full of new facts, ideas, and potential projects as well as possible manuscripts for the journal.

I offer my personal congratulations to Dr. Kevin Moran, a member of the *IJARE* Editorial Board on his selection as the 2014 Ireland Medal for his many and extensive contributions to swimming, water safety, and drowning prevention. Good on you, mate!

Kim Tyson from the National Drowning Prevention Alliance (NDPA) attended the Balbriggan gathering and gave a great presentation about the NDPA. I promised Kim I would mention the 2015 NDPA Educational Conference to be held March 11–15, 2015 in Dallas/Fort Worth, TX at The Westin, Dallas Park Central. Online registration began October 15, 2014 at <http://www.NDPA.org>. Kim expressed excitement about the upcoming conference's quality of keynote speakers, large number of presenters, breakout sessions, and exhibitors.

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We wrap up the 8th volume of the *International Journal of Aquatic Research and Education* with this fourth issue featuring a range of interesting papers and topics on aquatics that I hope you will find interesting and informative.

For several reasons, I have chosen not to author an editorial for this issue. Instead, a letter to the editor which I received via email leads off the issue. As you will discover the letter from Greg Schmidt, a longtime aquatic professional from Eastern Washington University, supports and expands upon my editorial in the August issue regarding parents and swim lessons. As always, we are interested in your thoughts, comments, and criticisms. Greg provided his contact information in case anyone is interested in contacting him directly.

Original Research Articles

This fourth issue features a number of original research articles. The first paper in this section, “Effects of Shallow Water Aerobic Exercise Training on Arterial Stiffness and Pulse Wave Analysis in Older Individuals,” is a product of the exercise physiology group at West Virginia University headed by Lori Sherlock and includes Sara Fournier, Evan DeVallance, Kyuwan Lee, Stacey Carte, and Paul Chantler.

The second and third research articles are authored by Kevin Moran, University of Auckland. Together, the thrust of both studies is to add to our collective knowledge about how certain factors potentially impact drowning and drowning prevention. They are both part of the Can You Swim? project of which Kevin is one of the prime movers. Kevin’s first paper, “Getting Out of the Water: How Hard Can That Be?” represents an evidence-based exploration following up on an article authored by John Connolly about what he termed “the exit problem” in drowning. Kevin’s second paper, “Can You Swim in Clothes? An Exploratory Investigation of the Effect of Clothing on Water Competency,” identifies the pros and cons of swimming with and without street clothing, extrapolating the impact they may play in drowning since many drowning incidents occur to persons not intending to get in the water. The results ought not to be terribly surprising, but they provide a cautionary tale about presuming the lack of importance often attributed to getting out of the water.

The fourth research article in this issue covers a most unusual aquatic topic: “Using a Public Health Approach to Understand “Skipping” Snowmobiles in Pangnirtung, Nunavut, Canada.” It was authored by Audrey Giles, Gwenyth Stadig, Francine Darroch, Meghan Lynch, Michelle Doucette Issaluk, and Shaelyn Strachan with the cooperation of the local people in Pangnirtung, Nunavut. I expect readers can appreciate why this represents an important paper albeit unusual topic. It will be interesting reading, I can assure you.

The next-to-last research article, authored by Jennifer Pharr, University of Nevada, Las Vegas, and Carol Irwin and Richard Irwin, both of the University of Memphis, is titled, “Parental Factors That Influence Swimming in Children and Adolescents.” The study examines the role that certain parental behaviors and attitudes play in their children’s swimming interest and skills. The study employed a large sample survey and has some very interesting results that you will want to examine.

We conclude the research articles in this issue with a final article from a research group at Middle Tennessee State University: Ryan Conners, Don Morgan, Dana Fuller, and Jennifer Caputo. The study, “Underwater Treadmill Training, Glycemic Control, and Health-Related Fitness in Adults With Type 2 Diabetes,” is one of the first to examine the impact of aquatic exercise and type 2 Diabetes.

Declarations and Position Statements

You will find two important declarations and position statements that come from the International Life Saving Federation (ILS) courtesy of Justin Scarr. The first is the final conference declaration on a commitment to reduce and eliminate drowning that was produced by delegates to the World Conference on Drowning Prevention (WCDP) back in 2011. We had intended on publishing this declaration previously, but I had inadvertently overlooked it. The entire declaration is not included in the

print version of the journal; however, it does appear as open access on the journal's electronic website.

The other document, a position statement from the International Life Saving Federation, the ILS Position Statement on Development Aid Effectiveness, addresses issues important to many nongovernmental organizations (NGOs) relative to how aid to low- and middle-income countries can be most effectively disseminated. Like the WCDP declaration, this entire document is not reprinted in the print version of the journal; however, the entire document is included as an open access document on the journal's website.

Index and List of Reviewers

Importantly, the online issue concludes with a list of those selfless individuals who volunteered to make the four issues of Volume 8 of *IJARE* possible with their high quality reviews, constructive criticism, and feedback to authors. Please note the number of those individuals who actually did more than one review for *IJARE* this past year. I am personally very appreciative of all the exceptional assistance each and every individual reviewer has contributed to the double-blind review process that is the cornerstone of any scholarly peer-reviewed journal. Thank you!

Our next issue of *IJARE* in February 2015, which will kick off our 9th volume, promises more terrific articles and research studies in aquatics. Until then, may you enjoy continued good reading and safe swimming.

Steve Langendorfer
Editor