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In This Issue...

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EDITORIALS

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In This Issue . . .

I am hopeful readers of this sixteenth issue of the *International Journal of Aquatic Research and Education* will enjoy and appreciate the five extremely important and well written research contributions that appear in this issue. I think you will find that the topics are quite diverse in relation to their authorship, the methods employed, and the issues addressed. At the same time, I believe all five of the studies hold some central importance to the aquatic literature.

I have taken the opportunity to expand upon the first research article with my own editorial related to the topic of safe water entry, also known as safe diving depth. Safe diving depth is an issue that continues to be raised by many swimming agencies and to which there is indeed need for much stronger evidence-based policies.

Following the editorial, we publish a letter to the editor. Chris Brewster, an illustrious member of the International and U.S. Life Saving Associations, has authored a letter about lifeguard surveillance that reacts to a recent article by Lyndsey Lanagan-Leitzel and Cathleen Moore, "Do Lifeguards Monitor the Events They Should?" As always, we encourage such reactions to previous articles or related issues and invite both letters to the editor and longer reactions to published research. They serve one of the central purposes of *IJARE*: to promote discussion about important and controversial topics and issues in aquatics.

Original Research Contributions in the Current Issue

As I obliquely mentioned in my introduction, our first research contribution was submitted by a research group from Indiana University's Councilman Center for Aquatic Research that includes Andrew Cornett, Josh White, Brian Wright, Alexander Willmott, and Joel Stager. Their study is entitled, "Racing Start Head Depth and Head Speed Filmed During Swim Competition Into a Water Depth of 1.22 m." Personally, I believe this study may rank among the most important papers published in *IJARE* so far. It addresses a key question about the risks and safety of performing racing starts in the minimum water depth allowed by USA Swimming, but which is substantially shallower than recommended by the American Red Cross. It is particularly important because the authors collected the data during the so-called "heat of battle," during actual swim meet competition. I hope readers will read and critique this study carefully and closely. The authors have noted that it is but the first in a series of studies that will examine water depth issues for competitive swimming. We look forward to reading the future articles.

Linda Quan, Bruce Culver, and Roy Fielding, the first two authors from the University of Washington School of Medicine and the third author from University of North Carolina-Charlotte, have reported an interesting set of case reports dealing with hypoxia and apparent hyperventilation. The article, "Hypoxia-Induced Loss of Consciousness in Multiple Synchronized Swimmers During a Workout," relates to a previous scientific review and advisory from the American Red Cross

in *IJARE* warning of the danger associated with hyperventilation and hypoxia (also called underwater blackout). I believe this article is an important call to action to alert aquatic practitioners about the dangers associated with breath holding and hyperventilation.

Our third publication comes from “down under.” Brian Blanksby, Matt Donaldson, and Paul Heard, all from the University of Western Australia, have authored “Progress in Precursor Skills and Front Crawl Swimming in Children With and Without Developmental Coordination Disorder (DCD).” I suspect that many of our regular readers may be unfamiliar with Developmental Coordination Disorder. Nevertheless, I found this particular study to have implications not just for children with developmental disabilities, but also to typically developing children and the teaching of swimming. Strengths of the study include the number and variety of assessment instruments that the authors employed in addressing their research questions.

Grant Hill and Karen Berukoff of California State University–Long Beach and the Long Beach Consolidated School District, respectively, have written “A Study of Factors That Influence the Swimming Performance of Hispanic High School Students.” This study follows several others published in *IJARE*, most notably the Irwin et al. (2009) paper, that all collectively address the important issue of how and how well minority groups learn to swim. It is well worth your reading.

The final research publication in this issue deals with aquatic therapy. Lori Sherlock, Robert Chetlin, Steven Wheeler, Shelby Crane, and Cheryl Morris, all from the University of West Virginia in Morgantown, conducted a study, “The Effects of Combined Aquatic and Occupational Therapy in Stroke Patients: A Retrospective Study.” Their paper examined the “value-added” contributions from therapeutic activities in the water that stroke patients received along with their normal occupational therapy. Although the study relied upon retrospective use of medical records and is therefore limited to the conclusions it can draw, it provides some important insights into the use of the water environment in helping stroke patients recover some of their skills. It also calls upon other researchers to consider prospective studies that could include a true control group. Our aquatic therapy readers should find this paper to be of great interest.

Abstracts

Our final issue in this fourth volume concludes with two abstracts and three brief reports drawn from the *Research Proceedings* of the 2010 International Aquatic Therapy Symposium held earlier in the year in Sanibel, Florida and sponsored by the Aquatic Exercise Association. Regular readers may recall that we published similar abstracts from the 2010 International Aquatic Fitness Conference in the previous issue. *IJARE* is pleased to publicize the excellent practical and research work being done by aquatic exercise leaders and aquatic therapists associated with AEA.

As always, enjoy the reading.

Steve Langendorfer, Editor
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