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## In This Issue...

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## EDITORIAL

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## In This Issue . . .

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### Upcoming Aquatic Events – 2015

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 [www.NDPA.org](http://www.NDPA.org). Each year, the NDPA Educational Conference grows in terms of participants, exhibitors, number of presentations, plus overall quality and contributions to preventing drownings in the United States. Please consider whether this would be a good conference to attend.

From April 15–18, 2015, aquatic professionals interested in evidence-based adapted aquatics and aquatic therapy should be interested in the Aqua Leuven 2015 conference which is the follow up to the first European Conference on Evidenced Based Aquatic Therapy (a.k.a., ECEBAT) held March 2013 in Izmir, Turkey. This second conference will be held at KU Leuven (Katholieke Universiteit Leuven) in Belgian. Members of the Faculty of Kinesiology and Rehabilitation Sciences, Dan Daly and Johan Lambeck (a member of the *IJARE* Editorial Board), will be the hosts. According to the Aqua Leuven website (<http://www.aqua-leuven2015.be>), “The theme of Aqua-Leuven 2015 is ‘The added value of water’ with the main focus on pediatrics, cardiovascular problems, CVA/neurological disorders, and musculoskeletal disorders and injuries. Nevertheless, research reports on other topics is also welcome.” Unfortunately, deadline for abstract submissions passed on November 30, 2014, but registrations to the conference are still open and available.

### In This Issue – February 2015 9(1)

We begin our 9th volume of the *International Journal of Aquatic Research and Education* with this first issue featuring an eclectic variety of aquatic topics quite different from most of our previous published articles. I am fairly certain that this issue sets a record; it undoubtedly features the most authors who have ever appeared in a single issue of the *IJARE* during our nine years of existence. If my count is correct, and I am fairly certain it is, we have 34 unique authors, at least 8 of whom have been multiple coauthors in this same volume! One of the “secrets” behind the large number of authors is two important contributions that were coauthored by members of the American Red Cross Scientific Advisory Council’s Aquatic Subcouncil. These articles are the product of over two years of fairly intensive work by this esteemed group of aquatic scientists and professionals whose mission is to provide authoritative and scientific evidence upon which the American Red Cross can base its water safety and swimming programs. As part of full disclosure, I am

a member of this group. On the other hand, like all scholarly manuscripts submitted to *IJARE*, these papers went through the same rigorous double-blind review process as do all of our submitted manuscripts.

I kick off this issue with an editorial in which I reprise several of my ongoing themes about which I have written in the past: water competence, drowning prevention, and another term, which I first published over 20 years ago, “aquatic readiness.” I use the editorial to expand upon several themes that appear in the previously-mentioned articles from the Red Cross’ Aquatic Subcouncil of the Scientific Advisory Council.

## Original Research Articles

The first research article, “Towards Defining Water Competency: An American Red Cross Definition,” is the first of the two articles in this issue authored by members of the American Red Cross Aquatic Subcouncil. Those members come from a wide variety of institutions around the U.S. and Canada. The lead author, Linda Quan, is associated with Emergency Services at Seattle Children’s Hospital. The remainder of the authors are Bill Ramos, Indiana University, Connie Harvey, Catherine Barry, and Stephanie Shook, American Red Cross – Aquatics, Louise Kublick, Holland Bloorview Kids Rehabilitation Hospital, Toronto, Canada, Terri Lees, North Kansas City Community Center – Aquatics, Roy Fielding, University of North Carolina, Charlotte, Shelley Dalke, Canadian Red Cross, Vancouver, Canada, Peter Wernicki, Florida State School of Medicine, Orthopedic Surgery, and Steve Langendorfer, Bowling Green State University, Ohio. The study was a survey of current practices from organizations and facilities on “tests” of swimming in the deep end that allowed the authors to propose their definition for water competency.

The second research article has a number of the authors from Bond University, Queensland, Australia. “Effects of Long-Term Surfing on Bone Health in Mature-Aged Males” was written by Mike Climstein, Zachary Pollard, James Furness, and Chris McLellan from Bond University, plus Joe Walsh and Jarrod Meerkin, both from Sydney. The article examines whether surfing seemed to have any association with bone health and density among middle-aged males.

The third article also focuses on surfing, but in this case, the scoring of competitive surfing. “Scoring Analysis of the Men’s 2013 World Championship Tour of Surfing” was authored by members of the Hurley Surfing Australia High Performance Centre and Edith Cowan University in Joondalup, Western Australia. Authors include Oliver Farley, Ellen Raymond (also University of Bath in the UK), Josh Secomb, Brendon Ferrier, Lina Lundgren, Tai Tran, Chris Abbiss, and Jeremy Shepard. The analysis showed that the judging and scoring of surfing has enough variability to shift the competitive results easily from top 10 to bottom 10 in competitions.

The fourth study is also related to ocean surf, but in this case, with rip currents, beach safety, and drowning prevention in the United Kingdom. Eleanor Woodward, Emily Beaumont, Paul Russell, all of the School of Marine Science and Engineering, University of Plymouth, and Ross MacLeod of the Royal National Lifeboat Institution, Pool, UK, authored “Public Understanding and Knowledge of Rip Currents and Beach Safety in the UK.” The results of the large sample survey

indicate how dangerous rip currents at beaches in the UK are and the need for better beach user education.

The final research article is a fascinating narrative study of the perceptions of Masters swimmers who participate in coached Masters swimming programs. Scott Rathwell and Bradley Young, University of Ottawa, and Bettina Callary, Cape Breton University, composed “Exploring the Context of Coached Masters Swim Programs: A Narrative Approach.” The study indicated a number of trends in Masters swimmers and their perceptions of their coaches’ behaviors.

### **Original Educational Articles**

This issue has only one educational article, “Primary and Secondary Drowning Interventions: The American Red Cross Circle of Drowning Prevention and Chain of Drowning Survival.” Many of the authors from the Red Cross Scientific Advisory Council’s Aquatic Subcouncil were the same as those who authored the first research article. In this case, Bill Ramos of Indiana University was the lead author. Other coauthors who contributed to the development of these two important educational iconic messages included Angela Beale, Peter Chambers, Shelley Dalke, Roy Fielding, Louise Kublick, Terri Lees, Linda Quan, Peter Wernicki, and Steve Langendorfer. This article describes the latest evidence-based educational effort from the American Red Cross to prevent, as well as react to, incidents of drowning.

### **Media Review**

This issue concludes with a media review that I wrote about the fifth volume of the *Science in Swimming V* that comes from the University School of Physical Activity in Wroclaw, Poland. The 155 page book represent the proceedings of a seminar convened alternate years in Wroclaw, Poland, but represent aquatic research from around the country. The monograph was ably edited by three of the outstanding faculty from School of Physical Activity: Krystyna Zaton, Marek Rejman, and Krystyna Antoniak-Lewandowska. As I note in the media review, I had the great pleasure to meet these individuals and their colleagues during my visit to Wroclaw during October 2014.

Our next issue of *IJARE* in May 2015 will feature a number of very interesting manuscripts that are currently accepted or under review. They represent another very diverse and interesting set of studies in aquatics. Until then, may you enjoy continued good reading and safe swimming.

*Steve Langendorfer*  
Editor