



Circular 069:17

Date: 13th April 2017

Subject: Lifeguard Research Talk

Attention: All club members

Description: Talk by Prof Mike Tipton on the Science of Beach Lifeguarding

Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

SLSNR and SLSNZ through the National Lifesaving Committee are pleased to announce that Prof. Mike Tipton will be giving a presentation entitled;

The Science of Beach Lifeguarding

On Friday 23rd June @ 5pm, Lecture Theatre 505 (N block) at the University of Auckland, followed by a social function at *De Post*, 466 Mount Eden Rd.

The presentation will cover these topics;

- Beach Lifeguard fitness standards
- IRB & RWC strength standards
- Eyesight standards
- Surveillance techniques
- Lifeguard Swimming Performance in Surf

Which all appear as Chapters in the recently published [book](#) of the same name. Many of the topics are very relevant to the work that the SLSNZ Board have asked the NLC to look at so we hope that as many members as possible will attend and contribute to the discussions around how we incorporate evidence based science to our own fitness and medical standards as well as our educational programmes. Places are limited, so for more information and to book for the talk and the social function please email adam.wooler@surflifesaving.org.nz.

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Biography

Professor Tipton was educated at the University of Keele (Staffordshire, UK) and the University of London, and joined the University of Surrey (Guildford, UK) in 1986. After 12 years at the Robens Institute (Guildford, UK) and European Institute of Health and Medical Science (Guildford, UK), he moved to the University of Portsmouth (UK) in 1998. In addition to his university positions, Professor Tipton was based at the Institute of Naval Medicine (INM; Gosport, UK) from 1983 to 2004 and was consultant head of the Environmental Medicine Division of the INM from 1996. He has spent over 30 years researching and advising the military, industry and elite sports people in the areas of thermoregulation, environmental and occupational physiology and survival in the sea. He has published over 500 scientific papers, reports, chapters and books in these areas.

*Professor Tipton has been a consultant in survival and thermal medicine to the Royal Air Force and UK Sport. He sits on the Royal National Lifeboat Institution's Medical & Survival Committee and the Ectodermal Dysplasia Society's Medical Advisory Board. In 2004, Professor Tipton was made an honorary life member of the International Association for Safety & Survival Training in recognition of his work in sea survival. He chaired UK Sport's Research Advisory Group and now sits on the English Institute of Sports' Technical Advisory Group. Professor Tipton chairs the Energy Institute's Health Technical Committee and is a Trustee of **Surf Life Saving GB** and senior editor of the journal of Extreme Physiology and Medicine. Professor Tipton is a Fellow of the Royal Society of Medicine and provides advice to a range of universities, government departments, industries, medical, search and rescue and media organisations.*

Adam Wooler

Operations Manager

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