



Uitemate



The 10th Workshop on the Water Rescue and Survival Research

27 November 2022

ONLINE

The Society of Water Rescue and Survival Research

“Uitemate” is an important motto to help survive sudden water accidents. When a person encounters a water related incident, it is vital to keep the air-way free by floating on their back (*uite*) and waiting for a rescuer to come to their assistance (*mate*).

Uitemate challenges the current thought of water rescue to where the victim plays the leading role, not rescuer.



Welcome Message

It is our greatest honor and pleasure to host the 2022 workshop on water rescue and survival research (Uitemate 2022) online.

The Society of Water Rescue and Survival Research has spent nine years to spread Uitemate, the important skills of victims in water accident, in Asian countries such as Sri Lanka, Indonesia, Thailand, Malaysia, Taiwan, Vietnam, and the Philippines. Moreover, we had great opportunities to meet all the responsible Uitemate leaders in each country to foster Uitemate instructors in their countries. The main aim of this workshop on Uitemate is to share the information about water accidents and disasters around the world and its countermeasures.

We welcome all of you to our 10th International Workshop on Water Rescue and Survival Research (Uitemate 2022).

Executive Committee Members

Hidetoshi Saitoh, Ph. D.

Chairman

Professor, Nagaoka University of Technology, Japan

Yoshihiro Ominato

Co-Chairman

Associate Professor, National Institute of Technology, Nagaoka College, Japan

Tetsuya Yokota

Co-Chairman

Director, Vessel Operation Div. Nippon Marine Enterprises, LTD. Japan

Uitemate Organizing Committee Members

June Okanoya

NPO Japan First Aid Society, Japan

Takashi Toriumi

Associate Professor, Keio University, Japan

Katsushi Yamashita
Fujisawa city fire Bureau, Japan

Kentaro Tai
Associate Professor, Gunma University, Japan



General Information

Date	November 27 th , 2022
Venue	Online (Zoom)
Theme	Water Safety Education and Safety Awareness Activities after Three Years of COVID-19
Official Website	https://uitemate.jp/information-post/the-10th-workshop-on-the-water-rescue-and-survival-research-uitemate-2022-call-for-presenters/
Official Language	English



Registration

For your registration to Uitemate 2022, please access to the URL below and fill out the form.

<https://forms.office.com/r/56BPF1xZME>

You will receive the Zoom URL to join our workshop approximately one week before the workshop (Nov. 27). We are sorry to mention but due to the capacity of our Zoom, we will send the URL ONLY to the first 100 people.



Uitemate 2022



The 10th Workshop on the Water Rescue and Survival Research: Uitemate 2022 (online)

Date: November 27, 2022 14:30-16:40pm (JST)

Venue: Online (Zoom meeting)

Language: English

Organizer: The Society of the Water Rescue and Survival Research

*Presentation: 15 minutes for each presentation + 5 minutes of Q&A

*The time on this timetable is all Japan Standard Time (JST). Please make sure and check that you have time difference between the time zone of your country and that of Japan.

14:00~ Preparation (Participants can try their connections)

14:30 Uitemate 2022 Starts, welcome and admin matters

14:30-14:35 Opening Remarks

Mr. OMINATO Yoshihiro (SWRSR / Associate Prof. National Institute of Technology, Nagaoka College)

[Keynote Speech]

14:35-14:55 "The SWRSR and Its Projects Other than Uitemate Dissemination"

Dr. SAITOH Hidetoshi (President of the SWRSR / Prof. Nagaoka University of Technology)

[General Presentation]

14:55-15:15 "Aquatic Education in Malaysia During and Post-COVID Lockdown"

Ms. Adlyn Adam Teoh & Wong Foong Yin (Swimming Teachers' Association of Malaysia)

15:15-15:35 "Uitemate and Drowning Prevention"

Mr. Terence June Toriano (Kalibo Disaster Risk Reduction Management Office / Division Chief)

[Short Break] 10min

- 15:45-15:55 “Activities of Accident Investigation Committee under Infection Situation of COVID-19”
Dr. Naoyuki Inukai (SWRSR / Associate Prof. Nagaoka University of Technology)
- 15:55-16:15 “3 Methods of Uitemate of Thailand”
Mr. Adisak Suvanprakorn (Secretary General, Thai Life Saving Society, Thailand)
- 16:15-16:35 “Current Situation of Sri Lanka”
Mr. Asanka Asanka Nanayakkara (President, Sri Lanka Lifesaving)
- 16:35-16:40 Closing Remarks
Mr. Yoshihiro Ominato (SWRSR)
- 16:40 End of Uitemate2022

!!Please note that the schedule for this workshop is subject to change without prior notice!!



UITEMATE Workshop 2022

Presentation Summary

[Keynote Speech] 14:35-14:55

Dr. SAITOH Hidetoshi (President of the SWRSR / Prof. Nagaoka University of Technology)

"The SWRSR and Its Projects Other than Uitemate Dissemination"

「水難学会と”ういてまで”普及以外の事業」

[General Presentation 1] 14:55-15:15

Ms. Adlyn Adam Teoh & Wong Foong Yin (Swimming Teachers' Association of Malaysia)

"Aquatic Education in Malaysia During and Post-COVID Lockdown"

「マレーシアにおける、COVID（コロナ）ロックダウン中・後のアクアティック教育」

Abstract（要旨）：

Malaysia experienced multiple phases of a government-mandated Covid-19 lockdown restrictions, formally known as Movement Control Order (MCO) from March 2020 until January 2022. The quarantine measures varied in restrictions, from the ban on people movement to mandated closure of businesses and industries. The severity of these controls tightened and relaxed over the course of 3 years.

In this period, the aquatic education industry experienced intermittent halting, as swimming pools in the country were closed, alongside the restrictions for aquatic educators to conduct swimming lessons.

This presentation explores the experiences of aquatic educators in resuming aquatic lessons in light of the easing of Covid-19 restrictions placed by local & federal government. It looks at parents and learners' receptiveness in returning to aquatic lessons after being away from the pool for many months and even years. Also reviewed are improvised methods and techniques that were tested in designing and conducting lessons taking into account physical distancing and masking requirements. These include the practical use of additional support such as swimming and teaching aids, parents or carers as in-pool support, poolside deck teaching, and class layouts.

マレーシアでは、2020年3月から2022年1月まで、政府が義務付けた Covid-19 ロックダウン制限（正式名：移動制限命令（MCO））の複数の段階を経験してきました。

検疫措置には、人々の移動の禁止、企業や産業の強制閉鎖など、さまざまな制限が課されました。これらの厳しい管理は、3年間に亘り強化されたり緩和されたりしています。

この時期、国内のプールは閉鎖され、水泳教育者が水泳のレッスンを行うことも制限されたため、水泳教育業界は断続的な停滞を余儀なくされました。

本プレゼンテーションでは、地方政府および連邦政府による Covid-19 制限が緩和することに照らして、水泳レッスンを再開する際の教育者の経験を報告します。

これは、何ヶ月、或いは何年もプールレッスンから離れていた親や子ども達がレッスンに戻ることに對する受容性に注目するものです。

また、レッスンを設計および実施するために実施したテストの方法とテクニック（物理的な距離を取ることとマスク着用を要件として考慮）についてもお伝えします。

更に、水泳や教育補助具、プール内のサポートとしての保護者や介護者、プールサイドのデッキでの指導、クラスのレイアウトなど、追加のサポートの実用的な使用を含みます。

[General Presentation 2] 15:15-15:35

Mr. Terence June Toriano (Kalibo Disaster Risk Reduction Management Office / Division Chief)

“Uitemate and Drowning Prevention”

「“ういてまで”と溺水防止」

Abstract（要旨）：

The presentation shall focus on the measures of Drowning Prevention in the context of spreading Uitemate while leaving in the New Normal where facemasks are not needed and the participants are fully vaccinated. Focus will also be given on tourism beach resort areas as more people are venturing out after the Pandemic.

プレゼンテーションでは、参加者が全員予防接種を受けることで、フェイスマスクを不要とするニューノーマルを取り入れつつ Uitemate を広めるという観点から溺水防止対策に

焦点を当てます。また、パンデミック後には多くの人々が出かけるであろう観光ビーチリゾートエリアにも焦点を当てます。

[Short Break] 10min

[General Presentation 3] 15:45-15:55

Dr. Naoyuki Inukai (SWRSR / Associate Prof. Nagaoka University of Technology)

“Activities of Accident Investigation Committee under Infection Situation of COVID-19”

「新型コロナウイルス感染症の状況における事故調査委員会の活動」

Abstract（要旨）：

Every year, many water accidents occur in the river area and the sea area in Japan. Among these many accidents, the Accident Investigation Committee of our society has been conducting two or three accident investigations every year even though being under the situation of COVID-19 pandemic. As the results, the total of six major investigations were conducted in the past three years (October 2022 present). The half of six investigations were conducted in the river areas and the other half investigations were in the coastal areas.

All studies conducted the field survey and the numerical analysis, and some studies conducted the numerical simulations.

When the field surveys were conducted, the survey experts need to gather from all Japan. Therefore, we needed to conduct the surveys when the infection has calmed down. Even though these situations, we conducted many field surveys.

Through these activities, the accident investigation committee always try to grasp the cause of the accident mainly using the knowledge of the physical process and the water dynamics.

After the analysis, the causes of the accidents are considered, and the obtained results are published in many peer-reviewed papers, etc.

Here, we introduce some investigation cases.

毎年、日本の河川や海域で多くの水難事故が発生しています。その中で、本学会の事故調査委員会は、COVID-19の大流行という状況下でも、毎年2~3件の事故調査を実施しました。その結果、過去3年間（2022年10月現在）で合計6件の重大事故調査が実施された。その結果、過去3年間（2022年10月現在）で合計6件の主要調査が実施され、そのうち半数は河川域で、残りの半数は沿岸域で実施しました。

すべての調査が現地調査および数値解析を行い、一部の調査が数値シミュレーションを行いました。

現地調査を行う場合、日本全国から調査専門家を集める必要があり、そのため、感染症が落ち着いてから調査を行う必要がありました。このような状況でも、多くの現地調査を実施しました。

これらの活動を通じて、事故調査委員会は常に物理過程と水の動態の知見を中心に事故原因の把握に努めています。

解析の結果、事故原因を考察し、得られた結果は多くの査読付き論文などに掲載されています。

ここでは、いくつかの調査事例を紹介します。

[General Presentation 4] 15:55-16:15

Mr. Adisak Suvanprakorn (Secretary General, Thai Life Saving Society, Thailand)

“3 Methods of Uitemate of Thailand”

「タイの Uitemate の 3 つのメソッド」

Abstract (要旨) :

3 methods of Thai Uitemate:

1. Face up floating.
2. Face down floating.
3. Treading water (egg beater kick).

タイの Uitemate の 3 つのメソッド :

1. 顔を上げて浮く
2. 顔を下にして浮く
3. 水中での足踏み (エッグビーターキック)。

[General Presentation 5] 16:15-16:35

Mr. Asanka Asanka Nanayakkara (President, Sri Lanka Lifesaving)

“Current Situation of Sri Lanka”

「スリランカの現状について」

Abstract (要旨) :

*Awaiting information from speaker