

CONTACT: TOM GRIFFITHS, Ed.D.

PHONE: (814) 321-5242

FOR IMMEDIATE RELEASE

January 21, 2009, 5:00 PM EST

Dr. Tom Griffiths Retiring from Penn State University

Recognized as an international leader in water safety, Dr. Tom Griffiths has spent 38 years teaching, coaching and managing aquatics at three major universities: University of Maryland, Indiana State University and Penn State. During his 23 year career as the Director of Aquatics and Safety Officer for Athletics at Penn State's McCoy Natatorium, Griffiths provided outstanding water safety service to the University, to the public he served and to his fellow water safety professionals.

Often referred to as Dr. Tom, Griffiths produced four videos, six textbooks and hundreds of articles and presentations in various areas of aquatics focusing his efforts on safety. Perhaps his two most significant contributions are the Five Minute Scanning Strategy[®], developed to increase lifeguard vigilance, and his research on Shallow Water Blackout, the leading cause of sudden pool deaths to *swimmers*. He also developed numerous water safety products.

In 2000, the National Recreation and Park Association presented the McCoy Natatorium at Penn State with the National Excellence in Aquatics Award for the best college aquatics programming in the United States. He was bestowed the Distinguished Aquatic Service Award by the National Recreation and Parks Association in 2003 for lifetime achievements and entered the International Swimming Hall of Fame in Fort Lauderdale, Florida as the Paragon Safety Award Winner in 2004. He will be inducted into the Pennsylvania Swimming and Diving Hall of Fame on March 14, 2009.

After retiring from Penn State in August of 2009, Dr. Tom hopes to continue his international water safety efforts through the Aquatic Safety Research Group, LLC and other groups serious about waters safety and committed to saving lives in, on and around the water.

###