

DECEMBER 2014: WESTSHORE SLSC



# RESCUE OF THE MONTH

RECOGNISING OUTSTANDING RESCUES

**Date: December 28, 2014**  
**Location: Ohiwa Beach, Whakatane**  
**Lifeguards involved: Kate O'Malley**

NATIONAL WINNER

*In it for life*

Westshore lifeguard Kate O'Malley was on holiday in Whakatane on December 28 when a woman ran into the campground screaming for help, as some children were caught in a rip.

Kate immediately responded and ran 150-200 metres to the unpatrolled beach and entered the rip without any lifesaving equipment. The surf was heavy at around 1.5 to two metres and the rip was very strong.

When Kate got out in to the surf, she found four teenagers dispersed over a wide area. She calmed them all down and then took the two most serious patients and towed them back to the shore, taking around 10-15 minutes.

Back on shore, the patient's parents took over their care and, on Kate's instruction, placed them in the recovery position. She then re-entered the rip and rescued the other two patients.

On returning to shore, Kate continued care of all four patients who had inhaled water and were in shock.

The ambulance arrived within five minutes and transported two of the patients to hospital for observation.