

MARCH 2015: LYALL BAY SLSC



RESCUE OF THE MONTH

RECOGNISING OUTSTANDING RESCUES

CENTRAL WINNER

In it for life

Date: March 22, 2015

Location: Lyall Bay Beach

Lifeguards involved: Charles Swart

While carrying out an in-water patrol, lifeguard Charles Swart spotted a young surfer who had been knocked-off his surfboard by a large wave and was looking highly distressed.

The boy's feet couldn't touch the bottom and he became panicked. He was taking on a lot of water and was struggling to breathe. Charles immediately paddled out to the surfer and pulled him onto his rescue board, returning him safely to shore. Once back on land, he started to calm down and his breathing returned to normal.

Once the patient was comfortable, Charles spoke with him about what had happened and offered some advice on how to avoid getting into the same situation again- focussing on the need to stay calm and breathe properly while lying on your back and raising your hand if assistance is needed. He also reminded the surfer to always wear a safety rope while surfing to avoid becoming separated from the board.