

RESCUE OF THE MONTH NOMINATION


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| CLUB/SERVICE | Tamarama SLSC | | |
| DATE OF INCIDENT | 25/1/2020 | TIME OF INCIDENT | 2:55PM |
| NAMES OF LIFESAVERS(S)/LIFEGUARDS(S) | David Head (Patrol Captain), Lance Brooks (Vice Patrol) | | |
| LOCATION OF INCIDENT | Mackenzie's Beach | | |
| SURGUARD INCIDENT NUMBER (IRD) | 64550 | | |
| OVERVIEW OF THE INCIDENT (LIMIT 1 PAGE) | | | |
| Patrol 5 Report Saturday 25th January | | | |
| <u>Facts on the Day</u> | | | |
| <ul style="list-style-type: none"> 10 members on Patrol Incident occurred at approx. 2.55pm Rescue occurred at Mackenzie's Beach Patient was unconscious and in a state of cardiac arrest when brought back to beach Patient left Tamarama beach in an ambulance at 5.45pm (3-hour rescue) | | | |
| <u>Patrol Team</u> | | | |
| <ul style="list-style-type: none"> David Head – Patrol Captain Lance Brooks – Vice Patrol Captain Michelle Cowans – Training Officer Guy Waddell, Lachlan Waddell, Lara De Carli, Natalie Sutton, Alice Powell, Albert Gillies and Jemima Waddell – Patrol members. | | | |
| <u>Pre-Incident</u> | | | |
| <p>Our team took over the patrol at 1.30pm. In our briefing and hand-over we were told that conditions were reasonable at Tamarama but a bit tricky around at Mackenzies. We also checked in with the Lifeguards and asked for an update on conditions. In a discussion between David our patrol captain, Lance vice-captain and Michelle our Training officer it was decided that we would go over and set up a roving patrol at Mackenzies. On arriving there, Michelle and Lance decided that we should maintain a post there throughout the day. They called David and asked for him to send over a rescue board and ring, once done David arranged for hour shift rotations at Mackenzies. In a radio check it was noted that there was a blind spot with radio connection. Michelle and Lance worked out the ideal place for radio comms which was passed onto the next roving Patrol.</p> | | | |
| <u>Incident</u> | | | |
| <p>At approx. 2.40pm Natalie Sutton and Alice Powell relieved Michelle and Lance at Mackenzies. Approximately 15mins into their patrol at Mackenzies a group of surfers were seen waving to the shore for assistance. Alice and Natalie both noted the surfers struggling to bring to shore a lifeless figure. Alice went to assist the group with the unconscious patient, Natalie made radio contact with Patrol Captain David and called for assistance. She also updated David on the location, condition of the patient and requirements. David dispatched 2 members to assist and called Surfcom immediately.</p> <p>On arrival at the beach the patient was not breathing, he was blue in colour and showed no signs of life. He was placed in a recovery position on the sand, Alice and Natalie assessed his situation. On noting that there were no signs of life and that he was not breathing they cleared his airways and started CPR immediately. Alice believed that the patient was in cardiac arrest. Michelle arrived at this stage and the three lifesavers commenced CPR. As they started CPR the defibrillator arrived and was set up on the patient. After 4 rounds of CPR the patient showed signs of life and began erratic breathing. When the defibrillator was turned on it informed them that, "no shock required". Alice, Michelle, Natalie and a bystander each did a round of 30 compressions while Alice on 3 occasions administered 2 breaths with each cycle of CPR.</p> <p>At this stage an off-duty paramedic who was swimming at Mackenzies and an off-duty lifesaver from Bronte joined in in assisting the patient. As the patient started to breathe on his own the treatment for potential spinal became of the utmost importance. At this stage David dispatched spinal board and additional oxygen Paramedics reached the beach approx. 10mins after the patient exited the water and took over the primary care of the patient.</p> | | | |


David our Patrol captain played a pivotal role in communications throughout the rescue, he coordinated our team in a calm, clear and decisive manner at all times. David called in Surfcom immediately after receiving the first call from Mackenzies which allowed for the quick dispatch of the ambulance. He then continued throughout the rescue to coordinate our team, including ensuring the beach was patrolled throughout, coordinating the clearing of the beach when it was thought the helicopter would land on Tamarama. He also coordinated members to various locations around the Mackenzies beach/rocks area to keep the public away and to arrange a pathway for the exit of the patient.

The patrol throughout the rescue worked together extremely well from the first notification until his departure in the ambulance. The rescue involved a number of elements including an unconscious patient in the water, CPR, Defib and Spinal recovery with a successful result of a patient who initially when brought back to the beach was in a state of cardiac arrest with no signs of life to one of a patient breathing, conscious and showing some signs of movement.

| PLEASE COMPLETE THE FOLLOWING SECTIONS IN BRIEF BULLET POINT FORMAT | |
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| SKILL AND RESOURCES APPLICATION 40% | <i>Were the skills used correctly and appropriately as per SOP's? Did the rescue / incident require advanced technical skills? Was the equipment chosen best for the conditions and skill level of the personnel? Was there optimal use of skills within the available personnel?</i> |
| All skills were used appropriately and per the SOP's. The rescue was incredibly complex and long, and involved other agencies/parties such as police, ambulance and the Duty Officers. Various equipment and methods of transporting the patient were considered (including airlift via helicopter) and the team selected a "walk out" after collaborating with the other agencies/parties involved. It's my belief that the team used their skills and resources appropriately and to the greatest benefit | |
| PROCEDURES FOLLOWED 30% | <i>Were standard operating procedures followed? Was the safety of the rescuers involved appropriately assessed? Was there appropriate leadership, chain of command, good scene management, paperwork completed, follow-ups etc.? Was the equipment utilised appropriately?</i> |
| All procedures were followed and the situation assessed consistently throughout the incident with all agencies/parties including Duty Officers | |
| ENVIRONMENTAL CONDITIONS 15% | <i>Was the incident around rocks, cliffs, or other precarious situations? What was the size of the surf, temperature, time, visibility, weather, and other environmental conditions at land or sea?</i> |
| The incident occurred at a temporary beach around the corner from Tamarama Beach called Mackenzies Beach. It is surrounded by rocks and only accessible by climbing over rocks for approximately 400m | |
| POTENTIAL OUTCOME 10% | <i>Would the outcome have been the same if the rescuers hadn't intervened?</i> |
| I feel certain the patient would have died. | |
| MEDIA CAPTURE/ COMMUNICATION 5% | <i>Were opportunities maximised in terms of media exposure? If yes, please attach article or give a brief overview of media exposure</i> |
| Channel 7 ran an update about the incident while it was underway. No further stories have been generated | |

| PLEASE COMPLETE THE FOLLOWING SECTIONS IN BRIEF BULLET POINT FORMAT | | | |
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| Completed the nomination form correctly? | | ✓ | |
| Checked that all nominees are proficient and members on SurfGuard? | | ✓ | |
| Attached Incident Log or reference incident number from SurfGuard? | | ✓ | |
| Attached any/all related media clippings? | | ✓ | |
| Forwarded to your Branch/State by the due date? | | ✓ | |

| CLUB ENDORSEMENT | |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| NAME OF CLUB: Tamarama Surf Lifesaving Club | |
| NAME OF CLUB REPRESENTATIVE: Holly Love MR/MRS/MISS/OTHER | |
| CLUB REP. POSITION/TITLE: Club Captain | |
| CLUB REP. PHONE NO: 0423268430 | CLUB REP: EMAIL captain@tamaramaslsc.org.au |
| CLUB REP. SIGNATURE:  | DATE: 10/2/2020 |

| BRANCH | |
|---------------------------------------------------------------------------------------------------------------|-------------------------|
| NAME OF BRANCH: Sydney Branch | |
| NAME OF BRANCH REPRESENTATIVE: Simon Torsellini MR/MRS/MISS/OTHER | |
| BRANCH REP. POSITION/TITLE: director of Lifesaving and Education | |
| BRANCH REP. PHONE NO: | BRANCH REP: EMAIL |
| BRANCH REP. SIGNATURE:  | DATE: 14/02/2020 |

| STATE/TERRITORY | |
|----------------------------------------------------|------------------|
| STATE/TERRITORY: | |
| NAME OF STATE REPRESENTATIVE: MR/MRS/MISS/OTHER | |
| STATE REP. CONTACT NO: | STATE REP: EMAIL |
| STATE REP. SIGNATURE: | DATE: |

Once endorsed, please send all nomination forms to: lifesaving@surflifesaving.com.au