



NEW SOUTH  
WALES

# RESCUE OF THE MONTH

— JANUARY 2018 —

**Club:** North Steyne SLSC

**Lifesavers involved:** Tracey Hare-Boyd & Trae Hare-Boyd

Two off-duty surf lifesavers from North Steyne SLSC were in the right place at the right time to assist in a highly professional multi-agency response after a man got into difficulty while swimming at Shelly Beach on Sydney's Northern Beaches.

On Friday 5 January at around 9am, Tracey Hare-Boyd and her son Trae had just finished swimming when they heard a scream and saw a man who had collapsed on the edge of the water.

As the swimmer was unresponsive and appeared to have gone into cardiac arrest, the pair immediately commenced CPR treatment.

While keeping bystanders clear of the scene, Trae was tasked to get a defibrillator from the club. He raced to the nearby Manly surf club to get the equipment and also alerted lifeguards to the unfolding incident.

During this time CPR treatment was continuously performed on the patient by Tracey and members of the public.

It was fortunate for the patient that he collapsed where he did as off-duty health professionals including two nurses and an anaesthetist were breakfasting nearby and rushed over to offer assistance.

During the incident, which lasted an agonising 40 minutes, CPR treatment was rotated through several trained health professionals to manage fatigue levels. Tracey had the presence of mind to phone the Surf Rescue State Operations Centre where she is a casual radio operator, to update them on the incident.

An Ambulance helicopter was able to land nearby and after several cycles of the defibrillator and some thorough work from the attending paramedics, the man was stabilised sufficiently to be airlifted to hospital.

It was a challenging incident for the volunteers due to the fact it was a popular and crowded beach and media were present after being alerted to the drama.

Both Tracey and Trae handled these considerable challenges calmly and professionally.

After being flown to hospital in a critical condition, the patient went on to make a full recovery.

Although the lifesavers involved were quick to deflect praise for their efforts, their prompt intervention, assessment of the scene, and ability to use their training and skills to work with others throughout the incident ensured that the patient received the best possible care.

Director of Lifesaving  
Stuart Harvey

SLSNSW President  
David Murray

