

# RESCUE OF THE MONTH.

SURF LIFE SAVING  
NEW SOUTH WALES



## JANUARY 2024

**Club:** Warriewood SLSC & Mona Vale SLSC

**Lifesavers and Lifeguards involved:** Adam Kovac, Saskia Rundle Trowbridge, Mark Bonney and Jacob Rodwell

Just after 2PM on Sunday 21 January, Warriewood SLSC patrol became aware of an incident unfolding at the notorious blowhole at the southern end of the beach, with Adam Kovac and Saskia Rundle-Trowbridge launching almost immediately from the beach and navigating tricky surf conditions by Inflatable Rescue Boat (IRB).

This particular area of the beach is familiar to patrol members as it is a popular jumping location where the water entry point is the beginning of a small tunnel leading from one side of a cliff face to another.

Upon reaching the base of the cliff, Adam and Saskia noted three young people trapped within the tunnel, struggling in the conditions, while one of them – noted earlier by patrol members who were alerted to the incident on the beach and confirmed on site by those in the IRB – was nursing a potential head injury.

Shortly after their arrival, a Mona Vale SLSC IRB crew of Mark Bonney and Jacob Rodwell also responded to the rescue and arrived to aid the Warriewood pair.

Saskia and Adam agreed on a plan of extraction and the former utilised a rescue tube to swim out and assist all three people back to the IRB before they were safely brought to shore. One person was assessed on scene and transported to hospital by ambulance after showing signs of concussion.



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**Joel Wiseman**  
Director of Lifesaving  
Surf Life Saving NSW

A stylized, handwritten signature in white ink.

**Peter Agnew**  
President  
Surf Life Saving NSW