

# RESCUE OF THE MONTH.

## JANUARY 2023

**Club: North Bondi SLSC**

**Lifesavers and Lifeguards involved: Claudia Hamilton**

SURF LIFE SAVING  
NEW SOUTH WALES



At around 5.30PM on January 13, six people found themselves in distress in the water at Blueys Beach near Forster on the NSW Lower North Coast when they became caught in a fast-flowing rip at the unpatrolled location.

Claudia Hamilton, a North Bondi SLSC member on holidays with her family in the area, noticed the people from the balcony she was on above the beach and acted quickly to run down to the beach.

On the way, she grabbed the only flotation device available to her in the area – an old body board.

Conditions were difficult to manage, with an onshore wind and, upon arrival on the scene, a lateral rip running parallel to the beach that was feeding the main rip, making for a tricky rescue.

Claudia reached the first four people about 25 metres offshore, and with the aid of the board brought the two adults and two children diagonally across the rip to a sandbank nearby. Due to the conditions, this took about 10 minutes.

Despite battling exhaustion at this stage, Claudia then paddled out to the remaining two people in the water to a father and his young daughter who were still in the water.

With further assistance from a pair of bystanders who used a rope to assist in the final transition from the sandbank to the shore, the group was successfully rescued from the water.

A stylized, handwritten signature in white ink.

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

A stylized, handwritten signature in white ink.

**George Shales OAM**  
President  
Surf Life Saving NSW