

# RESCUE OF THE MONTH.

## JULY 2022

**Club: Avalon Beach SLSC**

**Lifesavers and Lifeguards involved: Nicholas Sampson, Jason Dale**

SURF LIFE SAVING  
NEW SOUTH WALES



Proving lifesavers are never truly off duty, Avalon Beach SLSC's Nick Sampson and Jason Dale's quick thinking and sound action in a high-pressure situation has seen the Northern Beaches pair awarded with Surf Life Saving NSW's Rescue of the Month for July 2022.

On their way back to a hotel on 4 July after a full day posted with the SES in response to the heightening flood emergency, Nick and Jason found themselves caught in flash flooding where, for close to three hours, they switched gears back into lifesaving mode to assist nearly 100 stranded vehicles.

Their rescue support varied from extricating people through car windows and carrying them to self-made evacuation points, to escorting and directing people through the waters.

Chief among their outstanding efforts was the rescue of an elderly woman who had been swept off her feet into the moving water as well as a policewoman who had jumped in to assist.

Jason and Nick were able to rescue them both before they were washed into a nearby creek.

Without their involvement, the incident could very easily have been a fatal one to many. The surf lifesavers were commended on scene by all attending agencies, and the following day, pictures from the scene showed the damage that had been incurred – a sage reminder of the important role they played.

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

A stylized, handwritten signature in white ink.

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