



2016 Russell Medal

At around 2.00pm on Friday 16th December 2016, Tanner Gorille, a 17-year-old LSA (affiliated to RLSS) trained lifeguard from South Africa, was on voluntary club lifeguard duty at Camps Bay tidal pool, when he heard a group of women start screaming at the opposite side of the pool.

Tanner immediately dived in and swam across the 20m wide pool and found a young woman lying face down in the water, foaming at the mouth. Tanner immediately opened her airway and started clearing the foam, whilst getting her out of the water.

Tanner checked her vitals and commenced with Cardio Pulmonary Resuscitation. After a few cycles of one-man CPR, the patient started to show signs of life and Tanner placed the unconscious woman into the recovery position.

Tanner monitored her until Paramedics arrived and stabilised her. The patient was admitted to a local hospital, where she made a full recovery, thanks to the quick commencement of CPR by Tanner.

Tanner Gorille was awarded the 2016 Russell Medal by RLSS Russell Medal Committee and endorsed by RLSS Commonwealth Management Committee.