



2015 Mountbatten Medal

On Monday 23rd February 2015, Zac Dominique, an RLSS award holder and lifeguard from St Lucia, was on lifeguard duty at La Toc Sandals Beach Resort. Due to the rough seas and strong currents, the red flags were displayed and hotel guests were advised not to swim.

A group from Barre de l'isle were on the beach for the day. Several of the group repeatedly entered the water despite over 15 warnings over the course of the day from the lifeguards, who told them the water was too dangerous to swim in. At around Midday the police were called and told the group not to enter the water again for the rest of the day. The group unfortunately didn't heed the warnings.

At approximately 4.10pm Zac saw 3 people in the water being dragged out to sea by a strong current. He called for assistance, ran down the beach and swam out to the men. By the time he reached them, one of the men had disappeared under the water so he grabbed the man closest to him whilst talking to the third man trying to calm him down. The casualty he was trying to assist was fighting and grabbing him but Zac continued trying to get him back to shore. At this point Zac became very tired and the current pulled him and the casualty under the water, at which point Zac lost his grip on the casualty. He slid towards the ocean floor and Zac lost sight of him. When Zac resurfaced he assisted the third casualty and several moments later another lifeguard reached them on the kayak. Both lifeguards managed to get the casualty onto the kayak, at which point he was taken back to shore. Zac then had to swim back to shore as the kayak only held two people.

If it wasn't for Zac's actions, three people instead of two would have lost their lives that day.