



2020 Mountbatten Medal Citation Conor Power

On 11th November 2020, 17-year-old Conor Power was at the Northern end of Greystones South Beach, County Wicklow, Ireland, to train for the practical element of his Physical Education Leaving Certificate exam. A quick inspection showed that conditions were too severe (gusty winds, strong current to the north and large waves breaking on to the shore) and the training session was cancelled. A little later, around 3pm, Conor, who holds several RLSS Awards including Survive and Save Bronze (Open Water) was on his way home with a colleague when he became aware of a lady being moved towards the rocks by the sea. A bystander told him she had not been making progress for more than 15 min. She was being carried toward the rocks by the sea.

Conor asked the bystander to contact the emergency services. In the meantime, he got a ring buoy and gave it, with instruction in its use, to his colleague should Conor have to enter the water. Conor then ran some 200 metres to get another ring buoy for use in a rescue, if needed.

As the casualty's situation was not improving Conor decided it necessary to attempt a rescue, so he stripped to his underwear and taking the ring buoy swam the approximate 200 metres distance to the lady. He gave her the buoy and retaining the rope attempted to tow her clear of the dangerous rocks. After much effort he got her clear of the immediate danger of the rocks but the effort, cold water, the wind, and waves effected his strength, and left him exposed to excessive risk. He instructed the lady to not to let go of the ring buoy under any circumstance, that help was on its way. He returned to shore, where initially he was placed in a Garda car and subsequently in an ambulance to warm up and oxygen was administered as his oxygen levels were low due to the effort. Subsequently he was brought to St Vincent's Hospital A&E where he was observed for around 3 hours prior to release.

The casualty was recovered from the sea by Rescue 116, the local Search and Rescue helicopter (SAR), and was, also, evacuated to hospital where she is understood to have made a full recovery.

For his quick, brave response and lifesaving skills, Conor Power is awarded the 2020 Mountbatten Medal.