



## **2008 RUSSELL MEDAL – WILLIAM AYRES**

On 1<sup>st</sup> September 2008, 18-year-old William Ayres, a member of RLSS UK from Ferndown in Dorset, was walking with a friend in the pedestrianised area of Old Christchurch Road, Bournemouth when he saw a crowd gathered around a man lying on the ground. William approached the group to see what was happening and saw that the man had been placed in a form of recovery position. He asked if anyone present was first aid trained and when they replied that they were not William explained that he and his friend were qualified lifeguards and that he was also first responder trained. William ascertained that the man had been seen to clutch his chest prior to collapsing to the ground but no one knew the individual. From the information given, William believed that the man had sustained a heart attack and therefore should not be in the recovery position.

On checking the man, William found that he was no longer breathing, he rolled him carefully onto his back to open his airway, but the man remained unconscious. After ensuring that an ambulance had been called William sent his friend to the nearby beach life guard station where he knew there would be a defibrillator and asked if a lifeguard could return with an emergency pack. William then commenced full CPR on the casualty until the ambulance arrived.

On arriving, the ambulance crew assessed William's CPR and advised him to carry on as he was doing an excellent job while they prepared their equipment. They then transferred the man to the ambulance and William heard them using the defibrillator on the patient before being transferred to a nearby hospital. Unfortunately, due to patient confidentiality it has not been possible to ascertain whether the man recovered from the incident.

**For his calm and controlled actions William Ayres  
is awarded the 2008 Russell Medal**