



## **2022 Russell Medal – Noah Winders**

On 23<sup>rd</sup> April 2022 at approximately 09.00am, Noah Winders, an RLSS UK Lifesaving Award holder, was attending a basketball training session at St. Vincent's School in Dublin, Ireland.

During a training drill, one of Noah's fellow athletes was seen to stumble, then collapsed and appeared to be having a seizure. He was unresponsive, and the Senior Coach on duty placed him into the recovery position and arranged for an ambulance to be called. The casualty's condition appeared to change, and what appeared to be agonal gasps were identified by Noah. Following a request by the ambulance despatcher, Noah began chest compressions on the casualty. The casualty appeared to regain normal breathing, so CPR was stopped. The casualty's breathing then stopped again so Noah re-commenced chest compressions until an ambulance arrived on scene, and the paramedics began treatment. His condition stabilised and he was transferred to hospital, to be discharged several weeks later. The casualty has since made a full recovery.

At just 15 years old, Noah responded with courage in a very difficult situation, and worked confidently as part of the team that saved the casualty's life.

**For his courageous actions, Noah Winders is awarded the 2022 Russell Medal**

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