



# **2024 Russell Medal**

## **Cosette Palmer**

On 24<sup>th</sup> March 2024 Cosette Palmer was out kayaking with her fiancé off the coast of Dawesville (Western Australia)- Cosette's fiancé embarked on a deep free dive

After some time, Cosette noticed her fiancé at a distance from their kayak, face down and unresponsive. Unable to lift their anchor, Cosette swiftly cut the rope and paddled toward her fiancé. Despite her small frame, with incredible strength and determination, she managed to lift him, still wearing his heavy diving weights, onto the kayak. Realising the severity of the situation, Cosette activated their EPIRB and called 000 for assistance, before commencing CPR. Cosette's efforts continued for over 15 minutes until Mandurah Volunteer Marine Rescue arrived. The crew immediately lifted the casualty onto their rescue vessel, continued CPR and applied a defibrillator. Their efforts persisted for approximately 40 minutes. Despite the tireless work of Cosette and the rescue team, the casualty could not be revived.

**For her calm and courageous actions,**

**Cosette Palmer is awarded the 2024 Russell Medal**