



LIFESAVING SOCIETY®

The Lifeguarding Experts

Investiture *citations*

Investiture of Lifesaving Honours

RESCUE COMMENDATION AWARD CITATION

NOVEMBER 1, 2024 | GOVERNMENT HOUSE | EDMONTON, AB

Russell McPhee

Allen Beach, AB – August 7, 2022

THE RESCUE COMMENDATION CERTIFICATE recognizes an outstanding rescue by a person who is not a Lifesaving Society award holder.

On August 7, 2022, Russell McPhee was enjoying a sunny day at Allen Beach with his family. As he packed up to leave, he heard screams coming from the lake. While it was common to hear excited shrieks from children playing in the water, these screams sounded different to Russell. He noticed a man lying face-down in the water, unresponsive, while another individual struggled to lift him. Russell sprinted towards the water, and as he got closer, he recognized the man was in distress.

Russell quickly instructed a bystander to call 9-1-1 and ran into the water to assist in turning the man over. Aided by other beachgoers, including off-duty nurses, Russell was able to carry the man ashore and lay him on his back to assess his condition. After determining that the man was not breathing, Russell began administering CPR, assisted by one of the nurses. After three rounds of chest compressions and rescue breaths, the man's pulse and breathing gradually began to improve. While they waited for emergency services to arrive, Russell draped a towel over the man to protect him from sun exposure and shock.

After EMS arrived and transported the man into an ambulance, Russell remained on the scene to give statements and maintain crowd control.

For his quick response and outstanding effort, Russell McPhee is awarded the Rescue Commendation Certificate.