



LIFESAVING SOCIETY®

The Lifeguarding Experts

Investiture *citations*

Investiture of Lifesaving Honours

RESCUE COMMENDATION AWARD CITATION

NOVEMBER 1, 2024 | GOVERNMENT HOUSE | EDMONTON, AB

Victoria Mitchell

Lunbreck Falls, AB – July 23, 2020

M.G. GRIFITHS CERTIFICATE is the second highest national bravery award of the Lifesaving Society and is presented to a Lifesaving Society award holder who, while using approved techniques, demonstrates significant personal bravery in an outstanding rescue attempt.

On July 23, 2020, Victoria Mitchell was visiting Lunbreck Falls with her friends. Many people were jumping off the falls into the water below, and Victoria's friends were eager to do so as well. Victoria felt that this was unsafe and instead chose to wait for her friends at the bottom of the falls. As she watched, however, one of her friends fell from the edge, becoming injured and unable to swim.

Victoria immediately took action to rescue her friend, jumping into the water and swimming towards her. After attempting an initial approach, where the current of two pounding waterfalls nearly pulled her under, Victoria determined that it was too dangerous and turned back. On her second attempt, Victoria was able to successfully reach her friend and used her lifesaving training to safely carry her back to shore, where others assisted in pulling them out of the water. On land, Victoria administered first aid until paramedics arrived on scene.

For her quick response and outstanding effort, **Victoria Mitchell** is awarded the M.G. Griffiths Certificate.