



# BRAVERY AWARD

# BRONZE

Presented to

## Nehan Pretorious

for his courageous actions on 21 December 2023 when, while surfing at Victoria Bay, George, went to the aid of a fellow surfer, Henry van Huysteen, who appeared to have suffered a seizure and fallen off his board into the water.

Nehan was surfing in 3 to 3.5m surf when he saw a surfboard floating and suspected someone's leash had broken. No one was swimming after the board and after 2 more waves, he could still see the unmanned board which hadn't moved. He then observed the board pointing vertically upwards and immediately realised someone was underneath. After no one surfaced, he paddled quickly towards the board. On reaching the board, he started pulling on the leash and got to the casualty's foot and pulled him up.

In the heavy surf, Nehan was unable to pull the casualty up onto his board by himself and called for help. Henry was unconscious and turning purple. Nehan, with many years of experience as a lifeguard, tried to keep Henry's face out of the water and afloat. A group of nearby surfers and bodyboarders, including Nehan's friend, Ivan Van der Merwe, paddled towards him and started to help.

Ivan heard Nehan's shouts for help, knowing someone was in trouble when he saw him diving down under

the waves. In between sets, they were able to assist Henry out of the impact zone, all working together using bodyboards to keep Henry afloat and his head out of the water. Another surfer administered CPR while the group slowly swam him back to shore. Nehan and Ivan noted that the bodyboarders were especially helpful as they could use the buoyancy of their boards and fins to keep him afloat and help him swim.

Meanwhile, both NSRI crew on Ann Stratford and George Fire & Rescue had launched their respective rescue JetRibs from Wilderness Main Beach and responded to Victoria Bay to assist. On arrival in the shallows, the good Samaritans assisted by NSRI lifeguards helped Henry out the water and NSRI Medics immediately initiated medical treatment assisted by an off-duty doctor (Dr Carmen Graham), who was at the beach with her family. Henry was stabilised on scene and transferred in a critical condition to hospital. Henry was discharged after 3 days in hospital, just in time to celebrate Christmas with his family.

Nehan Pretorious's bravery and selfless actions that day played a major role in saving Henry's life. As fellow South Africans we are proud to be able to recognise and honour his achievement with this Bravery Award Bronze.

A handwritten signature in black ink, appearing to read 'J. Velloza'.

Jonathan Velloza  
Chairman: Board of Directors



19 July 2024

Date