

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Grandmother in the Northwest Region Saves Life of 2-day-old Grandson using CPR

Lisa Courneya, trained in Red Cross Adult and Pediatric First Aid/CPR/AED, was alarmed to see her two-day old grandson's skin turn blue. The infant had stopped breathing. Lisa knew she had to take immediate action. She checked his vital signs, cleared his airway and began CPR while her daughter called 911. "Grandma mode went out the window and I was totally focused on CPR," she says. Emergency services arrived and transported the baby to Seattle Children's Hospital Neonatal ICU, where he made a full recovery. These heroic actions, for which Lisa was awarded the Certificate of Merit, are a testament to the power of lifesaving training. [Read more](#) on the region's news page.



Lisa Courneya holds her grandson Saint on the day she received her Lifesaving Award.

Teen Lifeguard's Heroic Actions Avert Potential Tragedy in the National Capital and Greater Chesapeake Region

Alec Roche, a lifeguard at Hammond Park Pool in Laurel, Maryland, saved a young boy in distress in the water last summer. The boy jumped off the diving board and began to struggle. Alec quickly noticed and used his Red Cross lifeguard training to rescue him. He blew his whistle, jumped in with a flotation device and guided the boy to safety. Alec's quick thinking and training prevented a tragedy. At the award ceremony, executives from the Red Cross and local responders called his efforts "heroic" and "inspirational." Discover how this young lifeguard's swift actions saved a life and earned him a well-deserved Lifesaving Award for Professional Responders, highlighted in heartwarming stories on the region's [news page](#) and [Facebook page](#).



L to R: Nadine McCrindle, Interim CEO of the Red Cross of the National Capital and Greater Chesapeake Region and Alec Roche

State Trooper and Friend from the Colorado and Wyoming Region Honored for Rescue in Remote Canyon

Off-duty Oregon State Police Trooper Travis Ring and his friend Robert Troy received the Certificate of Extraordinary Personal Action for rescuing a man lost in remote canyons in northeastern Oregon. While hunting, they heard cries for help and found the man, who had no survival gear and was suffering from cold and wet conditions. They treated him for hypothermia, including moving him to a warmer location and likely saved his life, as overnight temperatures were below freezing. Be inspired by their story on the region's [Facebook page](#) and a [video](#) on the local news site.



L to R: Robert Troy and Travis Ring with their CEPA Awards

Instructor Spotlight

Frank Sebastian

Each month we highlight an Instructor whose student(s) have used their Red Cross lifesaving training to save or sustain a life. This month we recognize Frank Sebastian, who trained Lisa Courneya in Adult and Pediatric First Aid/CPR/AED. Lisa was featured in the first story of this newsletter for performing CPR on her two-day-old grandson, who survived a cardiac arrest thanks to his grandmother's quick response. We extend our thanks to Frank for providing the quality training that allowed his student to take action when it mattered most.



Lifesaving Awards Vault

From the vault of the Algona Upper Des Moines (Algona, IA), July 27, 1972

Algona Teen Saves Life Of Drowning 6 Year-Old

On this date in history, 13-year-old Sherry Merryman was playing with her friends when they saw a boy at the bottom of the pool, purple and with a gash on his head. Nobody knew what to do except Sherry, who had taken a Junior Lifesaving course the previous summer. She began CPR and continued it until EMS arrived. The 6-year-old boy was released from the hospital two days later.



Nominate.



Recognize.



Inspire.

Saving Lives Starts Here

If you or someone you know has used **skills** and **knowledge** learned in a Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](https://www.AmericanRedCross.org/LifesavingAwards) to nominate them.

Want to know if you have a local hero in your area? Take a look at our [map](#).



Get Inspired!

In our Vault story, a teenager found a boy at the bottom of the pool and then performed CPR on him. This was a skill she learned in a Red Cross Junior Lifeguarding course. This program is designed to guide adolescents ages 11–14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills.

National Water Safety Month in May is a way to continue the important conversation about best practices for water safety in every environment, whether it be taking a Junior Lifeguarding or a Learn-to-Swim course. By promoting these essential skills, we can ensure safer water environments for everyone.