Dad and daughter saved from lethal rip

A father and his young daughter were saved from a lethal rip tide off the north Norfolk coast after lifeguards leapt into action.

The dad, 37, his eight-year-old daughter and teenage son got into difficulty at Sea Palling when they were caught in the strong current.

The trio had been walking and swimming out to sea on bank holiday Monday, when they got into difficulty. Both the father and his 16-year-old son were getting dragged under the water as they tried to keep the girl above the surface.

RNLI lifeguard Cath Gray was on patrol when she spotted the group at around 2.30pm, and radioed for backup before diving into the water.

As soon as she reached the group she put the girl into her rescue tube and swam her to shore.

The teenage boy was then able to swim safely back and the exhausted dad was brought to shore by lifeguard Henry Harrison, who had swum out on hearing Cath’s call for backup.

No sooner had the family been brought back to shore, senior lifeguard Max Moore sprang into action and swam out to help a father, 50, and his son, 13, who had got into difficulties in another rip current. The pair had got into trouble in the same spot as a 14-year-old girl, whose life Max had saved just two weeks earlier.

He got the attention of Sea Palling Independent Lifeboat, which was afloat at the time, and the pair were taken on board and brought back to the beach.

All five were taken to the lifeboat station where they were treated by a waiting ambulance, and on her way to the station Cath also helped a woman who had collapsed at the foot of the slipway.

There were six water rescues and five major first aids at Sea Palling on Monday and it was also busy for lifeguards at Mundesley, where 18 people were rescued or assisted.