Sally Cole and her sons Jack (15) and Toby (12) will never forget their holiday in August ...

'We were enjoying a family holiday with friends at Mawgan Porth. The beach was busy and the water was heaving. We were swimming and bodyboarding between the flags when we were suddenly caught in a rip current.

'One minute the water was at waist level, the next my feet couldn’t find the bottom. My son Jack just shot straight out to sea, along with our friend Colin, his son and some others. Colin and I are both strong swimmers and I used to be a pool lifeguard so it was such a shock that I was out of my depth so quickly.

I was being pulled under and out, and was really fighting large waves every time I came up. 'We were really glad to see the lifeguards who brought Jack in, along with our other friends, and checked I was okay on the way through. Luckily, my other son Toby had paddled out to me and two other ladies so we could grab onto his bodyboard until the lifeguards could come back for us. He was remarkably calm considering! All in all reckon the lifeguards must have picked up 11 people during that rescue. We were all incredibly grateful.

'If I could give a piece of advice to others it would be that you absolutely need to be swimming on a lifeguarded beach, especially if there is a large group of you with teenagers. Most importantly – don’t panic!'