City of Delray Beach

100 N.W. 1st Avenue
Delray Beach, FL 33444

Cover Memorandum/Staff Report

File #: 25-957 **Agenda Date:** 8/19/2025 **Item #:** 4.B.

TO: **Mayor and Commissioners**
FROM: **Ronald L Martin, Fire Chief**
THROUGH: **Terrence R. Moore, ICMA-CM, City Manager**
DATE: **August 19th, 2025**

RECOGNIZE THE LIFE SAVING ACTION TAKEN BY CAPTAIN JAMES BAST OF THE DELRAY BEACH FIRE RESCUE DEPARTMENT AND HIS SON QUINN BAST

Recommended Action:
Acknowledgement of Captain James Bast of the Delray Beach Fire Rescue Department and his son Quinn Bast for saving a mans life, who without their intervention may not have otherwise survived.

Background:
Captain Jim Bast of Delray Beach Fire Rescue and his 11-year-old son Quinn were recently vacationing in Breckenridge, Colorado, when they became heroes in a heart-pounding moment. While heading out for a hike, they spotted a man in distress. He was face down on the ground. His wife mentioned he had some health issues, and Captain Bast quickly assessed the situation. Thanks to Quinn's recent training with his Boy Scout troop on CPR and AED (automated external defibrillator), he knew exactly what to do. "Start chest compressions!" Quinn exclaimed. While his father performed compressions, Quinn dashed to a nearby brewery, secured an AED, and swiftly returned. The AED advised shocking the patient and then resuming CPR. The patient's breathing returned. The local fire rescue team arrived and took over. The man, in his 70s, was transported to the hospital. "The AED was key in saving his life," said the doctor later. Reflecting on the intense experience, Captain Bast shared, "It was nice to have a young man there that was really calm," and added, "It was a really quick turnaround time. In those circumstances, every minute seems like it takes an hour. The AED was back before I could believe it." Afterwards, Captain Bast and Quinn had heartfelt discussions to process the event. "We both expressed gratitude that we were put in the right place at the right time and that we were able to help somebody," Captain Bast said.