



★ ★ ★ REAL HEROES AWARDS ★ ★ ★

Ordinary People. Extraordinary Courage.

Nomination Form

American Red Cross
San Diego and Imperial Counties

Real Heroes **Nomination Form**



As the community leader in emergency preparedness, prevention and response, the American Red Cross honors individuals whose extraordinary acts of courage and kindness make them real heroes.

Real Heroes are selected based on the degree to which their acts of heroism uphold the values of the Red Cross and leave a lasting and positive impact on the residents of San Diego and Imperial Counties.

AWARD CATEGORIES

Animal Welfare Hero: Presented to an animal that has protected a human or another animal in a time of need, to a person who has rescued an animal from a traumatic situation, to an animal that is making a difference to impact someone's life, or to an individual that cares for animals.

Corporate Hero: A business or organization that has contributed significantly to the American Red Cross mission and/or made a positive impact in our community.

Disaster Services Hero: An individual or an organization that has exhibited heroic efforts in any or all of the areas of disaster services, including preparedness, response or recovery during a natural disaster or emergency situation through mission-driven response assistance to people in need.

First Responder Hero: Presented to a professional or volunteer serving as a law enforcement official, firefighter, first responder or responder in the medical or healthcare field. This award is presented to a person or persons who has exhibited heroism in their response to an emergency, on or off-duty, through acts of courage or selflessness.

Gift of Life Hero: An individual or group that supports the lifesaving mission of the American Red Cross through blood or platelet donations or inspiring others to give blood or platelets.

Good Samaritan Hero: Presented to a person that has demonstrated outstanding heroism, skill, commitment or resourcefulness in attempt to save one or more lives by utilizing skills aligned with those taught in Red Cross programs such as CPR/AED/First Aid or other health and preparedness training.

Service to the Armed Forces Hero: Presented to a member or members of the armed forces (active or veteran, commissioned or non-commissioned) whose heroic action(s) demonstrated exceptional courage or improved the welfare of the military community. This award may be presented posthumously and may also be awarded to ROTC members or civilians/organizations that have made a significant impact on the military community.

Youth Hero (age 18 or younger): Presented to a youth in the community who has demonstrated courage, initiative and/or compassion in the spirit of the American Red Cross in service to another individual or the welfare of the region.



REAL HEROES AWARD GUIDELINES AND REQUIREMENTS

- All nominees must work or reside in San Diego County or Imperial County. The heroic act may have occurred elsewhere.
- The heroic act must be either an ongoing commitment to the community for more than one year, or must have occurred this year or the previous year.
- It is possible to have more than one person awarded in a category for the same act.
- This year's Class of Heroes will be selected by the Heroes Selection Committee based on hero merit, availability for filming and award acceptance and adherence to Red Cross fundamental principles.
- Nominees may meet the criteria for more than one category or be moved to a different category at the discretion of the Selection Committee during deliberation.

For more information, contact us at socalevents@redcross.org

Nomination Deadline: Monday, July 14, 2025

Real Heroes **Nomination Form**

Nominate Your Real Hero Today!

HERO NOMINEE INFORMATION:

Name _____

Occupation _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

County of Residence _____

HERO NOMINATOR INFORMATION (YOU!):

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Relationship to Nominee _____

Does your nominee know
they are being nominated? _____
yes no



American Red Cross
San Diego and Imperial
Counties

AWARD CATEGORIES (SELECT ONE):

Animal Welfare Hero _____

Corporate Hero _____

Disaster Services Hero _____

First Responder Hero _____

Gift of Life Hero _____

Good Samaritan Hero _____

Service to the Armed Forces Hero _____

Youth Hero _____

TO NOMINATE YOUR HERO:

Your nomination should include:

1. Nominations should include all the requested contact information.
2. Description explaining why your hero deserves to be recognized (500 words or less). If able, include names and contact information for witnesses whom we can contact for additional information and/or verification as needed.
3. Please include supporting documents such as related news articles and photographs, if available.

SUBMIT YOUR NOMINATION FORM BY EMAIL OR ONLINE:

Online: redcross.org/sandiego/realheroes

Email: socalevents@redcross.org

Real Heroes **Nomination Statement**

Please describe in 500 words or less what makes your nominee a real hero.
You can attach news clips or photographs to your nomination package.