



Organised by
Leisure and Cultural Services Department
Integrated Certificates Course on
Pool Life Saving Training
Prospectus(2025)

- Purpose** : To nurture outstanding lifesavers by enabling participants to obtain pool life saving qualifications through a series of life saving bridging programmes and relevant assessments under “through-train” mode.
- Content** : The course comprises training sub-units on the Bronze Medallion, first aid, aquatic first aid and pool life saving. Upon course completion and passing of the assessments, participants will be awarded four certificates, namely the Bronze Medallion, Certificate in First Aid, Certificate in Aquatic First Aid and Pool Lifeguard Award by the Hong Kong China Life Saving Society.
- Eligibility** : Persons aged 15 or above
(Only those passing the water tests during first lessons will be eligible to take part in the rest of the programmes, where they will be required to swim 200 metres (may use any swimming strokes they want except backstroke) within 5 minutes and tread water for 3 minutes.)
- Quota** : 20
- Fee** : \$810 (full time students or others who are qualified^{Note} are entitled to a concessary rate of \$405)
(covering the costs associated with the personal logbooks, all of the training sub-units, equipment, assessments/final examination and training manual)
- Activity Details** : Appended at the end of this prospectus
- Equipment** : To be provided by the Leisure and Cultural Services Department (LCSD)
- Coach** : Conducted by coaches with qualifications accredited by Hong Kong China Life Saving Society
- Notes on Enrolment** : (1) Participants should read the appended activity details before enrolment;
(2) Only those passing the water tests during first lessons are eligible for participation in this training course. A refund will be made for those who fail to the pass the water tests. For those who have failed in the water test, the fees paid, will be refunded to them. (admission fees to swimming pools to be deducted from any refund due). If participants miss the water tests, their enrolment applications will be considered withdrawn, and no fees paid will be refunded;

- (3) For all of the assessments, participants are allowed to retake once. The arrangements and dates for the retake assessments must be fixed by coaches, and such retake assessments must be completed before the next subsequent ones.
- (4) Participants must attend all of the training sub-units. To gain eligibility for subsequent assessments, they must achieve an attendance rate of 80% or above in each of the training sub-units;
- (5) Those failing the preliminary assessments for the Bronze Medallion and Certificate in First Aid may still proceed to take the training sub-units on aquatic first aid and pool life saving. Coaches will arrange for participants to retake the assessments for the Bronze Medallion and Certificate in First Aid alongside the next subsequent assessments. In case participants fail such retake assessments, the results they obtained in the assessments for the Certificate in Aquatic First Aid and Pool Lifeguard Award will become void. Meanwhile, participants must follow the instructions as regards the arrangements for the retake assessments given by coaches and organisers. Failure to retake the assessments on designated dates will be deemed as forfeiting the right to take part in such assessments, and any fees paid will not be refunded.
- (6) Upon passing the assessments (referring to either preliminary assessments or retakes), participants will be awarded certificates of respective training sub-units, with their qualifications recorded in his or her personal logbook. For instance, in case participants manage to only pass the assessment for the Bronze Medallion in retakes, he or she may still be awarded such a certificate, with the qualification recorded in his or her personal logbook. All certificates and awards acquired by the participants will be issued by Hong Kong China Life Saving Society in one go upon completion of the whole course and assessments;
- (7) Any fees paid will not be refunded in the event of withdrawal or absence from or failure to meet the eligibility criteria for the assessments;
- (8) Instructors and the LCSD staff reserve the right to refuse further attendance of those failing to observe discipline in the course. Any fees paid will not be refunded;
- (9) Swimming pool staff reserve the right to deny entry by late-comers to the pool through the group entrance. Such participants are required to pay admission fees;
- (10) The teaching medium for all training sub-units is Cantonese and the assessments will be conducted in Chinese unless otherwise specified;

- (11) For safety's sake, instructors may immediately refuse further attendance in the course by participants if they are at any time observed to be physically unfit or with signs and symptoms of infectious diseases such as fever, respiratory infection (including cough, runny nose and sore throat), conjunctivitis, skin rash and skin damage; and
- (12) The LCSD reserves the right of final interpretation under exceptional circumstances.
- (13) Please refer to **Notes on Enrolment** on the LCSD's website for the **arrangements for inclement weather**.

Enrolment : **All programme quotas will be allocated by ballot.**
Method

- (1) To enrol in the programmes to be held in the following month, applicants must submit electronic forms via My SmartPLAY App, SmartPLAY website or smart self-service stations during a specified period this month. For instance, applicants must, from 1 to 7 April, submit applications for the programmes to be held in May.
- (2) For details, please refer to the **attached sheet** and **Notes on Enrolment** on the LCSD's website.

District
Office
organising :
the activity
and
Enquiry
Tel. No.

Wong Tai Sin District Leisure Services Office Tel : 2328 9262 Address : 4/F, Ngau Chi Wan Municipal Services Building, 11 Clear Water Bay Road, Wong Tai Sin, Kowloon	Sham Shui Po District Leisure Services Office Tel : 2386 0945 Address : 7/F, Un Chau Street Municipal Services Building, 59-63 Un Chau Street, Sham Shui Po, Kowloon
North District Leisure Services Office Tel : 2679 2819 Address 4/F, Shek Wu Hui Municipal Services Building, 13 Chi Cheong Road, Sheung Shui	

Note: Persons aged 60 or above, full time students or persons with disabilities can enjoy a concessionary rate by producing their valid proof upon enrolment (including valid student handbook/student card with photo, the "Registration Card for People with Disabilities" issued by the Labour and Welfare Bureau and the notification of successful application for disability allowance issued by the Social Welfare Department). Participants enrolled at concessionary rate shall produce the original copy(ies) of documentary proof of their entitlement to the concession for the instructor's inspection in the first lesson of an enrolled course. Those who fail to do so will be required to pay the difference between the full fee and the concessionary fee.

Integrated Certificates Course on Pool Life Saving Training Activity Details (2025)

District Office organising the activity (Programme number)	Award (category)	Swimming Pool Practice Lesson			Theory Lesson			Date of enrolment (Ballot)	
		Date	Time	Venue	Date	Time	Venue		
Wong Tai Sin District (WTS250245LSV)	Water Tests	16/6	1900-2000	Morse Park Swimming Pool	--	--	--	1/5–7/5	
	Bronze Medallion (BM)	18/6	1900-2000		23/6, 9, 11, 14, 16/7	1900-2100	Morse Park (Park no.3) Greening Centre		
		20, 25, 27, 30/6 2, 4, 7/7 18, 21, 23, 25/7	1900-2100		28/7	1900-2000			
		28/7	2000-2200						
	Certificate in First Aid (FA)	--	--	--	30/7 1, 4, 6, 8/8 11, 13/8	1900-2100			
					15/8	1900-2200			
	Certificate in Aquatic First Aid (AQFA)	25, 27, 29/8 1/9	1900-2200	Morse Park Swimming Pool	18, 20, 22/8	1900-2100			
		5/9	1900-2100		3/9	1900-2200			
	Pool Lifeguard Award (PLG)	12, 15, 17/9	1900-2200		8, 10/9	1900-2100			
		19/9	2000-2200		19/9	1900-2000			
	Water Tests	6/6	1900-2000	Lai Chi Kok Park Swimming Pool	--	--	--	1/5–7/5	
	Bronze Medallion (BM)	6/6	2000-2100		4,7,9,11,14/7	1900-2100	Lai Chi Kok Park Swimming Pool (Conference Room)		
		9,11,13,16,18, 20,23,25,27, 30/6 2/7	1900-2100						
		16/7	2000-2200		16/7	1900-2000			
	Certificate in First Aid (FA)	--	--	--	18,21,23,25,28, 30/7, 1/8	1900-2100			
					4/8	1900-2200			
	Certificate in Aquatic First Aid (AQFA)	6,8,11,13,15, 18, 27/8	1900-2100	Lai Chi Kok Park Swimming Pool	20,22,25/8	1900-2100			
					29/8	1900-2200			
	Pool Lifeguard Award (PLG)	1,3,5/9	1900-2100		10, 12/9	1900-2100			
		8/9	1900-2200						
15/9		1900-2100	15/9	2100-2200					

North District (N250262LSV)	Water Tests	24/7	1900-2000	Fanling Swimming Pool	--	--	--	1/6-7/6
	Bronze Medallion (BM)	24,26,29,31/7, 5,7,12,14,19,21, 26,28/8,4/9	1900-2100		23/8	1700-2100	Fanling Swimming Pool (Conference Room)	
					29/8, 2/9	1900-2200		
					4/9	2100-2200		
	Certificate in First Aid (FA)	--	--	--	2/8, 9/8	1600-2100		
				16/8	1700-2100			
				30/8	1800-2100			
	Certificate in Aquatic First Aid (AQFA)	9,11,16,18/9	1900-2200	Fanling Swimming Pool	6,13/9	1800-2100		
		27/9	1900-2100		27/9	1600-1900		
	Pool Lifeguard Award (PLG)	25/9, 2,9/10	1900-2200		20/9	1700-2100		
16/10		1900-2100	16/10		1800-1900			

Remarks: The examination dates will be announced during the course.