



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

- Purpose** : To nurture outstanding lifesavers by enabling participants to obtain pool and beach lifesaving qualifications through a series of lifesaving bridging programmes under “through-train” mode.
- Content** : The course comprises training sub-units on the Bronze Medallion, first aid, aquatic first aid, pool lifesaving, open water rescue, canoe rescue and beach lifesaving. (Upon course completion and passing of the assessments, participants will be awarded seven certificates, namely the Bronze Medallion, Certificate in First Aid, Certificate in Aquatic First Aid, Pool Lifeguard Award, Open Water rescue Basic Certificate, Canoe Rescue Award and Beach Lifeguard Award, in one go by the Hong Kong China Life Saving Society.)
- Eligibility** : Persons aged 16 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** : \$1,310 (full time students or others who are qualified^{Note} are entitled to a concessionary rate of \$655)
(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 Department
- 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. 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the water tests, their enrolment applications will be considered withdrawn, and no fees paid will be refunded;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 individual training sub-units;
- (5) Those failing the assessments for the Bronze Medallion and Certificate in First Aid may still proceed to take the subsequent training sub-units on aquatic first aid and pool lifesaving. Coaches will arrange for participants to retake the assessments for the Bronze Medallion and Certificate in First Aid before the next subsequent assessments. Those failing the retake assessments for the Bronze Medallion and Certificate in First Aid will be deemed as failure to obtain the basic qualifications for Beach Lifeguard Award, and therefore **no subsequent assessments** for Open Water Rescue Basic Certificate, Canoe Rescue Award and Beach Lifeguard Award will be **arranged** for them. That said, they may attend the relevant training sub-units as usual, and the results they obtained in the assessments for the Certificate in Aquatic First Aid and Pool Lifeguard Award will become void, while no fees paid will be refunded;
- (6) Those failing the intermediate assessments (i.e. those for Certificate in Aquatic First Aid and Pool Lifeguard Award) may still proceed to take the subsequent training sub-units on and assessments for Open Water Rescue Basic Certificate, Canoe Rescue Award and Beach Lifeguard Award. The coaches will arrange for them to retake such intermediate assessments during the open examination date arranged by Hong Kong China Life Saving Society. Participants must follow the instructions as regards the arrangements for retaking the 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;
- (7) Upon passing the assessments, participants will be awarded certificates of respective training sub-units. For instance, in case participants manage to only pass the assessments for the Bronze Medallion, Certificate in First Aid, Open Water Rescue Basic Certificate, Canoe Rescue Award and Beach Lifeguard Award in retakes, he or she may still be awarded certificates/awards, with the qualifications recorded in his or her personal logbook. All certificates and awards acquired by the participants will be issued by Hong Kong China Saving Society in one go for collection upon completion of the whole course;

- (8) 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;
- (9) 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;
- (10) 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;
- (11) The teaching medium for all training sub-units is Cantonese unless otherwise specified;
- (12) 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;
- (13) The Department reserves the right of final interpretation under exceptional circumstances; and
- (14) Please refer to **Notes on Enrolment** on SmartPLAY website for the arrangements for inclement weather. In case the following warning signals are issued by the Hong Kong Observatory two hours before commencement of lessons, the arrangements for the programmes held on beaches or in Wong Shek Water Sports Centre will be as follows:

Weather Condition	Class Arrangement
Amber rainstorm warning signals or strong monsoon signals are in force	Participants are required to report attendance at venues as usual. Coaches will decide whether to proceed classes in light of weather conditions in the venues.
Black or red rainstorm warning signals are in force.	All classes will be cancelled on the day concerned.
Tropical cyclone signals no. 1 or above are in force.	

Enrolment :
Method

All programme quotas will be allocated by ballot.

- (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 SmartPLAY website.

District Office organising the activity and Enquiry Tel. No.	:	Kwai Tsing District Leisure Services Office Tel : 2424 7201 Address : Room 805, 8/F, Kwai Hing Government Offices, 166-174 Hing Fong Road, Kwai Chung	Sai Kung District Leisure Services Office Tel : 2791 3100 Address : 9/F, Sai Kung Tseung Kwan O Government Complex, 38 Pui Shing Road, Tseung Kwan O
		Southern District Leisure Services Office Tel : 2555 1268 Address : 4/F, Aberdeen Municipal Services Building, 203 Aberdeen Main Road, Hong Kong	

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 and Beach Life Saving Training Activity Details (FY2024-25)

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	
Kwai Tsing District (KWT240410 LSV)	Water Tests	17/6	1900-2000	Kwai Shing Swimming Pool	--	--	--	1/5-7/5
	Bronze Medallion (BM)	19, 21, 24, 26, 28/6 3, 5, 8, 10/7 12/7	1900-2100		22, 29/6	1900-2100	Tsuen Wan Sports Centre (3/F Activity Room)	
		15/7	1900-2200		6, 13/7	1900-2200		
		24/7	1900-2200		--	--	--	
	Certificate in First Aid (FA)	--	--	--	27, 28, 29, 31/7	1900-2200	Tsuen Wan Sports Centre (3/F Conference Room/ Activity Room)	
					2/8	1900-2100		
					4/8	1900-2200	Yeung Uk Road Sports Centre (5/F Conference Room)	
	Certificate in Aquatic First Aid (AQFA)	14, 16, 19, 21/8	1900-2200	Kwai Shing Swimming Pool	7, 9, 10/8	1900-2100		
		9/9	1900-2100		8/9	1900-2200		
	Pool Lifeguard Award (PLG)	23, 26, 28/8	1900-2200		11, 12/8	1900-2100		
		6/9	1900-2200	--	--	--		
	Open Water rescue Basic Certificate (OWRBC)	--	--	--	17, 18, 25/8	1900-2200	Yeung Uk Road Sports Centre (5/F Conference Room)	
	Beach Lifeguard Award (BLGA)	21, 22/9	0900-1300 1400-1800		--	--	--	
		29/9	0900-1300					
	Canoe Rescue Award and Beach Lifeguard Award (CRBC & CRA)	5, 6, 12, 13/10	0900-1300 1400-1800	Casam Beach	--	--	--	

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

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	
Sai Kung District (SK240488LSV)	Water Tests	6/5	1900-2000	Sai Kung Swimming Pool	--	--	--	1/4-7/4
	Bronze Medallion (BM)	6/5	2000-2100		12/5	0900-1300 1400-1800	Sai Kung Tang Shiu Kin Sports Ground (Conference Room)	
		8, 10, 13, 17/5, 20, 22, 24, 27/5, 29, 31/5, 3/6	1900-2100		19/5	0900-1100		
		5/6	2000-2200		5/6	1900-2000		
	Certificate in First Aid (FA)	--	--	--	19/5	1100-1300 1400-1800		
					26/5	0900-1300 1400-1800		
					2/6	1000-1300		
	Certificate in Aquatic First Aid (AQFA)	7, 12, 14, 17/6	1900-2200	Sai Kung Swimming Pool	2/6	1400-1800		
		19/6	2000-2200		9/6	0900-1100		
	Pool Lifeguard Award (PLG)	21, 24, 26/6	1900-2200		19/6	1700-2000		
		28/6	1900-2100		9/6	1100-1300 1400-1600		
					28/6	1800-1900		
	Open Water rescue Basic Certificate (OWRBC)	--	--	--	16/6	1300-1600		
					23/6	0900-1200 1300-1600		
	Beach Lifeguard Award (BLGA)	22/6, 29/6	0900-1300 1400-1800	Silverstrand Beach	--	--	--	
		30/6	0900-1300					
	Canoe Rescue Award and Beach Lifeguard Award (CRBC & CRA)	6, 7/7 13, 14, 20, 21/7, 27, 28/7	0900-1200 1300-1700	Wong Shek Water Sports Centre	--	--	--	
		3, 4/8	1300-1700					

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

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	
Southern District (SN240354 LSV)	Water Tests	22/5	2000-2100	Pao Yue Kong Swimming Pool	--	--	--	1/4-7/4
	BM	22/5	2100-2200		--	--	--	
		24, 27, 29, 31/5, 3, 5, 7, 12, 14, 17, 19, 21/6	2000-2200		25/5, 1/6	0900-1300	Aberdeen Sports Centre (5/F Activity Room)	
					8/6	0900-1100		
	13/6	1900-2000						
	FA	--	--	8/6	1100-1300			
				15, 22, 29/6	0900-1300			
				4/7	1900-2200			
	AQFA	24, 26, 28/6 3/7	1900-2200	Pao Yue Kong Swimming Pool	6/7	0900-1300		
		5/7	2000-2200		13/7	0900-1100		
	PLG	8, 10, 12/7	1900-2200		18/7	1900-2200		
		15/7	2000-2200		20/7	0900-1300		
	OWRBC	--	--	--	25/7	1900-2000		
					27/7	0900-1200		
					1/8	1900-2200		
	CRBC & CRA	4, 10, 11/8	0800-1600	Repulse Bay Beach	3/8	0900-1200		
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	BLGA	18, 25/8	0800-1800	--	--	--		

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