



Organised by
Leisure and Cultural Services Department
Integrated Certificates Course on
Pool and Beach Life Saving Training
Prospectus (2026)

- Purpose** : To nurture outstanding lifesavers by enabling participants to obtain pool and beach lifesaving qualifications through a series of lifesaving 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, pool lifesaving, basic 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 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 in front crawl, breaststroke or butterfly stroke 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 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. 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the water tests, their enrolment applications will be considered withdrawn, and no fees paid will be refunded;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 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 upon completion of the whole course and assessments;

- (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 and the assessments will be conducted in Chinese 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 LCSD reserves the right of final interpretation under exceptional circumstances; and
- (14) Please refer to **Notes on Enrolment** on the LCSD's 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 the LCSD's website.

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

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 (2026)

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 (SK260424LSV)	Water Tests	4/5	1900-2000	Sai Kung Swimming Pool	--	--	--	1/4-7/4
	Bronze Medallion (BM)	4/5	2000-2100		10/5	0900-1300 1400-1800	Sai Kung Tang Shiu Kin Sports Ground (Conference Room)	
		6,8,11,13,15,18, 20, 22, 27, 29/5, 1/6	1900-2100		17/5	0900-1100		
		3/6	2000-2200		3/6	1900-2000		
	Certificate in First Aid (FA)	--	--	--	17/5	1100-1300 1400-1800		
		--	--	--	23/5	0900-1300 1400-1800		
		--	--	--	31/5	1000-1300		
	Certificate in Aquatic First Aid (AQFA)	5,8,10,12/6	1900-2200	Sai Kung Swimming Pool	31/5	1400-1800		
		15/6	2000-2200		7/6	1300-1500		
	Pool Lifeguard Award (PLG)	17,22,24/6	1900-2200	Sai Kung Swimming Pool	15/6	1700-2000		
		26/6	1900-2100		7/6	1500-1700		
	Open Water Rescue Basic Certificate (OWRBC)	--	--	--	14/6	1000-1200		
		--	--	--	26/6	1800-1900		
	Beach Lifeguard Award (BLGA)	20/6, 27/6	0900-1300 1400-1800	Silverstrand Beach	14/6	1300-1600		
		28/6	0900-1300		21/6	0900-1200 1300-1600		
	Canoe Rescue Award and Beach Lifeguard Award (CRBC & CRA)	4,5,11,12,18, 19,25,26/7	0900-1200 1300-1700	Wong Shek Water Sports Centre	--	--		
1, 8/8		1300-1700	--		--			

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