



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

- 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 in front crawl, breaststroke or butterfly stroke 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 If participants miss the water tests, their enrolment applications will be considered withdrawn, and no fees paid will be refunded;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.

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| 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 |

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
(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 | |
| Sham Shui Po District (SSP260208LSV) | Water Tests | 8/6 | 1900-2000 | Lai Chi Kok Park Swimming Pool | -- | -- | -- | 1/5-7/5 |
| | Bronze Medallion (BM) | 8/6 | 2000-2100 | | 10, 13, 15, 17, 20/7 | 1900-2100 | | |
| | | 10, 12, 15, 17, 22, 24, 26, 29/6, 3, 6, 8/7 | 1900-2100 | | | | | |
| | | 22/7 | 2000-2200 | | 22/7 | 1900-2000 | | |
| | Certificate in First Aid (FA) | -- | -- | -- | 24, 27, 29, 31/7, 3, 5, 7/8 | 1900-2100 | Lai Chi Kok Park Swimming Pool (Conference Room) | |
| | | | | | 10/8 | 1900-2200 | | |
| | Certificate in Aquatic First Aid (AQFA) | 12, 14, 17, 19, 21, 24/8, 2/9 | 1900-2100 | | 26, 28, 31/8 | 1900-2100 | | |
| | | | | | 4/9 | 1900-2200 | | |
| | Pool Lifeguard Award (PLG) | 7, 9, 11/9 | 1900-2100 | Lai Chi Kok Park Swimming Pool | | | | |
| | | 14/9 | 1900-2200 | | 16, 18/9 | 1900-2100 | | |
| | | 21/9 | 1900-2100 | | 21/9 | 2100-2200 | | |

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