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| **School Sports Programme Sport Demonstration－Life Saving Enrolment Form (Part A)** | Application No. (For official use only) |
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**(Part A and Part B of this Form must be submitted together)**

Name of School (Note 1):

Type of School (Note 2): Secondary / Primary / Special (Please specify: )

Teacher-in-charge: Contact Tel. No.: Teacher’s E-mail Address:

School Address: Fax No.:

Venue (Note 3):

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| Demonstration on land: | 1. □School venue | 1. □Self-arranged venue－Name of venue (Please specify): |
| Demonstration in pool: | 1. □School venue | 1. □Self-arranged venue (Swimming Pool)－Name of venue (Please specify):  No. of lanes: |

**Demonstration on Land**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Date | Session (Note 4) | Time | No. of Participants | Class/  Form | Cheque No | Venue (e.g. School hall or covered playground) |
| First Choice |  | 1st |  |  |  |  |  |
| 2nd |  |  |  |  |
| Second Choice |  | 1st |  |  |  |  |  |
| 2nd |  |  |  |  |

**Demonstration in Poo l** (Please choose one □ held in swimming gala □ held in swimming lesson

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| --- | --- | --- | --- | --- | --- | --- |
|  | Date | Session (Note 4) | Time | Total No. of Participants | No. of Participants in the Students Experience Lifesaving Play-in Session (Maximum: 20 Persons per Session) (Note 5) | Cheque No |
| First Choice |  | 1st |  |  |  |  |
| 2nd |  |  |
| Second Choice |  | 1st |  |  |  |  |
| 2nd |  |  |
| Remark: |  | | | | | |

**Water Sports－Declaration**

1. I declare that all the information given above is true and correct. All participants have obtained the consent of their parents/guardians or the persons authorised by their parents/guardians to participate in the above activity. They suffer no illness which renders them unsuitable to participate in the activity. The Leisure and Cultural Services Department and the organiser(s) shall not be liable for the death or any injury of the participant caused during the activity due to his/her own negligence, poor health or physical inability.
2. I confirm that all students are being able to swim with clothes for 50 metres when participating in lifesaving play-in session in pool.

Signature of Principal:

Name of Principal:

Date: School’s Chop:

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| Note: | 1. For bisessional schools, please specify morning or afternoon session. 2. Please delete as appropriate. 3. Please put a “✓” in the appropriate box. If a venue outside the school is used for demonstration, please specify the name of the venue and arrange transportation to and from the venue for participants. 4. Please fill in the date and time (excluding school holidays) according to the number of sessions and the duration of each demonstration programme. More than one demonstration session can be applied for the same day. 5. Participants are able to swim with clothes for 50 metres when participating in lifesaving play-in session in pool. | Please staple the cheque here. |
| Remark: | 1. In case of oversubscription, enrolment shall be decided by ballot. 2. School should mail the completed enrolment form, together with a crossed cheque for each session payable to “The Hong Kong Life Saving Society” with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 3. Please refer to “Application” (P.7) of this guide for the dates of application and deadline. |

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**School Sports Programme  
Sport Demonstration－Life Saving  
Enrolment Form (Part B)  
(Please submit this part together with Part A)**

Please put a “✓” in the appropriate box.

“＃”only for students aged 8 to 13

“＠”only for students aged 14 or above

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| **Demonstration on Land** | | | **Demonstration in Pool** | | |
| First Session: Introduction of Life Saving  Items and sub-items to choose are listed below: | | | **First Session: Introduction of Life Saving** | | |
| Item  Choose 1 out of the 4 items.  (If an item is selected, it is not necessary to choose the sub-items.) | | Sub-item  (Maximum of 4 sub-items can be chosen. It is not necessary to select any item if sub-items are chosen.) | Item | | Sub-item  (Maximum of 2 sub-items can be chosen.) |
| □Item 1: | | **Water Safety and Life Saving Knowledge** | Item 1: | | **Basic Life Saving Skills** |
| □Life Saving Skills |
|  | | □Water Safety Knowledge |  | | □Self Rescue Techniques |
|  | | □Self Survival Techniques |  | | □Introduction and Demonstration of Lifesaver Rescue Techniques |
|  | | □Causes of Drowning and Patient Classification |  | | □Introduction and Demonstration of Lifeguard Rescue Techniques |
|  | | □Rescue Steps |  | |  |
| □Item 2: | | **Life Saving, Techniques and Equipment** | Item 2: | | **Introduction and Demonstration of Life Saving Competitions** |
|  | |  |  | | □＃Life Saving Ironkid Competition (Pool) |
| □Item 3: | | **First Aid Knowledge** |  | | □＠Life Saving Competition (Pool) Event |
|  | | □Basic First Aid Knowledge |  | |  |
|  | | □Recovery Position |  | |
|  | | □Cardiopulmonary Resuscitation (CPR) |  | |
| □Item 4: | | **Life Saving Training** |  | |
|  | | □Life Saving Award Scheme |  | |
|  | | □＠Lifeguard Career |  | |
|  | |  |  | |
| **Second Session**  **Student play-in session**  (40 persons per play-in session) | | | **Second Session**  **Students Experience Life Saving play-in session**  (A maximum of 20 persons per play-in session) | | |
| Choose one only and put a “✓” in the appropriate box. | | | Choose one only and put a “✓” in the appropriate box. | | |
|  | □Escape Techniques | |  | □Life Saving Skills | |
|  | □Rescue Throw: Line Throw | |  | □Rescue Throw: Line Throw | |
|  | □Recovery Position | |  | □Self Survival Techniques | |
|  | □＃Junior CPR | |  | □＃Life Saving Ironkid Competition (Pool) Event | |
|  | □＠Adult CPR | |  | □＠Life Saving Competition (Pool) Event | |
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